



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 ___X_Tutorial ___Training ___Screencast ___Presentation/Lecture	
Grade or Target Age Group Level: 11 th and 12 th graders	
Video Duration (<i>Maximum 5 minutes, if creating a micro-video series, series must not exceed 5 minutes</i>): 4 minutes and 57 seconds	
FCCLA Integration (<i>National Programs, Competitive Events, Meetings/Events, if applicable</i>):	
<ul style="list-style-type: none"> • National Programs: Student Body, Financial Fitness • Competitive Events: Culinary Arts, Food Innovations, Nutrition and Wellness, Teach or Train, and Instructional Video Design • FCCLA at the Table 	
Video Learning Objective(s):	
<ul style="list-style-type: none"> • Identify change in Price from Fast-Food to Homemade • Identify change in Macros from Fast-Food to Homemade • How to Mise En Place and maintain Safety and Sanitation 	
National Family and Consumer Sciences Standards (or others as appropriate):	
14.3.3 - Demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food product.	
Career Readiness Practices (Select all that apply):	
<input type="checkbox"/> Act as a responsible and contributing citizen and employee <input checked="" type="checkbox"/> Apply appropriate academic and technical skills <input checked="" type="checkbox"/> Attend to personal health and financial well-being <input checked="" type="checkbox"/> Communicate clearly and effectively and with reason <input type="checkbox"/> Consider the environmental, social and economic impacts of decisions <input type="checkbox"/> Demonstrate creativity and innovation <input type="checkbox"/> Employ valid and reliable research strategies	<input checked="" type="checkbox"/> Utilize critical thinking to make sense of problems and persevere in solving them <input type="checkbox"/> Model integrity, ethical leadership and effective management <input type="checkbox"/> Plan education and career paths aligned to personal goals <input type="checkbox"/> Use technology to enhance productivity <input type="checkbox"/> Work productively in teams while using cultural global competence



Materials Needed to Create Video:

- Camera, video editor app
- Kitchen and equipment: stovetop, sink, bowls, spoons, medium pan, measuring spoons
- Ingredients: chicken breasts, limes, a small red onion diced, quinoa, fresh cilantro, black beans, corn, cherry tomatoes, jalapeño, and basic staples

Instructional Strategies: My strategy is to split my video into the different processes it takes in order to make the Burrito bowl, while giving hints on how to stay clean and safe, as well as adding in a comparison of the macros, and price to help show how to identify the change in price from homemade to fast-food.

Key Topic/Step 1: Show Steps for Mise En Place/Safety and Sanitation

Timeframe: 40 Seconds

Storyboard/Scripting (media/images/notes):

- Discuss and show proper attire for cooking – hair net and apron
- Show how to properly handle fresh foods, and knife safety
- Show, gather, and discuss all items needed to prepare the dish

Key Topic/Step 2: Talk and show comparison of macro nutrients and prices

Timeframe: 30 Seconds

Storyboard/Scripting (media/images/notes):

- Talk and show the comparison of macros from fast-food to homemade
- Talk about how fast-foods have a lot more fat, carbs, and calories and how that can negatively impact health.
- Show and discuss how fast foods have inflated prices, which could be made cheaper at home

Key Topic/Step 3: Demonstrate how to make a Restaurant-Style Burrito Bowl

Timeframe: 3 minutes 47 seconds

Storyboard/Scripting (media/images/notes):

- Instruct viewers on how to measure, prepare, and mix items for the burrito bowl and its construction.

Summary/Ending (summary of key learning, next steps for viewer, and call to action for viewer):

- Use mise en place and food safety measures
- Identify the difference in macros from fast-food to homemade
- Homemade burrito bowls are delicious and healthy, and a cheaper option than eating out

Application or Assessment of Learning:

I learned how to apply the FCS National standards identified in the above section to making a healthy, homemade, and cost-effective alternative to eating out with one of my favorite dishes: burrito bowls.

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

“Chipotle Bowl {Healthy Copycat Recipe} – WellPlated.com.” Well Plated by Erin, 19 Feb. 2021, www.wellplated.com/chipotle-burrito-bowl/.

Chipotle. “Mexican Food - Restaurant & Catering - Chipotle Mexican Grill.” Chipotle, www.chipotle.com/nutrition-calculator/burrito-bowl

Parker, Lydia. "What Is Mise en Place?" AllRecipes, Dotdash Meredith, 22 Mar. 2023, www.allrecipes.com/what-is-mise-en-place-7480601

Additional Notes: