

Lab 1-5 Reflection

Throughout this course, I really enjoyed being able to travel the world again with my wife via food. There were 4 individual labs throughout this course and 1 group project at the end. Each week, I had to choose a cuisine option of either entrée, appetizer, dessert or beverage from a different region or country throughout the world. For each decision, I tried to involve my wife in the decision making and asking her what she has not tried and we would both have a new meal each week. I have travelled to many parts of the world with the only continent I haven't touched being Antarctica. However, just because I have traveled to these continents does not mean I have visited every country, and I thought this was a great opportunity to do so.

This experience severely changed my thinking because after each bite or sip, I learned so much about each culture I studied. This experience is only the start of helping my career but a solid foundation. I have met plenty of cultures and people throughout my travels, but this helped me deep dive into each culture I studied and will help build my cultural competency. As for the learning something new, it wasn't simple, I learned something new every day when I was researching each topic for the week. I was grateful for the Native American lab 1 because we only learn so much in school about this culture and through this project, I learned about the foundation of their diets and how getting these cultures back to these roots could be so impactful. Also, the entire project was useful because we all come from different cultures and being able to learn about the world is extremely helpful.

I thought I was very cultural aware, but through these projects I unexpectedly learn so much but more importantly I learned about their foundations of cooking that I have implemented into my daily life. For the next iteration of students in this program, I think having them choose an entire meal from each country instead of just one to help them choosing one part to get a better sense of

their culture. The most valuable lesson I learned is that the human body is very diverse and can overcome anything or any diet because we are very adaptable, but we can learn from all cultures in the past and present. Overall, this was one of the best courses I took because it allowed me to gain knowledge about the world but also travel again with my wife through food.