



SHARING WHAT YOU MADE

[STUDENT RESOURCE]

Summary: We want you to share what you are creating with your peers, teacher, or family members. There are a number of different ways you can share what you are creating. This document shares some tips and tricks for completing videos, photo essays, or voice memos for different assignments and when prompted by your teacher or a family member.

DO: Choose to share a recipe or a skill you are learning in the kitchen using a video, a voice memo, or photo essay. See the tips and tricks below on how to make a video, photo essay, or voice memo.

SHARE: Once you are done making a video, voice memo, or photo essay, share it! If you are completing your cooking lessons **with your class**, your teacher will let you know how they want you to share with the class. Your class might use Padlet, Flipgrid, Google Classroom, Instagram, or another platform. If you are doing these lessons **with your family**, send a family member what you created.

Ways to share your work:

- **Written Reflections:** Free-write journaling is a great way to process your feelings, thoughts, and opinions.
 - Take a picture of the written text with your phone.
 - Copy and paste what you wrote to the suggested platform.
 - Take a screenshot [Mac users: command + shift + 4, Chromebook users: CTRL + Show (a rectangle with 2 lines next it), Windows users: Windows + Shift + S] of your writing. Save the screenshot and rename it.
- **Videos:** Videos can be an awesome way to document your cooking process or showcase a kitchen skill! Check out these tips for how to record your video:
 - Recording a video on a smartphone: If you or a family member has a smartphone, that can be a simple way to record a video. In the camera app, switch the setting from Photo to Video, and press the red button to start recording. To finish recording, press the red button again, and the video will save into your video library.
 - Recording a video on a laptop: There are few different ways to record a video on a laptop. You might use *Youtube.com*, where [you can record a video directly onto the website](#). You can also use an application like [PhotoBooth](#) (Mac), [iMovie](#) (Mac), or [Camera](#) (Windows).



SHARING WHAT YOU MADE

[STUDENT RESOURCE]

- Consider asking a friend, family member or guardian to record you while you demonstrate your skill. Or you could prop up the phone or point the laptop towards you and record yourself!
- Make sure it is light enough that you are visible and clear in the video. Also, think about which angle would best capture your skill demonstration (for example: if you are demonstrating your knife skills, you probably want the camera to focus on your hands and the cutting board).
- **Photo Essays:** Using a photo essay, you can document your cooking process using a snapshot of each step. Here are some photo essay tips:
 - Include at least five photos of the cooking process.
 - For each photo, include a caption that describes what is happening. Feel free to be creative with your captions!
 - If you have a helper, see if they would be willing to take pictures of you preparing the food. If not, no problem! You can take pictures of the food in a way that shows each step of the process (for example: if you are cutting vegetables, you might take a picture that includes the veggies and the knife on the cutting board)
 - Check the picture right after taking it to make sure that it is clear and bright enough to demonstrate the cooking step. If it is blurry or dark, take the photo again.
- **Voice Memos:** Some of the lessons give you the option to respond to a prompt using a voice memo instead of writing something down. Tips for voice memos:
 - Using a smartphone, you can use the Voice Memos app or another voice recorder app to record yourself speaking. Open the app, hit the red button to record, speak into the microphone on your phone, and hit the red square when you are finished. You can tap the name to rename the file.
 - On your computer, there are a number of applications you might use, such as [Garageband](#), [QuickTime Player](#), or [Sound Recorder or Voice Recorder on Windows](#).
 - Replay your voice memo to check it before you upload it to your class sharing platform. Sometimes the beginning or end of a message gets cut off, or the sound ends up muffled or quiet. If there is an issue with the recording, you can delete it and try again.

Teacher Notes:

- In the *Cooking with Curiosity: Challenging Perfection with Reflection* this resource is in Appendix D
- Check with your district guidelines before having students share their work online.

Disclaimer: All videos and references are used for educational purposes only. The Edible Schoolyard Project does not endorse any brands, labels, organizations, or businesses included in videos or references.