John Dewey Kitchen Institute
June 23-25, 2019
University of Vermont
Marsh Life Science Building 233-Foods Lab
Instructors: Dr. Cynthia Belliveau and Dr. Lisa Heldke

The Learning objectives and outcomes for the John Dewey Kitchen Institute (JDKI) are:

1. To explore and understand the complex and indivisible interaction between practical and theoretical learning by using an experiential learning setting designed to focus on cooking and eating.
2. To explore the JDKI tenets of inquiry and begin the process of incorporating them into your teaching and learning contexts
3. To cook, taste and eat

DAY 1- June 23 Schedule: Afternoon 12pm-4:30pm

Theme: I am the learner

- Sensorial inquiry: an introductory to asking questions and using your eyes and nose to do so.
- “Hello, I’m Basil,”: introducing yourself via your sensorial inquiry
- Kitchenroom Orientation – the mental and physical scaffolding of mise en place
- Demo: knife skills
- Cooking to Learn Exercise (lunch)
- Tasting (and eating) inquiry methods: Introducing some of the ways we can use tasting as a form of inquiry.
  o Focused attention (mindfulness): drawing attention to the activity of eating
  o “Reminds me of”: following the path of memory elicited by food
  o Tasting and metaphor: using tasting experiences to embody/encapsulate/evoke other experiences.
  o Palate solving
- Getting to know John Dewey’s Philosophy and Tenets
- Cider Tasting and Discussion: tasting a liquid, practicing focused attention and “reminds me of.”

DAY 2 – June 24 Schedule: Morning 9am-1:00pm

Theme: We are the learners

- Sensorial Exercise – being in inquiry mode using your mouth
- The Recipe as the Problem
- JDKI Tenets
• Mise en place
• Demo
• *Cooking to Learn* Exercise (lunch)
• Taste profiling and palate solving our Lunch
• Project plan: “Cooking your Tenet”

**Afternoon 1:30-2:30**

• Network/Project time with classmates

**Afternoon 3:00-5:00**

• Wine and Cheese Tasting and Discussion: tasting and practicing “reminds me of” and metaphor building using taste and smell
• Debrief of the day
• Review of Project

**DAY 3 – June 25 Schedule: 9am-3:30pm**

**Theme: Creating a Thriving Democracy**

• Sensorial Exercise using your ears
• *Food as Metaphor*
• Mise en place
• Cooking your Tenet (lunch)
• Presenting your Tenet
• Sensing your Tenet
• Debrief

**Break**

• Discuss and Share: How to Incorporate?
  o Explore the JDKI Tenets of inquiry and begin the process of incorporating them into your teaching and learning context

• Closure