

## 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    ____X_Tutorial    ____Training    ____Screencast    ____Presentation/Lecture	
<b>Grade or Target Age Group Level:</b> College students	
<b>Video Duration</b> ( <i>Maximum 5 minutes, if creating a micro-video series, series must not exceed 5 minutes</i> ): <b>2:00</b>	
<b>FCCLA Integration</b> ( <i>National Programs, Competitive Events, Meetings/Events, if applicable</i> ): <b>National Program - Student Body:</b> It is more nutritious because it's homemade and it's not fast food. Fast food tends to be fatty with more grease. When food is made at home, you can control how much fat or salt is added.	
<b>Video Learning Objective(s):</b> Teaching new college students how to make chicken alfredo with homemade sauce.	
<b>National Family and Consumer Sciences Standards:</b> 1.2      Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.	
<b>Career Readiness Practices (Select all that apply):</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Act as a responsible and contributing citizen and employee</li> <li><input type="checkbox"/> Apply appropriate academic and technical skills</li> <li><input checked="" type="checkbox"/> Attend to personal health and financial well-being</li> <li><input type="checkbox"/> Communicate clearly and effectively and with reason</li> <li><input type="checkbox"/> Consider the environmental, social, and economic impacts of decisions</li> <li><input type="checkbox"/> Demonstrate creativity and innovation</li> <li><input type="checkbox"/> Employ valid and reliable research strategies</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Utilize critical thinking to make sense of problems and persevere in solving them</li> <li><input type="checkbox"/> Model integrity, ethical leadership, and effective management</li> <li><input type="checkbox"/> Plan education and career paths aligned with personal goals</li> <li><input type="checkbox"/> Use technology to enhance productivity</li> <li><input type="checkbox"/> Work productively in teams while using cultural global competence</li> </ul>
<b>Materials Needed to Create Video:</b>	

**Instructional Strategies:****Demonstration****Key Topic/Step 1: Introduction****Timeframe:****Storyboard/Scripting (media/images/notes):**

Hi, my name is Suley and my name is Ethan. Today we are going to be teaching you how to make chicken alfredo with homemade sauce. This is a simple meal if they don't know how to cook.

**Key Topic/Step 2: Make Pasta****Timeframe:****Storyboard/Scripting (media/images/notes):**

First, all the ingredients you will need are butter, heavy whipping cream, garlic minced, Italian seasoning, salt, pepper, and grated parmesan. Get a pot that will fit how much you want, with a little extra room. Next, fill up your pot with water about halfway and add your pasta noodles. Let that cook. You will know it's done, if you cut the noodles in half and there isn't white in between the noodles then it's ready but if there is white in between the noodles then it's not ready.

**Key Topic/Step 3: Make Alfredo Sauce****Timeframe:****Storyboard/Scripting (media/images/notes):**

Your second step is to make the homemade sauce. Add  $\frac{1}{2}$  a cup of butter and  $1 \frac{1}{2}$  cup of cream to a large skillet. Next, simmer over low heat for about 2 minutes. Then whisk in 2 teaspoons of minced garlic,  $\frac{1}{2}$  teaspoon of Italian seasoning,  $\frac{1}{2}$  a teaspoon of salt, and  $\frac{1}{2}$  a teaspoon of pepper for 1 minute. Then whisk 2 cups of parmesan cheese until melted. Once done, serve! Making pasta is a great way to practice career readiness skills. You can use the food preparation skills if you want to open a restaurant. Other skills used when making alfredo include being able to follow directions and practicing patience for when your food is cooking.

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

Now you know how to make homemade alfredo sauce and how to make a simple meal for new college students. This is also a chance for you to practice those career skills of following directions and patience. Now that you know



how to make it go to the store by the ingredients then try it for yourself. You can also make this for dinner with your friends.
<b>Application or Assessment of Learning:</b>
<b>Source</b> (If Applicable: cite any published or copyrighted materials used in this video):  <a href="https://thesaltymarshmallow.com/best-homemade-alfredo-sauce/">https://thesaltymarshmallow.com/best-homemade-alfredo-sauce/</a>
<b>Additional Notes:</b>

