8th Grade Nutrition Project

Video Guidelines

1. Prepare for your cooking video by gathering all ingredients and utensils that you will need.
2. Test video camera to make sure your demonstration is easy to see. Ask a parent or family member to video your demonstration in order to show both close-up shots of the process and a wider view of you.
3. Explain each step of the process as you are doing it. Add tips, advice, and descriptive information to help the audience understand the process.
4. Video the entire process and then at school you can cut any portions that are unnecessary.
5. Be sure to include a final picture of your meal/dish in a correct portion on a plate. See this website if you need help: <http://morethanmedication.ca/en/article/index/everyday_portion>
6. Somewhere in your video, be sure to include the following:

* Name of dish or meal
* Ingredients and amounts
* Oven or stove temperatures
* Preparation steps
* Approximate cost
* Number of servings
* Number of calories (either total or per serving)