

ProStart

National Restaurant Association
Educational Foundation

TM



@ProStart



/ProStartProgram



/ProStartProgram



/ProStartProgram

[NRAEF.org/ProStart](https://www.nraef.org/ProStart)

ProStart Webinar Series:
**Digital Culinary Demos,
Part II: Educator Edition**

July 29, 2020
3-4pm EST



Agenda for Today's Webinar

Digital Culinary Demos, Part II: Educator Edition

| | |
|-----------------------------------------------------|----------------|
| Welcome & Introductions | <i>3 min</i> |
| NPSI Introduction | <i>5 mins</i> |
| Guest Educator(s) Introduction (Panel Intro) | <i>5 mins</i> |
| Digital Culinary Demos Presentation | <i>30 mins</i> |
| Q & A | <i>15 mins</i> |
| Wrap Up | <i>2 min</i> |

NRAEF ProStart Team



Leon Spinner
Coordinator, National ProStart Program



Amy Saltzman
Director, National ProStart Program



Morgan Golin
Manager, National ProStart Program

Panel Introduction



Chef Nicholas Skajewski
Executive Chef - Food &
Nutrition, Avera McKennan
Campus & Owner of
Skajewski Catering



Brian D. Peffley
Pastry Instructor,
Lebanon County C.T.C.

