

# FCCLA Planning Process Summary

## IDENTIFY CONCERNS



College kids want a meal that they can make and many people want to learn a new recipe. According to the Education Data Initiative (2023), college students eat out 4-5 times a week. Eating out can cost a lot and also lead to unhealthy meals. Learning how to cook at home can help reduce costs and can help people be healthier. Demonstration videos can help give seniors a good start if they want to learn how to cook.

## SET A GOAL



Our goal is for seniors to learn how to make chicken alfredo before going into college. We will make one five-minute video showing how to make pasta and sauce. We will have the video finished by mid-January.

## FORM A PLAN



Who: Suley, Ethan  
What: Make demonstration video  
Where: FCS room at Cross County  
When: Film and edit in January  
Why: To teach seniors how to cook food.  
How: Both cook and Ethan edits

## ACT



We made our alfredo in January in the FCS room.

## FOLLOW UP



We learned time management and communication with our STAR project. We wanted to film earlier, but had not communicated with our adviser so we did not have the ingredients. Because of this, we had to wait to film and edit.