

OMB Control # 0584-0524  
Expiration Date: 9/30/2019

**Attachment P - Research Stimulus - Cooking Video Scripts**

**OMB Burden Statement:** According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0524. The time required to complete this information collection is estimated to average 5 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.

OPEN ON a close up of the featured dish (include the recipe name watch [this video](#) as an example) on a kitchen that is neat, uncluttered, and organized but feels like it could be in a home. Nothing too fancy—no marble countertops or fancy stainless steel appliances. In the center of the room, above the oven behind the burners that are facing camera, is a decal of the world and a decal of our traveling bird is pointing out the region of Africa. No brand names are visible on food, clothing or appliances.

### **STORYBOARD FRAME 1**

AFRICAN CHILD CARE PROVIDER:

Hello, I'm Child Care Provider (-)! Today I am cooking with Lily and Michael. We will make a Veggie Mash Up. It's a fun name for a really delicious recipe from Kenya.

On a scroll-like banner accompanied by a recipe bottle similar to the graphics in the print, TEXT POPS ON THE SCREEN READING: *Veggie Mash Up*.

AFRICAN CHILD CARE PROVIDER:

Who here knows where Kenya is?

LILY:

I do. It's in Africa.

AFRICAN CHILD CARE PROVIDER: Kenya is in Africa, Lily. This African dish is great because it contains vegetables we all know and in this recipe they are cooked in an easy way. We're going to mix potatoes, peas, Swiss chard, and corn - a variety of many starchy vegetables.

MICHAEL:

I like corn!

AFRICAN CHILD CARE PROVIDER:

I do too. It's fun to mix different veggies together.  
Are you ready helpers?

CHILDREN (in unison):

Yes!

AFRICAN CHILD CARE PROVIDER:

Let's wash our hands and make Veggie Mash Up.

## **STORYBOARD FRAME 2**

TRAVELING BIRD GRAPHIC POPS ON at the bottom of the screen with a speech bubble with the words: *Always Wash Your Hands Before, During, and After Preparing Foods.*

QUICK DISSOLVE to Child Care Provider and the children standing by the kitchen counter. Pot holders are visible in the frame.

AFRICAN CHILD CARE PROVIDER:

I have boiled and cooled off our washed and peeled potatoes and peas. Now it's time for the fun part. We're going to mash the potatoes and peas with a masher. Lily and Michael you can mash the potatoes.

The Child Care Provider helps mash and/or steady the bowl when necessary as the children mash potatoes.

AFRICAN CHILD CARE PROVIDER:

You're doing a great job. If it looks too dry, we can pour in some of this reserved water, just a tablespoon at a time, until we get the desired consistency. We don't want to overmix.

QUICK DISSOLVE of children and provider mashing potatoes to correct consistency.

## **STORYBOARD FRAME 3**

AFRICAN CHILD CARE PROVIDER:

I think it looks just right. And now it's time to add more flavor to our mash-up.

The Child Care Provider heats up a medium-sized sauté pan. [If time allows: We see the Child Care Provider measuring the 1/2 tbsp. of oil. If not, the oil will be already measured out. Do not pour it directly from the bottle.]

AFRICAN CHILD CARE PROVIDER:

We'll heat the oil in a medium sauté pan. Then sauté garlic, Swiss chard, corn, sage, onion powder, salt, and pepper on medium-high heat until the onions are tender and sage is toasted, about 5-7 minutes.

Client: **FNS** Project: **CACFP Multicultural** Title/Asset: **Cooking Video – Africa** Date: **6/1/18**

The children pass the Child Care Provider the ingredients as they are mentioned. In a series of QUICK DISSOLVES, each ingredient is added in and the sautéing is done. [NOTE: The children should not be close to the stove for safety.]

AFRICAN CHILD CARE PROVIDER:

Now we'll stir it in with our potatoes and peas.  
How does this look?

LILY: Yummy, let's try it!

#### **STORYBOARD FRAME 4**

AFRICAN CHILD CARE PROVIDER:

Wild Veggie Mash Up sure looks good. Over here you see we are going to pair with chicken breast, brown rice, apple slices, and milk for a healthy, colorful take on vegetables.

CUT TO the prepared dish paired alongside chicken breast, brown rice, apple slices, and milk on the counter. Child Care provider and the children stand by the complete meal.

