



Instructional Video Design Worksheet

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

<p>Title of Video and Topic: Learn to make sushi with Hibiki</p> <p><input type="checkbox"/> Micro-video Series <input checked="" type="checkbox"/> Tutorial <input type="checkbox"/> Training <input type="checkbox"/> Screencast <input type="checkbox"/> Presentation/Lecture</p>
<p>Grade or Target Age Group Level: All age and gender</p>
<p>Video Duration (<i>Maximum 5 minutes, if creating a micro-video series, series must not exceed 5 minutes</i>): 3:42</p>
<p>FCCLA Integration (<i>National Programs, Competitive Events, Meetings/Events, if applicable</i>):</p> <p>National Programs (Student Body), Competitive Events (Nutrition and Wellness), FCCLA Mission Statement (Promote personal growth)</p>
<p>Video Learning Objective(s):</p> <p>Viewers will be able to learn how to prepare and make sushi.</p> <p>Viewers will also be able to teach and share their experiences with others.</p>
<p>National Family and Consumer Sciences Standards (or others as appropriate):</p> <p>2.1.3 Analyze decisions about providing safe and nutritious food for individuals and families.</p> <p>4.4.4 Plan safe and healthy meals and snacks that meet USDA standards.</p> <p>8.3.6 Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving.</p> <p>8.4.3 Analyze food, equipment, and supplies needed for menu production.</p> <p>8.4.3 Develop a variety of menu layouts, themes, and design styles.</p> <p>8.4.5 Prepare requisitions for food, equipment, and supplies to meet production requirements.</p> <p>8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.</p> <p>9.2.7 Classify cleaning and sanitizing materials and their correct use.</p> <p>9.3 Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.</p> <p>9.5.3 Prepare food for presentation and assessment.</p> <p>9.6.4 Create standardized recipes.</p>
<p>Career Readiness Practices (Select all that apply):</p>

<ul style="list-style-type: none"> <input checked="" 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 checked="" type="checkbox"/> Demonstrate creativity and innovation <input checked="" type="checkbox"/> Employ valid and reliable research strategies 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Utilize critical thinking to make sense of problems and persevere in solving them <input checked="" type="checkbox"/> Model integrity, ethical leadership and effective management <input checked="" type="checkbox"/> Plan education and career paths aligned to personal goals <input checked="" type="checkbox"/> Use technology to enhance productivity <input checked="" type="checkbox"/> Work productively in teams while using cultural global competence
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Materials Needed to Create Video:

Sushi (rice, nori, egg, cucumber, imitation crab, rice vinegar, agave syrup, salt), cutting boards, knife, and phone.

Instructional Strategies:

Adding clips of the process of preparing such as washing the rice, cutting the cucumbers, and cooking the eggs. Also adding pictures to help better image the process in the viewers mind.

Key Topic/Step 1: Hygiene
Timeframe: 0:37-0:40 3:14-3:27
Storyboard/Scripting (media/images/notes):
 When cooking, always make sure to wash your hands and tie your hair. If you have any left overs of the ingredients that you did not use, you can freeze the crabs after properly wrapping them or placing them in a zipper bag. The rest of the ingredients could be refrigerated as well as the sushi. It is recommended to consume the sushi within 2 days.

Key Topic/Step 2: Preparing and making the sushi
Timeframe: 0:23-3:08
Storyboard/Scripting: (media/images/notes):
 First, you want to lay down your nori on a flat surface, preferably a plate. Next, place your rice on top of the nori and spread evenly. Once it is evenly spread, place your topping vertically to the nori in a pile. Lastly, roll. When rolling, you want to start on the side where your toppings are closer to. This makes the finish look prettier!

<p>Key Topic/Step 3: Calories of the food</p> <p>Timeframe: 0:44-2:08</p> <p>Storyboard/Scripting (media/images/notes):</p> <p>Before you start making your very own sushi, prepare these ingredients.</p> <p>1 strips of cucumber 16 calories</p> <p>1 piece of imitation crab 81 calories</p> <p>Cooked french style omelet sliced in the same size as the cucumber 94 calories</p> <p>1 serving of cooked white rice 200 calories</p> <p>Rice vinegar 40 calories</p> <p>Sushi nori (Dried seaweed) 10 calories</p>
<p>Summary/Ending (summary of key learning, next steps for viewer, and call to action for viewer):</p> <p>At the end of the video, viewers will have a better idea about sushi and the process of the creation. They will follow along and make the sushi on their own.</p>
<p>Application or Assessment of Learning:</p> <p>Viewers will be able to make their own sushi and learn about a cultural diversity in food and how they can teach about one’s culture.</p>
<p>Source (If Applicable: cite any published or copyrighted materials used in this video):</p> <p>Ikson. <i>Wanna</i>. Iksonmusic, 2018.</p> <p>FASSounds. <i>Street Food</i>. Pixabay.com, 2022.</p> <p><i>InShot</i>. Specialist Camera Rental Company, 2013.</p> <p><i>Canva</i>. Canva Inc., 2013.</p>
<p>Additional Notes:</p>