Video Guidelines

- We want you to utilize your phone camera. Test the quality of your video (lighting, sound, video frame, etc.)
- Wear your chefs coat
- If you’re able, please refrain from wearing a mask to ensure better sound quality
- Follow the camera frame instructions for each video
- Upload completed videos [HERE](#) (Formatted in .mp4 or .mov)
Restaurant Tour

Time Requirement: 30 minutes or less

Description:
As you are walking around your restaurant, we would like you to tell us about your career starting with your training/college experience. You will begin at the door, walking through front-of-house, back-of-house, and end at the point-of-service. At each area, stop and explain what happens there and answer a question.

Camera Frame:
Ask a colleague to record your tour. If you are recording your video solo, make sure the phone camera is at eye level. Talk about the area of the restaurant while in selfie mode and then switch the camera around to show the space. Please turn on all the lights in the spaces you will be walking through.

Required Intro:
Begin at the front door: Hello! This is Chef [Name], and today we are going to take a tour of [Restaurant Name], and I will tell you how I started in this industry and became a chef. (Show the front door) This is the guest entrance where customers are greeted & their dining experience begins. At the beginning of my culinary career, I studied/ trained at [college/ training program] ...

Questions: Below is a list of suggested questions to answer along your tour.

1. Where did you go to culinary school/ training?
2. What was your first job in the industry? Internship, mentorship etc.?
3. After your first job, where did you go & how did it lead you to where you are today?
4. What is the most important lesson you learned along the way?
What’s in Your Roll-Up?

Time Requirement: 15 minutes or less

Description:
The goal of this video is to educate the high school students on what tools & uniforms are necessary to be a successful chef. Explain what tools are in your knife roll/chef bag, from the most valuable tool to the unexpected. Before you begin, layout the contents of your bag as seen in the picture to the right. Note: In addition to the video, please send two–three photos of the items you show us in your video.

Camera Frame:
Ask a colleague to record your Show & Tell. If you are recording your video solo, show an aerial view of your tools and then switch the camera to selfie mode and talk about the tool.

Required Intro:
“Hello! This is Chef [Name] from [Restaurant Name] and I have been a Chef for [Number of Years] years. Today I will show you the tools I use in my kitchen.”

Questions: Below is a list of suggested questions to answer along your tour.

1. Why did you choose each of these tools? What is the purpose?
2. Which one do you use the most?
3. What is something you use a lot that you never thought you would?
4. What is your favorite tool?
5. What do you wear in the kitchen? (Best shoes, undershirt, pants, etc.)
Cooking Demo

Time Requirement: 30 minutes or less

Description:

We want our students to be able to cook along with you. Use fresh & cost effective ingredients to make a tasty dish that could feed a family of 3-4 people. Be sure to layout your ingredients and tools or equipment in front of you. Begin the video by introducing yourself. Don’t forget to share some tips & tricks (i.e., knife techniques).

Note: Please upload a copy of the recipe when you submit your video.

Camera Frame:

Use a tripod or stack of book to level your camera. The ingredients, cooking top/counter, tools/equipment and you should be visible in the camera frame.

Required Intro:

“Hello! This is Chef [Name] from [Restaurant Name] and I have been a Chef for [Number of Years] years. Today am going to demonstrate how to make [Name of Recipe].”

Questions: Below is a list of suggested questions to answer along your tour.

1. What is your culinary background? (5 minutes or less)
2. What are you cooking today? Why did you choose this recipe?
3. What ingredients are needed in this recipe?
4. What knife skills will you be using?
5. What cooking technique(s) are you using (sautéing, steaming, braising, etc.)?