



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 Tutorial Training Screencast Presentation/Lecture

Grade or Target Age Group Level: To help make a new and delicious Cake

Video Duration (*Maximum 5 minutes, if creating a micro-video series, series must not exceed 5 minutes*):

FCCLA Integration (*National Programs, Competitive Events, Meetings/Events, if applicable*):

Competitive Events: Instructional Video Design Worksheet

National Programs: Families First

Video Learning Objective(s):

The individual will learn how to create an angel food cake from scratch.

National Family and Consumer Sciences Standards (or others as appropriate):

National Standard:

14.4 Evaluate factors that affect food safety from production through consumption.

Nebraska Standard

HSE.HS.21.6 Demonstrate foundational food preparation techniques.

BMM.HS.6.2 Demonstrate the preparation of various doughs, batters, and pastries.

BMM.HS.6.3 Demonstrate the ability to prepare various cakes, cookies, and other baked goods.

Career Readiness Practices (Select all that apply):

- Act as a responsible and contributing citizen and employee
- Apply appropriate academic and technical skills
- Attend to personal health and financial well-being
- Communicate clearly and effectively and with reason
- Consider the environmental, social and economic impacts of decisions
- Demonstrate creativity and innovation
- Employ valid and reliable research strategies

- Utilize critical thinking to make sense of problems and persevere in solving them
- Model integrity, ethical leadership and effective management
- Plan education and career paths aligned to personal goals
- Use technology to enhance productivity
- Work productively in teams while using cultural global competence

Materials Needed to Create Video:

Measuring Cups dry /wet

Bowls

Rubber Spatula

Bundt Pan

Sifter

Ingredients for the Recipe:

Egg Whites, Cake Flour, Sugar, Vanilla, Almond Extract, Salt

Instructional Strategies:

Direct Instruction: Tutorial video on School Website

Key Topic/Step 1: Introduction/ prepare

Introduction:

Introducing myself and going over the ingredients I need.

Preheat oven and separate egg whites (room temp)

DO NOT use Plastic with the **eggs**

Step one

Sift flour, then measure 1 ¼ c

Then take sifted sugar (½) and flour (1 ¼) and sift 4 to 5 times.

Key Topic/Step 2:

Mix Egg whites, vanilla, Almond extract, and salt.

Mix till most peak form

Then mix in sifted sugar (1 ½) in 4 additions

Key Topic/Step 3:

Take the bowl off the mixer and get a silicon spatula and **fold** in the flour/sugar mixer in 4 additions.

Put it in a bundt pan evenly (do not tap the pan)

Let it bake for 35 min or until golden brown, cool for 30 min or more.

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

Sit down and enjoy! Picture of the finished product.

Application or Assessment of Learning:

Individuals will taste test and compare several recipes compared to my original recipe. They will evaluate it based on Taste, Texture, Smell, Sight, and Touch.

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

López-Alt, J. Kenji. *The Food Lab: Better Home Cooking Through Science*. W. W. Norton & Company, 2015.

Smith, Mabel. "Angel Food Cake." Personal recipe, n.d.

Additional Notes: