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| **Name:** Annabelle Ingelman | **Date:** January 18th, 2020 |

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| [Related image](http://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwib9tK134HTAhVG12MKHQsVAS0QjRwIBw&url=http://prototypes.wellahead.ca/tags/&psig=AFQjCNEK-D2NUOj2zbentxmJUqHrPJojyg&ust=1491084091920280)  **How does the artifact you selected demonstrate strengths & growth in the communication competency?**  **In what ways might you further develop your communication competency?** | **Self-Reflection**  Describe how the artifact you selected shows your strengths & growth in specific core competencies. The prompt questions on the left - or other self-assessment activities you may have done - may guide your reflection process.  This reflection is based on the take-home lab I did in my foods class. Each person in the class had to find a recipe that somehow involved eggs. Then we had a few weeks to make it at home and have someone mark us on how well we did. I chose to make pasta from scratch, because I had made it before, and it was really fun. The dough also has eggs as one of the ingredients, which fit with the criteria. I also made tomato sauce from scratch to go with it.  I think this take-home lab demonstrates my strengths in mainly the creative thinking core competency. First I had to choose a recipe with eggs. There are so many choices of things that I could have made with eggs, so I felt that this really let me be creative with picking whatever recipe I wanted. I had made pasta before with a pasta machine, but I don’t have my own pasta machine at home, so I had to make it completely by hand. I had never made it by hand before, so I was really excited to try it out.  First I made the dough, which was just flour, eggs, and salt. I had to knead it and then let it rest. Then I rolled it out, sliced it into strips, and finally boiled it. It worked out pretty well and tasted good too. The entire process of making the pasta was really fun and it was also cool that I could eat it later. I got to use my creativity while making it, even though I was following the steps of a recipe.  In conclusion, I really enjoyed this project because I got to be creative with cooking, which is something that I enjoy. Before making the recipe, I didn’t know that pasta could be made without a machine, but then I learned how to do it. In the future I would definitely make it again and use what I learned to make it even better than the first time! |
| [Image result for core competencies BC](http://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjWzZCh34HTAhUBx2MKHXlPDCcQjRwIBw&url=http://prototypes.wellahead.ca/tags/&psig=AFQjCNEK-D2NUOj2zbentxmJUqHrPJojyg&ust=1491084091920280)  **x**  **How does the artifact you selected demonstrate strengths & growth in the thinking competencies?**  **In what ways might you further develop your thinking competencies?** |
| [Related image](http://www.google.ca/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwj1sYCv34HTAhVO7mMKHeQ2Am4QjRwIBw&url=http://prototypes.wellahead.ca/tags/&psig=AFQjCNEK-D2NUOj2zbentxmJUqHrPJojyg&ust=1491084091920280)  **How does the artifact you selected demonstrate strengths & growth in the personal & social competencies?**  **In what ways might you further develop your personal & social competencies?** |

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