We see the Child Care Provider and the children sample the prepared dish on the counter. We see how much the children enjoy the dish. Show the provider as a role model tasting and enjoying the prepared dish.

CUT TO TITLE CARD with photograph of the prepared recipe with URL to Multicultural Resources on FNS website.

Client: **FNS** Project: **CACFP Multicultural** Title/Asset: **Cooking Video – Asia** Date: **6/1/2018**

OPEN ON the picture of the dish to be prepared (see [this video](#) as an example) a kitchen that is neat, uncluttered, and organized but feels like it could be in a home. Nothing too fancy—no marble countertops or fancy stainless steel appliances. In the center of the room, above the oven behind the burners that are facing camera, is a decal of the world and a decal of our traveling bird is pointing out the region of Asia. No brand names are visible on food, clothing or appliances.

### **STORYBOARD FRAME 1**

ASIAN CHILD CARE PROVIDER:

Hello Everyone! I'm Child Care Provider (--) with Lily and Michael. Today, we're going to make Sautéed Tofu and Broccoli, an Asian inspired recipe.

On a scroll-like banner accompanied by a recipe bottle similar to the graphics in the print, TEXT POPS ON THE SCREEN READING: Sautéed Tofu and Broccoli.

ASIAN CHILD CARE PROVIDER:

In Chinese culture, green vegetables like broccoli are believed to bring good health in the New Year. Do you know where China is?

CHILDREN (in unison): Asia.

ASIAN CHILD CARE PROVIDER:

You got it. Broccoli and tofu are popular in Asian cuisine and around the world. Tofu is a protein food made from soybeans and combined with broccoli and pasta makes a balanced and tasty dish.

ASIAN CHILD CARE PROVIDER:

Earlier we boiled and drained the whole wheat noodles. Now we'll prepare the tofu.

### **STORYBOARD FRAME 2**

TRAVELING BIRD GRAPHIC POPS ON at the bottom of the screen with a speech bubble with the words: *Always Wash Your Hands Before, During, and After Preparing Foods.*

ASIAN CHILD CARE PROVIDER:

We've all washed our hands so we're ready to place the tofu between two plates or pans. I'm going to ask Lily and Michael to put a little pressure on this to squeeze out some of the liquid. Good Job!

Note: the children will step onto a standard-size children's step stools to safely assist at counter height. We will use this throughout.

### **STORYBOARD FRAME 3**

ASIAN CHILD CARE PROVIDER:

Now, we will cut the tofu into cubes the size of a dice and place them in a large bowl while we make the sauce.

Child Care Provider assist the children cut the tofu with a plastic butter knife and place the cubes in bowls.

ASIAN CHILD CARE PROVIDER:

Lily would you like to measure out the soy sauce? Michael you can help measure the brown sugar.

Child Care Provider helps Lily and Michael measure the ingredients into a medium bowl.

ASIAN CHILD CARE PROVIDER:

We also add sesame oil, garlic, ginger root, and red pepper flakes. We mix this all together and pour over the tofu. Lily will help me carefully turn the tofu, covering it well with the marinade.

Child Care Provider and Lily gently mix the tofu and sauce together.

ASIAN CHILD CARE PROVIDER:

Next I heat the sesame oil in a large nonstick skillet. Then add the broccoli and sauté it until it becomes tender and crispy while my helpers keep track of the cooking time.

Lily and Michael step away as the Child Care provider sautees the broccoli. To show time passing, DASHED LINES AND X-MARKS SPLIT THE SCREEN INTO THREE QUADRANTS with each portion showing the progress of the broccoli cooking. The text reads: 1 Minute | 2 Minutes | 3 Minutes

ASIAN CHILD CARE PROVIDER:

Client: **FNS** Project: **CACFP Multicultural** Title/Asset: **Cooking Video – Asia** Date: **6/1/2018**

Let's put this bright green broccoli aside while we cook the marinated tofu on medium-high heat for 5 minutes on each side or until browned, gently turning.

In a SERIES OF DISSOLVES, we see the tofu sautéing in the pan and being turned over.

ASIAN CHILD CARE PROVIDER:

Then we're going to add back in the broccoli and continue cooking until the temperature reaches 140 °F for 15 seconds.

