Part 2 – Teaching cooking/food prep skills in the 21st century
By Ellen Schuster, BA, MS

We continue our look at various ways to teach cooking/prep skills: mobile apps with step-by-step instructions/recipes or videos, podcasts/vodcasts and GIFs. Examples are provided.

4) Mobile apps
Apps may contain recipes only or more detailed resources like step-by-step instructions and/or videos.

**SideChef** - Review/description at [http://www.supermarketguru.com/articles/the-app-review-sidechef.html](http://www.supermarketguru.com/articles/the-app-review-sidechef.html)


**Find more food/cooking apps** (reviews are included) from the American Academy of Nutrition and Dietetics at [http://www.foodandnutrition.org/Nutrition-Apps/](http://www.foodandnutrition.org/Nutrition-Apps/)

5) Podcasts/vodcasts
I've listed only podcasts that are videos - vodcasts. Some podcasts also have complementary websites.

**Utah State University Extension Food Preparation** (short videos)
[https://itun.es/us/rskht.c](https://itun.es/us/rskht.c)
Website w/very short food prep videos (<1 minute)
at [https://m.youtube.com/playlist?list=PLMnDQoXFVBEaHATt2B-P5Ge5FJUUjE9r5](https://m.youtube.com/playlist?list=PLMnDQoXFVBEaHATt2B-P5Ge5FJUUjE9r5)
Website w/longer food prep videos
at [https://m.youtube.com/playlist?list=PLMnDQoXFVBEbKtLoH58gtc17Z9rjtdUKM](https://m.youtube.com/playlist?list=PLMnDQoXFVBEbKtLoH58gtc17Z9rjtdUKM)

**Start Cooking by Kathy Maister**
[https://itun.es/us/VBUzm.c](https://itun.es/us/VBUzm.c)
Website w/food prep - recipe - and basic skill videos at [http://startcooking.com/](http://startcooking.com/)

**Cooking Techniques by StellaCulinary.com**
[https://itun.es/us/NMnKD.c](https://itun.es/us/NMnKD.c)
Website w/food prep - recipe - and basic skill videos at Stella Culinary w/Chef Jacob
- [https://stellaculinary.com/cooking-videos](https://stellaculinary.com/cooking-videos)

**Cooking in Real Time** - A podcast for practical kitchens
[https://itun.es/us/Ybuzs.c](https://itun.es/us/Ybuzs.c)
[http://cookinginrealtime.com/](http://cookinginrealtime.com/)

6) GIFs
What is a GIF? It's an image file that adds other images to animate all of the images. GIFs can be instructional. An example is chopping onions