



# Orientation: Session 1

## Discussion Questions

1. Have you ever participated in a cooking class before? If so, what did you learn from it?  
If not, what is one thing you hope to learn from these ones?
2. How have you learned the cooking skills that you have?
3. What is your favourite recipe to make and/or eat?
4. Did you try a new food or cooking technique today?
5. What recipe would you try and make at home and why?
6. What is one thing you learned today you think you will share with your family?