TRAVELING BIRD GRAPHIC POPS ON at the bottom of the screen with a speech bubble with the words: *Heat to 140° For at Least 15 Seconds.*

Child Care Provider checks the temperature. QUICK DISSOLVE TO the prepared recipe on a dish.

ASIAN CHILD CARE PROVIDER:

Now we'll top it with sesame seeds.

Child Care Provider and children sprinkle the seeds on each serving with a ¼ tsp.

#### **STORYBOARD FRAME 4**

ASIAN CHILD CARE PROVIDER:

It's a great way to eat your veggies and over here you see we are going to pair this finished dish with fruit and milk for a healthy, delicious meal.

CUT TO the prepared dish paired alongside fruit and milk on the counter. Child Care provider and the children move over to the complete meal.

We see the Child Care Provider and the children sample the prepared dish on the counter. We see how much the children enjoy the dish. Show the provider as a role model tasting and enjoying the prepared dish.

CUT TO TITLE CARD with photograph of the prepared recipe with URL to Multicultural Resources on FNS website.

Client: **FNS** Project: **CACFP Multicultural** Title/Asset: **Cooking Video – Europe** Date: **6/1/18**

TITLE CARD:                      Name of program / link for recipe

OPEN ON the recipe picture (as in this video) in a kitchen that is neat, uncluttered, and organized but feels like it could be in a home. Nothing too fancy—no marble countertops or fancy stainless steel appliances. In the center of the room, above the oven behind the burners that are facing camera, is a decal of the world and a decal of our traveling bird is pointing out the region of Europe. No brand names are visible on food, clothing or appliances.

### **STORYBOARD FRAME 1**

EUROPEAN CHILD CARE PROVIDER:

Hello Everyone! I'm Child Care Provider (--) and these are my helpers Lily and Michael. Today we're going to make Chicken Ratatouille. Ratatouille is fun to say and fun to eat. Traditionally, it's made with vegetables. You can use the veggies we cook here, or you can add in some of your favorites as well! We are going to add Chicken to make it a more balanced meal.

On a scroll-like banner accompanied by a recipe bottle similar to the graphics in the print, TEXT POPS ON THE SCREEN READING: *Chicken Ratatouille*.

EUROPEAN CHILD CARE PROVIDER:

Sound delicious?

CHILDREN (in unison):    Yes!

EUROPEAN CHILD CARE PROVIDER:

It's inspired by a recipe from France and where is that?

SOPHIA:

Europe!

EUROPEAN CHILD CARE PROVIDER:

You got it! Alright, let's wash our hands so we can prepare our vegetables.

### **STORYBOARD FRAME 2**

TRAVELING BIRD GRAPHIC POPS ON at the bottom of the screen with a speech bubble with the words: *Always Wash Your Hands Before, During, and After Preparing Foods*.



Client: **FNS** Project: **CACFP Multicultural** Title/Asset: **Cooking Video – Europe** Date: **6/1/18**

JUMP CUT TO show time passed. Now the Child Care Provider and students move over to the counter where we see some of the vegetables already prepped in containers except for the eggplant.

EUROPEAN CHILD CARE PROVIDER:

We rinsed and chopped many of our vegetables. But Michael is going to rinse the eggplant.

Michael rinses the eggplant.

MICHAEL: That was fun.

EUROPEAN CHILD CARE PROVIDER:

And Lily will help me cut it.

Lily cuts the eggplant using both hands. One hand holds the knife, and the other holds the food in a claw position to keep fingers safe. [NOTE: If Lily is not 5 years old, we'll use Michael.]

EUROPEAN CHILD CARE PROVIDER:

Great job Lily! Now we'll add these to the chicken that we browned earlier. Are you ready to add our veggies?

CHILDREN (in unison): Yes!

### **STORYBOARD FRAME 3**

As the Child Care Provider calls out a vegetable, the children pass it over to him/her repeating the name.

EUROPEAN CHILD CARE PROVIDER:

We add zucchini, eggplant, onion, green pepper, mushrooms, and salt. Thank you Michael and Lily. We'll cook this 5 minutes, until the onions are tender, stirring often.

As the Child Care Provider speaks, to move time forward, WITH DASHED LINES AND X-MARKS, WILL SPLIT SCREEN INTO THREE. Each section showing the progression of the vegetables cooking until the onions look tender. Text reads: 1 minutes | 3 minutes | 5 minutes.

EUROPEAN CHILD CARE PROVIDER:

Client: **FNS** Project: **CACFP Multicultural** Title/Asset: **Cooking Video – Europe** Date: **6/1/18**

Now we'll add the diced canned tomatoes with juice...

Lily and Michael again pass over the prepared food, this time without calling out the names.

EUROPEAN CHILD CARE PROVIDER:(cont.)

... minced garlic, dried basil, black pepper.  
and balsamic vinegar. We mix and wait until it boils. Then,  
we turn the heat down to medium and simmer, until the  
chicken is fully cooked and the juices from the tomatoes and  
vinegar have thickened.

As he/she speaks, to move time forward, SCREEN WILL SPLIT INTO QUADRANTS with DASHED LINES AND X-MARKS showing the mixture reducing and the chicken able to be broken up with the spatula. Text reads: 2 minutes | 5 minutes | 8 minutes | 10 minutes.

EUROPEAN CHILD CARE PROVIDER:

We know the chicken is done by testing it with a cooking thermometer. If it's 165 degrees F or higher for at least 15 seconds, it's ready! Now we can finish by adding some lemon juice and parsley for extra flavor!

TRAVELING BIRD GRAPHIC POPS ON at the bottom of the screen with a speech bubble with the words: *Heat To 165° F Or Higher For At Least 15 Seconds.*

LILY: I'm getting hungry.

#### **STORYBOARD FRAME 4**

EUROPEAN CHILD CARE PROVIDER:

Me too. Time to taste these amazing vegetables and chicken. Over here you see we are going to pair with brown rice, diced peaches, and milk for a healthy meal.

CUT TO the prepared dish paired alongside brown rice, diced peaches, and milk on the counter. Child Care provider and the children stand by the complete meal.

We see the Child Care Provider and the children sample the prepared dish on the counter. We see how much the children enjoy the dish. Show the provider as a role model tasting and enjoying the prepared dish.

Client: **FNS** Project: **CACFP Multicultural** Title/Asset: **Cooking Video – Europe** Date: **6/1/18**

CUT TO TITLE CARD with photograph of the prepared recipe with URL to Multicultural Resources on FNS website.

OPEN ON recipe of the dish to be prepared (watch [video](#) as an example) a kitchen that is neat, uncluttered, and organized but feels like it could be in a home. Nothing too fancy—no marble countertops or fancy stainless steel appliances. In the center of the room, above the oven behind the burners that are facing camera, is a decal of the world and a decal of our traveling bird is pointing out the region of Central and South America, including Mexico and the Caribbean. No brand names are visible on food, clothing or appliances.

### **STORYBOARD FRAME 1**

CARIBBEAN CHILD CARE PROVIDER:

Hello Everyone! I'm Child Care Provider (--) with Lily and Michael, who are going to help me make Beef Picadillo. This delicious dish is popular in Puerto Rico. Do you know where that is?

On a scroll-like banner accompanied by a recipe bottle similar to the graphics in the print, TEXT POPS ON THE SCREEN READING: *Beef Picadillo*.

MICHAEL: It's in the Caribbean.

CARIBBEAN CHILD CARE PROVIDER:

Yes. Beef Picadillo is a delicious stew eaten in many countries of South America and the Caribbean. Today, we're going to make it with lean beef and tasty whole grain, brown rice, for a healthy, hearty meal. Did everyone wash their hands?

TRAVELING BIRD GRAPHIC POPS ON at the bottom of the screen with a speech bubble with the words: *Always Wash Your Hands Before, During, and After Preparing Food*.

CHILDREN (in unison): Yes!

CARIBBEAN CHILD CARE PROVIDER:

Great. First, we are going to cook our brown rice. Let's measure together the rice and water to be poured in a small pot at medium-high.

Provider helps the children measure the rice and water.

Once that boils, we're going to cover it and reduce the heat to medium, for about 15-20 minutes. Then, we'll stir it once and cook it for 10 more minutes over low heat.

To move time forward, the cooking of the rice will be shown in a series of QUICK DISSOLVES.

