



## Instructional Video Design Worksheet

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

<b>Title of Video and Topic:</b>  ___ Micro-video Series <input checked="" type="checkbox"/> Tutorial    ___ Training    ___ Screencast    ___ Presentation/Lecture	
<b>Grade or Target Age Group Level:</b> 10 years and up	
<b>Video Duration</b> ( <i>Maximum 5 minutes, if creating a micro-video series, series must not exceed 5 minutes</i> ): <b>2:18</b>	
<b>FCCLA Integration</b> ( <i>National Programs, Competitive Events, Meetings/Events, if applicable</i> ): We will showcase our video in are Junior High FCS class to demonstrate how to be able to feed and take care of yourself not only as a Junior High student as well as anyone who wants to learn how to catch, clean, and cook a fish. We will show this during our nutrition segment in our FCS class.	
<b>Video Learning Objective(s):</b> The objective of our project Pond to Pan is to educate others on how to prepare a fish once caught from pond to pan.	
<b>National Family and Consumer Sciences Standards (or others as appropriate):</b>  8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.  8.5.2 Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.	
<b>Career Readiness Practices (Select all that apply):</b>	
<ul style="list-style-type: none"> <li>➤ Act as a responsible and contributing citizen and employee</li> <li><input type="checkbox"/> Apply appropriate academic and technical skills</li> <li><input type="checkbox"/> Attend to personal health and financial well-being</li> <li><input type="checkbox"/> Communicate clearly and effectively and with reason <ul style="list-style-type: none"> <li>➤ Consider the environmental, social and economic impacts of decisions</li> <li>➤ Demonstrate creativity and innovation</li> </ul> </li> <li><input type="checkbox"/> Employ valid and reliable research strategies</li> </ul>	<ul style="list-style-type: none"> <li>➤ Utilize critical thinking to make sense of problems and persevere in solving them</li> <li>➤ Model integrity, ethical leadership and effective management</li> <li><input type="checkbox"/> Plan education and career paths aligned to personal goals <ul style="list-style-type: none"> <li>➤ Use technology to enhance productivity</li> </ul> </li> <li>Work productively in teams while using cultural global competence</li> </ul>

**Materials Needed to Create Video:** filet knife, cutting boards, all-purpose flour, franks red hot seasoning, milk, half-dozen eggs, vegetable oil, and paper towels.

**Instructional Strategies:** We used the advantage of the knowledge we had on fishing and turned it into this project. We decided to use the demonstration instructional strategy to teach others how to prepare a fresh fish to eat at home. This project also demonstrates the instructional strategy peer demonstration. As we were filming our video we knew we wanted to make it as easy as possible for anyone to catch, clean, and cook their own fish. So we made sure that our video could be followed by our peers.

**Key Topic/Step 1:** Catching the fish

**Timeframe:** 14 seconds - 22 seconds

**Storyboard/Scripting (media/images/notes):** First before we get started, here is a short clip of Logan catching the fish.

**Key Topic/Step 2:** Descaling and Cleaning of fish

**Timeframe:** 23 seconds to 51 seconds

**Storyboard/Scripting (media/images/notes):** To clean your fish you first need to descale the fish. After that you need to cut right behind the fish's front fin to remove the head. Next, you need to filet your fish, by removing it from the spine along with removing the skin of the filet. Then set to the side.

**Key Topic/Step 3:** Prepare Cooking of Fish and cooking of fish.

**Timeframe:** 52 seconds to 2 min 07 seconds

**Storyboard/Scripting (media/images/notes):** Storyboard/Scripting (media/images/notes): After you set your filets to the side you need to prepare your egg wash. This is done by simply mixing together  $\frac{1}{2}$  cup of milk with 1 egg then whisk it together. Next you need to prepare flour mixture. This includes a cup of flour and a teaspoon of the seasoning of your desired seasoning. Then mix together. Before you cook your fish you need to batter it. You do this with the mixture shown. First place your fish in the egg wash mixture. Then, remove the fish from the mixture with a wet hand and place in the flour and seasoning mixture. Then set aside to prepare your oil to cook with. To cook battered filets you need to pour oil in the bottom of your saucepan. Heat oil at medium heat. Once oil is hot enough place filets into oil. Cook filets till golden brown.



<p><b>Summary/Ending</b> (summary of key learning, next steps for viewer, and call to action for viewer): Thank you guys for watching and hope you enjoyed watching this video. We hope this video encourages you to go out, catch a fish and cook it. This is our project, Pond to Pan.</p>
<p><b>Application or Assessment of Learning:</b> We learned to properly communicate as a group with each other to make sure each member knows their role in making the video. We also learned to effectively communicate our instructions to viewers to make each step of the catching, cleaning, and cooking of a fish process clear and easily understood. By demonstrating how to do these things we hope it encourages our peers to feel confident enough to try it too.</p>
<p><b>Source</b> (If Applicable: cite any published or copyrighted materials used in this video):</p>
<p><b>Additional Notes:</b></p>

