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Title: Media Flashcards: Invention to Teach Food Preparation to Diverse Audiences

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Abstract: A 20-minute video/DVD with four 5-minute segments designed to conduct pretest, instruction, posttest and a remedial of 50 common food preparation practices, has been evaluated at between 93-98% retention with youth and adult audiences. The media instruction has also been very successful with: low-income adults and youth (especially if used in the home), in family and consumer sciences classrooms, and requested by instructors in college food and nutrition labs. Knowledge of the visual aspects of food preparation not only improves recipe outcomes but in some cases prevents food safety hazards and increases awareness of the types and amounts of ingredients eaten—which are not usually labeled when food is eaten away from home. The media resource was developed with students representing various ethnic groups.

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