

## Applicability of the Constructivist Learning Approach to Gastronomy Education

### Canan Ari

PhD Student, Faculty of Tourism, Department of Gastronomy and Culinary Arts, Balıkesir University Institute of Social Sciences, Balıkesir, Turkey

### Dr. Mehmet Sarioğlu

Professor, Faculty of Tourism, Department of Gastronomy and Culinary Arts, Balıkesir University, Balıkesir, Turkey

### Dr. Ayberk Bostan Sarioğlu

Associate Professor, Science Education Department, Balıkesir Faculty of Education, Balıkesir, Turkey

### Abstract

The constructivist learning approach is a learning approach that centers on the student and advocates that knowledge can be constructed and interpreted by the student through their own past experiences. Gastronomy, as a multifaceted discipline, encompasses everything related to food. Gastronomy focuses on both the food itself as a product and its symbolic implications as a sign. This study aims to gain insight into the adaptability of the constructivist learning approach to gastronomy education. The study is based on practical culinary practices in gastronomy education, and semi-structured interviews were conducted with 11 third-year undergraduate students in the Gastronomy and Culinary Arts program. The data from this qualitative study was analyzed using MAXQDA Analytics Pro (Version 24.9.1). The results of the study provide insight and perspective on the applicability of the Constructivist Learning Approach to gastronomy education. The final section of the study includes recommendations.

### Keywords

Gastronomy Education, Construction Learning.