## **STORYBOARD FRAME 2**

CARIBBEAN CHILD CARE PROVIDER:

When it's done, my helpers are going to fluff the rice with a fork.

The Child Care Provider and Lily and Michael have a fun moment, safely fluffing the rice with a fork, using a bowl not the pot.

[PRODUCTION NOTE: wear appropriate cooking mitts and pot holder to avoid burns. Don't put children too close to the burner or hot place.]

CARIBBEAN CHILD CARE PROVIDER:

Now we are going to dice the pepper.

Child Care Provider dices the pepper with the children. If one of the children is over 5, he/she will use a paring knife. If not, then use a plastic knife.

DISSOLVE TO Child Care Provider and children standing in front of stove.

TRAVELING BIRD GRAPHIC POPS ON at the bottom of the screen with a speech bubble with the words: *Heat Beef To 165° F Or Higher For At Least 15 Seconds.*

CARIBBEAN CHILD CARE PROVIDER:

We've gone ahead and sautéed the beef. And now we'll drain the oil and add the onions, garlic and bell peppers, safely cut up by my helpers.

The children pass our Child Care Provider the ingredients as he/she mentions them.

CARIBBEAN CHILD CARE PROVIDER:

We'll sauté this on medium-high heat, stirring frequently, until the onions and bell peppers are soft. You can also try other vegetables in this dish, like carrots or peas.

QUICK DISSOLVES to move time forward to when the onions are soft.

CARIBBEAN CHILD CARE PROVIDER:

Time to add the diced tomatoes with juice, tomato sauce, raisins, oregano, and cumin. And I want to show you how small we've cut the raisins, since they can be a choking hazard.

CLOSE UP on the cut up raisins.

CARIBBEAN CHILD CARE PROVIDER:

Now we bring our stew to a boil, then remove from heat.

Again, to move time forward to when stew is obviously boiling, we use QUICK DISSOLVES.

TRAVELING BIRD GRAPHIC POPS ON at the bottom of the screen with a speech bubble with the words: *Heat To 165° F Or Higher For At Least 15 Seconds.*

### **STORYBOARD FRAME 3**

CARIBBEAN CHILD CARE PROVIDER:

I am going to check our stew with a cooking thermometer. Then to finish, my helpers are going to tear some washed cilantro leaves to add as a garnish.

The children and the provider, with gloves on, tear the cilantro.

### **STORYBOARD FRAME 4**

CARIBBEAN CHILD CARE PROVIDER:

Over here you see we are going to serve this Beef Picadillo with hearty, whole grain brown rice and milk for a healthy, delicious meal.

CUT TO the prepared dish paired alongside fruit and milk on the counter. Child Care provider and the children move over to the complete meal.

We see the Child Care Provider and the children sample the prepared dish on the counter. We see how much the children enjoy the dish. Show the provider as a role model tasting and enjoying the prepared dish.

Client: **FNS** Project: **CACFP Multicultural** Title/Asset: **Cooking Video – Latin America** Date: **6/1/18**

CUT TO TITLE CARD with photograph of the prepared recipe with URL to Multicultural Resources on FNS website.

Client: **FNS** Project: **CACFP Multicultural** Title/Asset: **Cooking Video – North America** Date: **6/1/18**

OPEN ON recipe of the dish to be prepared (watch [video](#) as an example) a kitchen that is neat, uncluttered, and organized but feels like it could be in a home. Nothing too fancy—no marble countertops or fancy stainless steel appliances. In the center of the room, above the oven behind the burners that are facing camera, is a decal of the world and a decal of our traveling bird is pointing out the region of North America, including Alaska. No brand names are visible on food, clothing or appliances.

### **STORYBOARD FRAME 1**

N.AMERICAN CHILD CARE PROVIDER:

Hello everyone, I'm Child Care Provider (-) here with my helpers, Lily and Michael, and it's cooking time. Today, we're going to make Mini Salmon Loaves.

On a scroll-like banner accompanied by a recipe bottle similar to the graphics in the print, TEXT POPS ON THE SCREEN READING: *Mini Salmon Loaves*.

N.AMERICAN CHILD CARE PROVIDER:

Michael, do you know where Alaska is?

EMILY:

North America!

N. AMERICAN CHILD CARE PROVIDER:

Correct! Lily, do you know what salmon is?

