



# THE EDIBLE SCHOOLYARD PROJECT



## 4 LEVELS OF...

**Student Name:**

---

**Summary:** The same dish can look very different based on who is cooking it. A beginning home cook's version of scrambled eggs might be very different from a professional chef's. In this lesson, you'll examine how a dish can be prepared differently through the use of different ingredients, techniques, and tools. You'll then plan some goals and map out what success looks like for you.

**Time:** 45-60 minutes

**Materials:**

- Computer or phone to view video

**WATCH:** Choose an Epicurious "4 Levels" video that interests you. Read the questions below before starting to watch. Note that the videos label the cooks and chefs with a number level. That "rating" is just a feature for the video. There isn't really a number rating that defines anyone's abilities as a cook or chef.

- [Potato Salad](#)
- [Salmon](#)
- [Scrambled Eggs](#)
- [Roast Chicken](#)
- [Chocolate Cake](#)



## 4 LEVELS OF...

**WATCH AND RESPOND:** As you watch, think about the following questions. After you finish watching, write short answers to 2-3 of the above questions.

1. What stood out to you while watching the video?
  
  
  
  
  
  
  
  
  
  
2. What ingredients go into the dish in the video?
  
  
  
  
  
  
  
  
  
  
3. What are some of the choices that the chefs make while making their recipes?
  - a. How do they decide on their ingredients?
  
  
  
  
  
  
  
  
  
  
  - b. How do their choices and techniques differ when they are preparing their ingredients?
  
  
  
  
  
  
  
  
  
  
  - c. What choices do they make about their cooking methods?
  
  
  
  
  
  
  
  
  
  
4. During the videos, the chefs often share cooking tips. Which stood out to you as a particularly useful or surprising tip?
  
  
  
  
  
  
  
  
  
  
5. What sort of techniques did each chef use? How did they showcase their skill level?
  
  
  
  
  
  
  
  
  
  
6. What tools do the chefs use? Do the chefs use different tools?



## 4 LEVELS OF...

**WRITE:** Fill out the [Finding Success on Your Own Terms](#) worksheet below.

**SHARE:** Take a selfie and write a caption or description that describes how you will define “success” in the kitchen. If you are completing this lesson with your class, your teacher will decide how you should share it. If you are doing the lesson with your family, send your photo and caption to a friend or family member. For more ideas on sharing, check out our resource [Sharing What You Made](#) for tech tips, and more sharing ideas!

**Student Notes:** Expand this lesson with these added activities.

- Create a Recipe: Think back to the video (or watch it again) and imagine that you are going to make the dish yourself.
  - What ingredients would you include?
  - How would you prepare the ingredients?
  - How would you challenge yourself? Could you try a new method of food preparation? For example, could you make a crust from scratch instead of buying it or experiment with a new ingredient?
- Write out your recipe: Complete the [How to Read a Recipe](#) lesson to learn the different elements of a recipe. Feel free to add some notes in your recipe that explain why you made the choices that you did.

**Teacher Notes:**

- In a virtual classroom setting, this lesson could be set up as in a jigsaw format. Divide students into groups of five, and have each student choose a video to watch. Students can come back together to summarize their videos and discuss them in small groups.
- If students are completing this lesson as part of the kitchen curriculum [Cooking with Curiosity: Challenging Perfection with Reflection](#) this lesson is 1.3: The third lesson of Unit 1.

**References:**

Four Levels Of (2020). *Epicurious*. Retrieved from <https://www.epicurious.com/video/series/4-levels>

Disclaimer: All videos and references are used for educational purposes only. The Edible Schoolyard Project does not endorse any brands, labels, organizations, or businesses included in videos or references.



## 4 LEVELS OF... STUDENT WORKSHEET

### Finding Success on My Own Terms

After watching a *4 Levels of...* video, fill out this worksheet with your own views about success in the kitchen.

1. In the video, you saw three cooks make a dish three different ways. While they had different levels of expertise, they each found a way to make a dish that worked for them. Based on the video, what makes a dish “successful”? (Does level of expertise define success? Does making a mistake make a dish a “failure”?)
2. How would you define your skill level? What sorts of techniques do you know in the kitchen? What techniques would you like to learn? You might get ideas about cooking techniques from the video or from your own experiences.
3. What will “success” in the kitchen look like to you? Does success mean making food that is edible or is it only success if the food is super tasty? Does success mean being able to quickly cook easy meals? Prepare healthy, nutritious food that you enjoy? Make stunning, beautiful food that will get likes online?



## 4 LEVELS OF... STUDENT WORKSHEET

**SETTING GOALS:** Make a plan for how to achieve your version of “success” in the kitchen by coming up with three simple goals for your cooking. You might have a goal of learning a certain skill, making a certain dish, or learning about different flavors. For each goal think about how you will approach it and list a few next steps for yourself.

Goal One:

I have a goal to...

Goal Two:

I have a goal to...

Goal Three:

I have a goal to...