

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: The target age level for this video is beginning college students. Therefore the target age level for this age group is 17 years old to 20 years old.

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*):

This project aligns with the student body FCCLA national program. This project could also be used in The Healthy You unit of the Student Body National Program.

Video Learning Objective(s):

The learning objective of this video is to teach college students how they can afford healthy homemade meals while still staying in a college dorm.

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

We are going to be following The National FCS Standards 14.3.1 which is to apply current dietary guidelines in planning to meet nutrition and wellness needs, and standard 14.3.3 which is to demonstrate ability to select, store, prepare, and serve nutritious, aesthetically pleasing food and food products.

Career Readiness Practices (Select all that apply):

- | | |
|---|--|
| <ul style="list-style-type: none"> ☐ Act as a responsible and contributing citizen and employee ☐ Apply appropriate academic and technical skills ☐ <u>Attend to personal health and financial well-being</u> ☐ Communicate clearly and effectively and with reason ☐ <u>Consider the environmental, social and economic impacts of decisions</u> ☐ Demonstrate creativity and innovation ☐ Employ valid and reliable research strategies | <ul style="list-style-type: none"> ☐ 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:

The materials needed to create this video are a microphone, phone stabilizer, Audacity Audio Recorder and Canva.

Instructional Strategies:

I am teaching students how to shop for groceries while in college by sharing information and using images that help the viewer remember the information while enjoying the video.

Intro:

Me speaking in front of a white background.

Hello Everyone. Today we are going to be learning how to save money when grocery shopping in college. Healthy food is expensive and many college students have poor diets which can lead to other issues such as health problems and mental health issues. So today, we are gonna discuss planning for grocery shopping, which food to get, and how to save money at the register while in college.

Key Topic/Step 1:How do I shop for groceries?

Timeframe: 0' 28"-1' 29"

Storyboard/Scripting (media/images/notes):

Show a header that says How Do I Shop for Groceries. Show a piece of paper that says the days of the week on it, and write a meal on a few days and take-out, and dining hall on the others. Next bring out a grocery list and start writing more items such as cottage cheese that is filling. Lastly, put a car driving over to the grocery store.

The first thing you need to do is make your list. First grab a piece of paper. Next, write down some meals that require very little time and that you enjoy. While you are thinking about meals, try to think about food that is filling. You can find very simple and filling recipes with just a simple google search. It can be cheaper if you practice portion control and eat filling meals with less food. Once you have done this it will be easier to make a grocery list. This can also help you make sure that you don't buy unnecessary items. One more tip before you make your way to the grocery store is to look at your list and make sure that you have a way to store your food safely and you are ready to shop. These are all of my tips before you drive over to the grocery store. Now how do you know what to get while at the grocery store?

Key Topic/Step 2:What do I buy?

Timeframe:1' 30"-3' 17"

Storyboard/Scripting: (media/images/notes):

Drag in a header that says "What do I buy?" After the header there will be a pie chart that has all of the food groups. As I mentioned, each ingredient slides them into the designated section. Show a person walking towards a register.

While you are in college you often only have a mini fridge and a small amount of space, so it is important to pick healthy foods that are not only cheap, but easy to keep as well. It is also important to pick food that is easily prepared in a microwave or sometimes an oven. Let's look at each food group and see what ingredient is cheapest and healthy for college students.

In the protein food group there are two major ingredients that I would like to touch on. Canned fish is a very easy way to get all your protein, and it is also super easy to keep. It only costs around \$3 to \$4 per can. Another great source of protein is pork. While only costing \$3 to \$4 a pound it can be a little harder to keep for a long period of time.

Next is the grains category. The first grain only costs \$2 a pound and has an impressive amount of nutrients. Oatmeal is super easy to keep in storage and even easier to prepare. There are also even easier sources of grains. Popcorn and canned beans are very easy to keep in storage and are high sources of fiber. They both also cost less than \$2 per pound and are very filling foods.