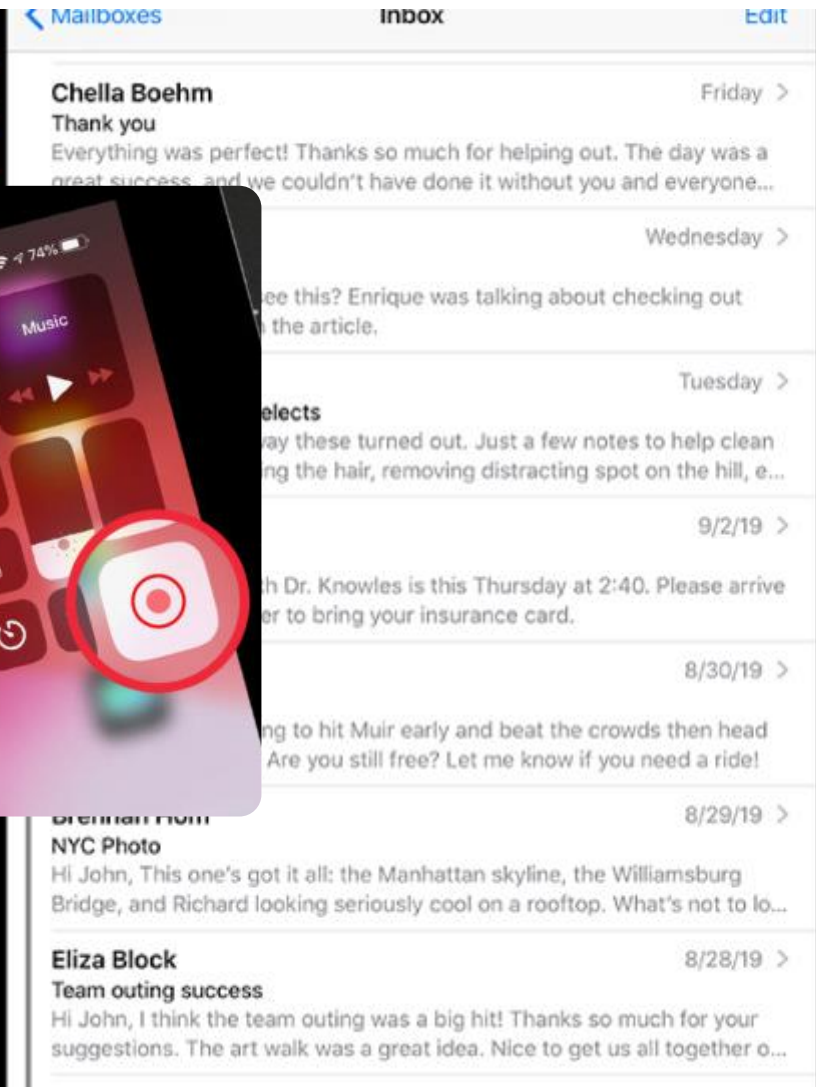


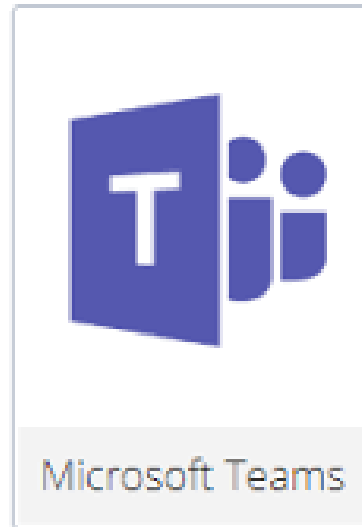
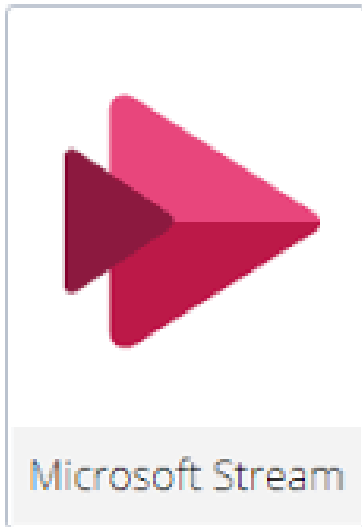
Joshua Ogrodowski
Culinary Arts & Hospitality
Instructor, Enfield High School
in CT



Digital Culinary Demos

Costing & Recipe Cards Videos
Chef Joshua Ogrodowski
Enfield High School Culinary Arts
Connecticut





TEAMS & STREAM

Upload using a device with a camera and mic

Whatever your platform, make sure it has enough storage space

Tips for Success



Chunk the videos if it's a complicated process



Try to use a quiet room / stand / quality microphone



Keep it simple and user friendly (start with the basics)

Chunking A Costing Video



Step One

How to open a costing form & market sheet and save to the cloud from platform & split the screen with desired recipe



Step Two

Move information over from recipe and determine unnecessary language to complete recipe sheet



Step Three

Complete ingredient costing line by line



Step Four

Complete total ingredient costing, q factor & portion cost



Step Five

Complete mark-up (save if not done automatically) and share

Pros & Cons

- Reusing lesson for each class
- 24-hour access
- Less fatigue & burn out
- Self paced
- Not personalized
- May not meet all needs in the classroom (IEP/504)
- Delayed feedback if accessing later
- Just because it's complete doesn't mean they fully understand

Beef Pho - Detailed Step By Step by Nicholas Skajewski



A large white platter of appetizers. The platter is filled with various items: sliced cantaloupe and honeydew melon, small skewers of olives and cheese, a large wedge of cantaloupe with a scoop of ice cream, a pile of cubed cheddar cheese, and three small white bowls containing different dips (one red, one dark brown, one black). There are also some dark breads or crackers on the left side of the platter.

Video Education Resources

Chef Brian D. Peffley CEPC, CCE, AAC

Chef Brian Peffley



Create your own YouTube Channel

- [YouTube Channel](#)
- [\(Chef Brian Peffley Baking Videos\)](#)

<https://www.youtube.com/channel/UCVjV6coBhzRq54zlmKHptdQ>

- Editing Software used: DaVinci Resolve



You  **Tube**

Utilize Local ACF Chapters Resource Centers

- www.acfharrisburg.org
(Video Library)
- Our Chapter (Tab)
- Education (Tab)



Extension Offices Free Online Courses

Penn State
Cooperative Extension

<https://extension.psu.edu>



PennState

Personal Contact Information:

**Brian D. Peffley CEPC,
CCE, AAC**
bpeffley@lcctc.edu
**(717)273-8551 ext.
2140**



Chef Nicholas Skajewski
Executive Chef, Food & Nutrition
Avera McKennan Campus | Avera Behavioral
Health - Avera on Louise Campus
605-322-8774 - www.SkajewskiCatering.com

Chef Joshua Ogradowski
NRA CSFE & ACF CSCE
MAT FS Education AS Culinary & BS
Nutrition JWU
jogradowski@enfieldschools.org

**Questions
Received**

Please watch our first webinar on Culinary Demos:

“Digital Culinary Demos, Ideas for Effective Engagement”

June 24

[Listen Here](#)

This webinar contains:

- Tips and tricks on creating and filming culinary demos
- Recommendations on:
 - Equipment/set up
 - Resources (free and/or low cost)
 - Classroom and video programs
 - Ideas for creative classroom activities
 - Ideas for evaluating student knowledge

Questions Received

For our panelists:

- What are your best tips to capture attention and engage students through culinary demos?
- How do you incorporate student participation into demos? What student activities have you paired with a demo in the past?
- Recommendations for easy, inexpensive recipes with flare that a high school student would be interested in?
- What are your recommendations for simplifying the filming of a demo, and reducing “down time” or “dead air” in a video?
- How can I set up my demos to be live so my students can ask questions while they watch?
 - If you are comfortable doing a live demo, platforms like YouTube, Twitch, and Instagram offer livestream services.

Questions Received

- How much time do you need to set-up, film, edit, and post?
 - Depends on what you're cooking! Being prepared in your set up can save a lot of time. Please watch our first webinar on this topic.
 - There are tons of free tutorials online on how to edit videos on your iPhone or with free programs, etc. Here's a [step-by-step tutorial](#) to combine two video clips if you're filming on your iPhone, and one for if you're using [Androids](#).
- How we can safely get students to cook hands on using remote learning (avoiding liability)?
 - A culinary class will always pose *some* liability. Being clear in your safety preparation, sanitation instruction, and education around safe knife usage, handling of hot equipment, etc. is key.
 - The National Restaurant Association has put together lots of free, COVID-specific sanitation videos you can access [here](#).
- What are the top cooking and safety techniques that we should teach new students remotely?
 - Please review the FRMCA curriculum for content on safety and sanitation.
 - Proper handwashing, food storage, cross-contamination, cooking and cooling temperatures, and cleaning and sanitizing are all good places to start.

Questions Received

- What advice or resources would you suggest for a new ProStart Educator?
 - Reach out to your [ProStart State Coordinator](#) for information on ProStart.
 - Use the available curriculum resources like the video library, teacher USB with lesson plans and PowerPoints, educator activity guides, and MasterCook available on textbooks.restaurant.org.
 - Utilize the Educator Resource Hub on ChooseRestaurants.org.
 - Join a ProStart Educator Facebook group to network and ask questions of your colleagues.
- Do we have access to free ServSafe online course for students?
 - While the ServSafe Food Handler exam is not free, there are lots of options for students to engage with ServSafe online, including taking the exam. Learn more about ServSafe [here](#).
 - There are also handy, free resources and quizzes on the ServSafe website [here](#).
- Could workbooks be posted in a digital format so that it can be utilized for digital student work?
 - FRMCA student workbooks are not available digitally.
 - Electronic versions of the textbooks are available.
 - Please visit textbooks.restaurant.org to learn more about our curriculum resources and contact your Academic Sales Representative if you have questions.

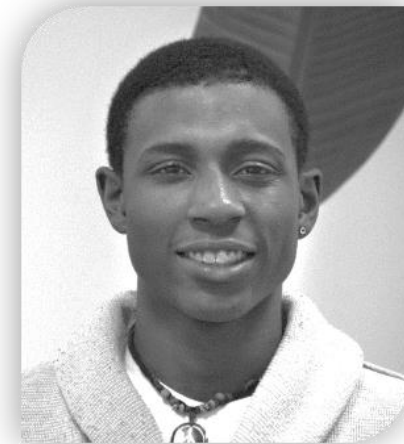
THANK YOU

Next Webinar:

TBD

Please let us know what you
thought of today's webinar.
Take our [quick survey!](#)

Submit questions or
webinar topic ideas to:



Leon Spinner,
Coordinator, ProStart Programs
lspinner@nraef.org

ProStart

National Restaurant Association
Educational Foundation

TM



@ProStart



/ProStartProgram



/ProStartProgram



/ProStartProgram

[NRAEF.org/ProStart](https://www.nraef.org/ProStart)