



Instructional Video Design Worksheet

One worksheet per video. If creating a micro-video series, use one worksheet for each video in the series.

Title of Video and Topic: ___ Micro-video Series ___ Tutorial <input checked="" type="checkbox"/> Training ___ Screencast ___ Presentation/Lecture	
Grade or Target Age Group Level: 12 - 16 years old.	
Video Duration (<i>Maximum 5 minutes, if creating a micro-video series, series must not exceed 5 minutes</i>): 3 minutes and 14 seconds in length.	
FCCLA Integration (<i>National Programs, Competitive Events, Meetings/Events, if applicable</i>): National programs: Power of one, because I am developing my personal leadership and making a positive impact in my home. Families first because I am teaching viewers responsibility and organisational skills. Competitive events: Baking and pastry, Community service	
Video Learning Objective(s): The viewers will be able to practice sanitation while baking. The viewers will be able to practice safe ways to handle food and kitchen safety. The viewers will be able to recognise measurement abbreviations. The viewers will be able to use the proper tools while baking.	
National Family and Consumer Sciences Standards (or others as appropriate): 8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment. 8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods. 8.5.10 Prepare breads, baked goods, and desserts using safe handling and professional preparation techniques.	
Career Readiness Practices (Select all that apply):	
Act as a responsible and contributing citizen and employee <input checked="" type="checkbox"/> Apply appropriate academic and technical skills. Attend to personal health and financial well-being <input checked="" type="checkbox"/> Communicate clearly and effectively, and with reason Consider the environmental, social, and economic impacts of decisions <input checked="" type="checkbox"/> Demonstrate creativity and innovation Employ valid and reliable research strategies	<input checked="" type="checkbox"/> Utilise critical thinking to make sense of problems and persevere in solving them Model integrity, ethical leadership, and effective management Plan education and career paths aligned to personal goals Use technology to enhance productivity Work productively in teams while using cultural global competence

Materials Needed to Create Video:

Ingredients

Kitchen Equipment/Supplies

Phone/Filming Equipment

Video Editing Software

Instructional Strategies:

A demonstration video using on-screen visual supports, an oral presentation, and step-by-step instructions following a recipe.

Key Topic/Step 1: Learning how to use the correct tools

Timeframe: 19 Seconds- 3 Minutes

Storyboard/Scripting (media/images/notes):

Before starting, it's important to gather the correct tools. For this recipe, some of the tools you need to have include measuring cups, measuring spoons, a mixing bowl, a whisk, a spatula, and a baking pan. Using the proper tools helps to ensure accurate measurements for more precise baking.

Key Topic/Step 2: Practice Safety and Sanitation

Timeframe: 49 Seconds- 3 Minutes

Storyboard/Scripting: (media/images/notes):

It is also very important to practice safety and sanitation while baking. Before starting, long hair needs to be tied back. Make sure your workspace is clean and sanitised. After your area is clean, make sure to wash your hands for at least 20 seconds with soap and warm water.

When putting the pan into the oven, make sure you use oven mitts to protect yourself from burns. After baking, take the pan out of the oven using oven mitts and place it on a heat-safe surface to thoroughly cool

Key Topic/Step 3: Proper measurements and abbreviations

Timeframe: 12 Seconds- 2:24 Minutes

Storyboard/Scripting (media/images/notes):

Make sure you are using a dry measuring cup for these ingredients.

The recipe uses measurement abbreviations such as C for cup, tbsp for tablespoon, and tsp for teaspoon.

Using the correct measurement is important because baking is a science, and an inaccurate measurement can ruin the final product.

Summary/Ending (summary of key learning, next steps for viewer, and call to action for viewer): When baking, always make sure to use the proper Baking tools, safety practices, sanitation rules, and correct measurements.

Next Step: I can promote my video on multiple social media platforms and share the video with my fcs classes at the high school and middle school.

Call to action: Complete your own baking project and see what went well and what you can improve on. Share your finished product with family and friends, and describe the process you followed.

Application or Assessment of Learning:

My viewers will be able to safely use kitchen equipment, measuring tools, and sanitation practices. They will focus on following the video to bake their own batch of brownies. They will measure the ingredients, mix, and bake them.

Source (If Applicable: cite any published or copyrighted materials used in this video):

<https://www.loveandlemons.com/brownies-recipe/>

Additional Notes:

NA