

# FCCLA Planning Process Summary Page

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## IDENTIFY CONCERNS



I want to make an instructional video on preparing cream puffs. My concerns are:

- I may not understand the proper techniques for the specific baked goods I'm trying to prepare.
- I am not able to display safety and sanitation tips clearly in my video.
- I wouldn't be able to have enough time to finish all the steps to this project.

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## SET A GOAL



My goal during this project is to be able to successfully film and edit a video showing how to make cream puffs, while teaching my audience about the steam method, mise en place, and how to practice safety and sanitation when cooking/baking by January 29, 2026 for the preliminary round. I will also align my project to the FCS National Standard 8.5.10 and be fully revised and completed for the final NLC round by June 8, 2026 per my Adviser's instructions.

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



- Who: Myself, my advisor (Kathryn Jett-McVea) and one other chapter member who has competed in this category before for reference
- What: Filming a video on "How to Make Cream Puffs" while using the steam method, mise en place, and teaching safety and sanitation.
- When: January 2, 2026 to January 29, 2026, with revisions made between May and June 8, 2026
- Where: My house
- How: I filmed the steps of making cream puffs in my kitchen.
- Cost: \$25 for flour, milk, eggs, butter, whipped cream, and instant pudding, along with basic staples
- Resources: Kitchen and equipment, recipe ingredients, camera and editing supplies

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## ACT



After I chose my topic for my project, I started to plan out my steps to successfully complete my project. For the preliminary round, I gathered all my ingredients and equipment to prepare my cream puffs and film my video. After filming, I edited my video using Canva, making sure to take time to edit and revise. I included multiple tips for safety and sanitation, while also educating my audience about the steam method and how to mise en place. During the revision for the NLC round, I added more background information into both the video and my supporting documents.

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## FOLLOW UP



In conclusion, I got more familiar with editing on Canva and how to film a video. I also learned how to add more time in my video and other editing features. In addition, I would like to let my cream puffs cool more in the future since they were a little warm when filling them with whipped cream. For next time, I will be more skilled with making cream puffs and the editing tools in Canva.