



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 <u>X</u> Tutorial ___ Training ___ Screencast ___ Presentation/Lecture	
Grade or Target Age Group Level: 10 th Grade and up	
Video Duration (Maximum 5 minutes, if creating a micro-video series, series must not exceed 5 minutes):	
3 minutes, 57 seconds	
FCCLA Integration (National Programs, Competitive Events, Meetings/Events, if applicable):	
<ul style="list-style-type: none"> • National Programs: Student Body • Competitive Events: Baking and Pastries, Teach or Train, and Instructional Video Design • FCCLA at the Table 	
Video Learning Objective(s):	
<ul style="list-style-type: none"> • How to mise en place • How to include safety and sanitation while cooking • How to make cream puffs with the steam method 	
National Family and Consumer Sciences Standards (or others as appropriate):	
8.5.10 - Prepare breads, baked goods and desserts using safe handling and professional preparation techniques.	
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 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 checked="" type="checkbox"/> Demonstrate creativity and innovation <input type="checkbox"/> Employ valid and reliable research strategies	<input 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 and recording materials, Canva software
- Kitchen and equipment: stove top, oven, sink, bowl, spoons, measuring utensils, stand mixer, saucepan, wooden spoon, butter knife, baking tray, parchment paper, spatula, piping bags, piping tips, cup
- Recipe ingredients: 2 cups heavy whipping cream, 1/3 cup powdered sugar, 1 tbsp pudding mix, 1 tsp vanilla extract, ½ cup unsalted butter, ½ cup water, ½ cup whole milk, ¼ tsp salt, 2 tsp granulated sugar, 1 cup all-purpose flour, 4 large eggs

Instructional Strategies:

My strategy in this video was to separate the instructional demonstration into separate clips to help me in the long run by making editing faster and organization more efficient. I wanted to clearly show the proper steps of making a cream puff using the steam method of baking, showing proper mise en place, and demonstrating safety and sanitation throughout.

Key Topic/Step 1: Safety and Sanitation

Timeframe: 32 seconds to 53 seconds

Storyboard/Scripting (media/images/notes):

- Discuss how to maintain a safe and sanitary cooking environment
- Discuss what attire is appropriate to wear when cooking

Key Topic/Step 2: Show steps for Mise En Place

Timeframe: 54 seconds to 1:03 minutes

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

- Discuss how to gather ingredients in preparation of making my baked goods

Key Topic/Step 3: Show Steps for the Steam Method

Timeframe: 1:25 minute to 2:56 minutes

Storyboard/Scripting (media/images/notes):

- Discuss how to make cream puffs using the Steam Method

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

- Mise En Place: Prep your ingredients before cooking
- Steaming Method: Uses Steam as a leavening agent while baking.
- Safety and Sanitation: Multiple tips were shared during the video.

Application or Assessment of Learning:

I learned how to apply the national FCS standards listed above and displayed them throughout my video while preparing the cream puffs.

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

DeSimone, Nick . "What Is Mise En Place, and Why Is It Important?" Allrecipes, 14 Apr. 2023,
www.allrecipes.com/what-is-mise-en-place-7480601.

"Homemade Whipped Cream." Sally's Baking Addiction, 3 Oct. 2018, sallysbakingaddiction.com/homemade-whipped-cream/.

McKenney, Sally. "Choux Pastry (Pâte à Choux)." Sally's Baking Addiction, 3 Sept. 2018,
sallysbakingaddiction.com/choux-pastry/.

Additional Notes:

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