Topic: My First Attempt at Cooking Pasta 🍝

1. Concrete Experience (What happened?)

One evening last summer, I thought, “Why not surprise everyone with a nice homemade pasta dinner?” I’d never cooked pasta before, but I found a recipe online and felt confident. I boiled the pasta, made a creamy sauce, and served it with a big smile. Everyone took a bite… and then quickly reached for their water glasses. I had accidentally turned my pasta into a “salt challenge.”

2. Reflective Observation (What did you notice?)

At first, I was confused because the pasta looked perfect. Then I realized the problem—one spoon too many of salt had ruined the taste. The worst part? I hadn’t even tasted it while cooking! I just assumed everything would turn out fine.

3. Abstract Conceptualization (What did you learn?)

That day, I learned an important cooking lesson—never trust a recipe blindly. Cooking isn’t just about following steps, it’s about paying attention and making adjustments. A little taste test while cooking could have saved my pasta.

4. Active Experimentation (What will you do next?)

Next time, I’ll taste the food as I go, measure ingredients carefully, and adjust the flavors slowly. I’m planning a pasta “redo” this weekend—hopefully one that doesn’t need a gallon of water on the side.