**Pizza making workshop**

**J & A**

A

The pizza making workshop was an interesting experience. The work that was done up until the event was quite stressful to say the least. I believe our stress derived from the fact that this is our first workshop, that we have to plan out ourselves. Also, we initially didn’t believe in ourselves that we had the capability to execute our plan, because we thought about the worst possible consequences, such as what if our dough went sour, or our ingredients went rancid. My parents always say this to me; your mind is the only thing that holds you back from doing great things. It may be cheesy/corny, but in a situation like this, this quote is very much valid. The workshop in its entirety, was very fun to say the least (again); Both for the leaders and the participants. Their facial expressions, further make this point evident that the program was a place where you could have fun, while learning about food security and making pizza. We hoped to have the participants, obviously have fun with people that they don’t know, which they obviously did. And to implant a permanent skill of making pizza for the rest of their lives.

J

The pizza making workshop, is something that’s really out of my comfort area. I was very nervous and stressed about this project because we had almost no experience in facilitating, we planned the workshop out really quickly, and on the day of the workshop we forgot a couple of key ingredients, and with all that, it just made me really stressed, but of course at the end, we had a lot of fun and I was relieved that it was over and that it went better than I thought. Being the teacher, instead of being the learner/student was an experience, a very interesting experience. Being too use to being the student, I was very nervous at the start of my explanation, so I was basically winging the teaching part, but at the end it went well; I explained everything well, and we made perfect dough that rise and was fluffy. This project not only stressed me out, but it really enhanced my ability to facilitate and teach people what I’m passionate about. Although we had fun, we also have a lot we have to improve for next time, like being more prepared, having more small talk with people or time management. All these little things would have made the workshop even better. For the next time I run a workshop, I will keep an open mind to all the mistakes I made in this workshop and hopefully improve upon these mistakes.

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| Outcome | Short Term Outcome: | Long Term Outcome: | Indicator | Method of collection |
| Food Security | -A small glimpse of Food Security, and knowing/understanding AAASS. | -Realization that Food Security is something that’s very important to learn about. | -The facial expression on everyone’s faces, at the information that they absorbed, such as “shocked”, or “curious”. | -After explanation of Food Security, we asked some questions to test if they were listening or not. |
| Making pizza | -Realization that making pizza is very easy.  -Fairly cheap ingredients could amassed to make pizza. | -Learn how to make pizza, an experience and skill that will stick with them for possibly their whole life.  -Share knowledge with their friends and family, or really anyone. | -Everybody seemed to be having fun in workshop.  -Everyone talked to one another. | -We asked participants how difficult they think making pizza is after the workshop.  -Asked if they would make this again, because of the pure convenience of making pizza anytime you want. |
| Problems that could occur | -Only came for the free food, not there to learn about food security, etc.. whatsoever. | -Participants forgot what we taught them and took nothing from workshop. | -No one was happy, maybe some complaints | -Asking the participants in the near future if they did anything they said they would have. |