Next up is everyone's favorite ...Vegetables! Fresh vegetables can be hard to prepare and expensive. However there are some cheaper yet healthy options out there. Russet potatoes are only 60 cents per pound and are easy to keep. Another great source of vitamins is bagged spinach. Bagged spinach is only \$3.83 a pound and is already prepared for you. It can also be super easy to keep fresh if you freeze it. One other vegetable that can be enjoyed raw or cooked is carrots. Costing only 77 cents per pound one cup will provide 119% of your daily needs.

To go along with vegetables, fruit can be hard to keep fresh. One great source of fruit that is easy to keep, already prepared, and only \$3.64 a pound is fresh berries. One other source of 41% of your daily needs is cantaloupe.

One last food group that I would like to discuss is dairy. Everyone gets milk when they go shopping, but there are other sources of dairy. Cottage cheese and yogurt both cost less than \$2 per 16-ounce container. These ingredients are great for appetite control and make great snacks.

There were a lot of ingredients that we discussed. Now let's walk over to the register and discuss a couple more tips to save money.

Key Topic/Step 3: How do I save even more money?

Timeframe: 3' 18"-4' 54"

Storyboard/Scripting (media/images/notes):

Show a header that states, "How do I save even more money?" Then show a register and show 7 dollar bills. Trade each dollar bill for each element that you talk about such as a coupon until you are down to one dollar bill. Last show the 7 dollar bills again and cut down to 1 dollar bill.

One of the most popular ways to save money is through coupons. I know this may seem like an older thing to do, but saving coupons that you find in the mail and online can help bring down the cost of your groceries immensely. There are also couponing apps that allow you to scan your store receipts and earn money back. Fetch and the store app are excellent examples of couponing apps. Another common tip is to budget beforehand. Set out how much you are going to need to grocery shop each week and don't allow yourself to exceed that limit. Some other helpful tips when grocery shopping are to buy generic products rather than name brand. The name brand is often more expensive for the same amount and quality of food. My next tip is to shop alone during quiet times of the week. When you are with friends or the store is busy you can find yourself getting distracted and rushing. One last tip that I have is to shop on the outer aisles of the grocery store. Most grocery stores are set up to have the healthier ingredients of the outside aisles, and the more expensive and less filling ingredients in the middle and front aisle. These tips can bring your grocery bill from this (Place 4 dollar bills) Down to this (take away three dollar bills).

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

Voice over on the last slide.

Getting healthy food while in college doesn't have to be expensive. With a little training you can take your grocery bill down from breaking the bank to breaking the grocery bags.

Application or Assessment of Learning:

After posting this video to Youtube and our chapter website I showed it at our January chapter meeting. At this meeting I gave each member a handout that asked a few questions regarding what they learned and their opinions after watching the video. I then used their feedback to provide changes and make the video more suitable to high school students.

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

Anderer, J. (2023, May 26). A poor diet in college can lead to a lifetime of bad health. Study Finds.

<https://studyfinds.org/poor-diet-college-bad-health/#:~:text=Researchers%20from%20the%20University%20of,%2C%20respiratory%20illnesses%2C%20and%20depression.>

Bennett, K. (2023, October 23). 17 ways to save money on groceries. Bankrate.

<https://www.bankrate.com/banking/savings/ways-to-save-money-on-groceries/#reasons>

"Canva." Canva, www.canva.com.

ChFC®, D. C., CLU. (2024, January 1). Grocery prices are Sky-High. Here are 7 cheap ways to get your protein. The Motley Fool.

<https://www.fool.com/the-ascent/personal-finance/articles/grocery-prices-are-sky-high-here-are-7-cheap-ways-to-get-your-protein/>

FCS National Standards. (n.d.). LEAD FCS. <https://www.leadfcsed.org/national-standards.html>

Lunch, W. (2021, November 2). College meal prep tips Every student needs to know. Workweek Lunch.

<https://workweeklunch.com/college-meal-prep/>

Rd, B. E. (2023, February 28). 28 healthy foods that are incredibly cheap. Healthline.

<https://www.healthline.com/nutrition/29-cheap-healthy-foods#Meal-prep:-Non-boring-salad>



Sophia. (2023, December 12). 25+ insanely healthy college meals you can make in a dorm. By Sophia Lee.
<https://bysophialeee.com/healthy-college-meals/>

Additional Notes:

