Teaching cooking/food prep skills in the 21st century: Part 1
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So you want to teach others to prepare tasty, healthy recipes or basic kitchen skills? You have many tools available including print/pictorial recipes, infographics, online videos/slideshows (Part 1) and in two weeks - mobile apps with step-by-step instructions/recipes or videos, podcasts/vodcasts and GIFs (Part 2). Examples are below.

1) Print recipes
Online print recipes are ubiquitous. Most sites allow you to download PDFs of recipes. Some provide nutrition analysis, others don't. You can search for recipe sources at:
**SNAP-Ed Connection**
https://snaped.fns.usda.gov/
**Food and Nutrition Information Center, FNIC, NAL, USDA**
https://www.nal.usda.gov/fnic

The sites below have extensive recipe collections:
**What's Cooking? USDA** (English/Spanish)
https://whatscooking.fns.usda.gov/
**Spend Smart, Eat Smart** - Iowa State University Extension
https://spendsmart.extension.iastate.edu/recipes/
**Food Hero** - Oregon State University Extension Service
https://www.foodhero.org/recipes/healthy-recipes

2) Pictorial recipes/infographics
Pictorial recipes/infographics may be effective for low-level readers, the developmentally challenged and children. Here are some examples that use different pictorial formats:
**How to make a mason jar salad** (infographic) - Cook Smarts
http://www.cooksmarts.com/resources/infographics/how-to-make-a-mason-jar-salad/
**Discover MyPlate: Look and Cook recipes** - Team Nutrition - pictorial snack recipes for young children - English on one side, Spanish on the other
**Pictorial recipes for children** - Making Learning Fun
http://www.makinglearningfun.com/themepages/RecipesPictorialDirections.htm
**Picture recipes** - Bry-Back Manor
http://www.bry-backmanor.org/picturerecipes.html
**Spanish/English Pictorial Recipes** - Oregon State University Extension Service
https://catalog.extension.oregonstate.edu/em8781

3) Online videos/slideshows
*Note: I didn't watch every video so some videos may differ in format from the description.*
**Spend Smart, Eat Smart** - Iowa State University Extension
https://spendsmart.extension.iastate.edu/videos/
**NJ SNAP-Ed** - Super-short, these vegetable dish videos have cooking steps (including a 'Wash hands' step!) on the screen, along with step-by-step instructions. No voice-over, only music.
[http://www.snaped4me.org/Cooking.htm#](http://www.snaped4me.org/Cooking.htm#)

**Kansas SNAP-Ed EZ does it recipes** - Super-short videos like the NJ SNAP-Ed ones described above, instructions on the screen but no ingredient amounts.
[https://vimeo.com/album/4192370](https://vimeo.com/album/4192370)
Here's a detailed description of the videos:

**What's Cooking, USDA Mixing Bowl**
[https://m.youtube.com/playlist?list=PLBccton6gOdrlKFhFh-M9mf8VvPEVZVr](https://m.youtube.com/playlist?list=PLBccton6gOdrlKFhFh-M9mf8VvPEVZVr)

**Academy of Nutrition and Dietetics videos**
[http://www.eatright.org/search?it=video&mpp=20&guid=b5325968a09c4923a88962ae0c9d6f23](http://www.eatright.org/search?it=video&mpp=20&guid=b5325968a09c4923a88962ae0c9d6f23)

**Healthy Cooking Videos - Healthy Kitchen** - Eat - Live Eat Play - Colorado State University - Super-short videos like the NJ SNAP-Ed ones described above, instructions on the screen, include ingredient amounts.
[http://www.liveeatplay.colostate.edu/eat/healthy-kitchen/videos/index.php#.WLxFPOs8KrU](http://www.liveeatplay.colostate.edu/eat/healthy-kitchen/videos/index.php#.WLxFPOs8KrU)

**Visual Recipes** - slideshow with step-by-step pictures that show ingredients and cooking steps, not ingredient amounts (there are also videos on this website)