

# *Capstone project: End of year History project*

By: Malouma Cheikh



## *What was the end of year history project?*

---

- My end of year history project was a free reign assignment the only requirements were that it had to be within the time periods we had learned about over the year.
- Me and my partner Talise Ogaz chose to cook 3 desserts from the 1800's



# Why choose this topic?



- I chose to do this topic because it was fun to do, and I did it recently so it's still fresh in my mind.
- The project was important to me because I've always felt that food connects people and cultures because no matter where you go food almost always has an important cultural or societal importance and significance.



# *Global Context*

---

- The Global context I think best fits my project is the Personal and cultural expression context
- I chose that global context because as stated earlier I believe food is one of the things that connects people and cultures the most.
- People express their personal taste and culture when cooking, when people eat together and show someone else something from their personal life and culture, they are happy, and I think the sharing and appreciating of culture is extremely important.

# *Approaches to learning*

---

- The two IB approaches to learning I would say I effectively used are the Communicating skill and the Self-management skill
- I utilized the communicating skill while working on the project because I was working with a partner, we were both equally contributing ideas and opinions without stepping all over each other, overall, we communicated effectively together.
- I utilized the Self-management skill very well while working on this particular project. Me and my partner had a week to get the project done and on the first day we had decided what foods we were going to make and which ingredients we would need to buy and then we cooked all the food in one day with minimal mistakes.



# *Reflection*

---

- If I were to do this project again there are few things I would change.
  1. I wish we would have had a more concrete list of ingredients, we ended up not using some and others we needed more of
  2. I wish we would have fully looked over the recipes before cooking because one recipe we almost couldn't cook.
  3. I learned not to heat oil up too quickly and that I'm not actually that bad of a cook

# *The End*