MASON:

It's a fish.

N. AMERICAN CHILD CARE PROVIDER:

Yes! Eating fish, twice a week, is a great way to vary your protein in your diet. Today we're cooking Alaskan Salmon which has a rich history in Native Alaskan Culture. Salmon is very common in the Alaskan waters and it also happens to be an easy fish to prepare, especially the way we are going to cook it today.

CHILDREN:(in unison)

Yum!



Client: **FNS** Project: **CACFP Multicultural** Title/Asset: **Cooking Video – North America** Date: **6/1/18**

They walk over to the stove top and beside it we see many of the ingredients prepped in containers on the counter and a piece of salmon near the canned salmon as a reference.

## **STORYBOARD FRAME 2**

TRAVELING BIRD GRAPHIC POPS ON at the bottom of the screen with a speech bubble with the words: *Always Wash Your Hands Before, During, and After Preparing Foods.*

N. AMERICAN CHILD CARE PROVIDER:

First I am going to preheat the oven to 350 degrees.

GRAPHIC:

An ARROW AND 350°F is drawn on the screen pointing to the oven dials.

N. AMERICAN CHILD CARE PROVIDER:

Then we break apart some canned salmon- a fun activity for my helpers. Lily you go first.

Child Care Provider drops the can of salmon into a medium-sized bowl and Lily breaks it apart with a fork. CLOSE UP of Child Care Provider showing child how to break apart the salmon.

N. AMERICAN CHILD CARE PROVIDER:

Michael, your turn.

Now Michael breaks the salmon apart with fork. [For timing purposes the Child Care Provider may finish off this task]

N. AMERICAN CHILD CARE PROVIDER:

Great job. Now we'll add an egg to the salmon chunks...

Child Care Provider adds an egg already cracked in a prep bowl into the larger bowl.

N. AMERICAN CHILD CARE PROVIDER:

...our milk, onion, dill weed, lemon pepper, and bread crumbs. Then mix well. Give it a mix Lily.

## **STORYBOARD FRAME 3**

Client: **FNS** Project: **CACFP Multicultural** Title/Asset: **Cooking Video – North America** Date: **6/1/18**

The children take turns adding in the additional ingredients. Then the Child Care Provider mixes with Lily. TIME PASSES with a QUICK DISSOLVE to show the ingredients fully mixed.

N. AMERICAN CHILD CARE PROVIDER:

Looks good. (to children) Are you ready to make the loaves?

CHILDREN: (in unison) Yes!

N. AMERICAN CHILD CARE PROVIDER:

We're going to wash our hands.

The children and Child Care Provider wash hands, then begin shaping the loaves.

N. AMERICAN CHILD CARE PROVIDER:

So we can shape each portion into a mini loaf about 1/2 inch thick.

Again, TIME PASSES with a QUICK DISSOLVE to show the loaves now formed.

N. AMERICAN CHILD CARE PROVIDER:

What beautiful mini-loaves we made! These need to bake for 15 minutes...

CHILD CARE PROVIDER and the children (all wearing protective mittens) place the loaves on a baking sheet. Child Care Provider place it in the oven.

N. AMERICAN CHILD CARE PROVIDER: (cont.)

...to an internal temperature of 140 °F or higher.

TRAVELING BIRD GRAPHIC POPS ON at the bottom of the screen with a speech bubble with the words: *Heat to 140° For at Least 15 Seconds.*

#### **STORYBOARD FRAME 4**

N. AMERICAN CHILD CARE PROVIDER: (cont.)

And over here you see, we'll pair our Mini Salmon Loaves with brown rice, cooked broccoli, orange slices, and milk for a delicious nutritious meal.

CUT TO the prepared dish paired alongside brown rice, cooked broccoli, orange slices, and milk on the counter. Child Care provider and the children move over to the complete meal.

Client: **FNS** Project: **CACFP Multicultural** Title/Asset: **Cooking Video – North America** Date: **6/1/18**

We see the Child Care Provider and the children sample the prepared dish on the counter. We see how much the children enjoy the dish. Show the provider as a role model tasting and enjoying the prepared dish.

CUT TO TITLE CARD with photograph of the prepared recipe with URL to Multicultural Resources on FNS website