
IDENTIFY CONCERNS



I want to make an instructional video on food preparation. My concerns are:

- Not having enough time to film, edit, and do voice over.
- The content may not be interesting for younger people.
- The topic not being specific enough to help cover the points mentioned in my video.

SET A GOAL



My goal is to film and edit a video on how to make a burrito bowl that is delicious, but still healthy at the same time, which will help to teach about healthy macros and cheaper eating. I also want to teach about safety and sanitation, mise en place, and other elements from FCS National Standards 8.5. This video will be a part of the Instructional Video Design online STAR Events and must be completed by February 1, 2026.

FORM A PLAN (WHO, WHAT, WHEN, WHERE, HOW, COST, RESOURCES, AND EVALUATION)



- WHO: Myself, my Advisor (Kathryn Jett-McVea)
- WHAT: Filming a video on How to Make a Restaurant-Style Burrito Bowl and identifying the differences in price from homemade to fast-food, while also teaching safety and sanitation and mise en place.
- WHEN: January to February 1, 2026, revised after VA SLC in May – June 8, 2026
- WHERE: My house
- HOW: I am filming in a kitchen on the step-by-step process of things needed to be done
- COST: \$18.35 for all ingredients other than household staples.
- RESOURCES: Kitchen, Ingredients, grill, Kitchen supplies, and film editing supplies

ACT



After choosing my topic, I started to complete my planning process. I then set a date to get my video filmed by. I chose my location, then organized the setup to film my video, since I was by myself. I gathered all of my supplies, and started filming. Once I finished filming, I formatted all of my video clips, and added them into my editing app, Canva. After Virginia State Leadership Conference was completed and I found out that I was a national qualifier, my Adviser held a meeting to review and critique my video for further formatting and revision prior to National Leadership Conference. I updated my video and began the speech writing per the NLC portion of the rubric.

FOLLOW UP



I had a rough time choosing the topic for my video, which caused me to rush to finish getting supplies, and being ready to film my video. But, my video editing skills helped to increase the quality of my video, which helped to make the process run smooth even with struggling to choose a topic. I do feel that I could have concentrated a little bit more on the nutrition aspect of the dish during my instructional video.