GUIDELINES FOR MAKING A VIDEO ABOUT THE IMPLEMENTATION OF THE PRACTICAL PART OF THE PROJECT KIDS CUISINE

The project assumes that the entire process, from the procurement of ingredients to the meal preparation and then the consumption of the food, will be recorded on video in each school and made into a short documentary, 2-10 minutes. The video will then be made available on social media, such as Matís' Youtube page entitled Kids Cuisine, where children from elsewhere will be able to get to know the food traditions and primary production of other regions and countries through the project's documentaries.

ATTENTION! Schools must take care to obtain permission from children´s parents/guardians before publication of images of their children in connection with the project, as image publication is dependent on such permission. However, image publication is in no way a condition for children's participation in the project. These permissions must be taken into account for any publications within the project.

Making the video:

Who should make the video?

Supervisor of the project´s documentation (video production) and the recorder(s) are selected for each school by the project supervisor. Supervisor of the project´s documentation and the recorder(s) could be teacher(s) and student(s) of an optional course on electronic communication or video production, but it could also be the teacher, or a student who is sly with the camera, depending on what suits best.

How should the video be recorded?

Complex or perfect video production is not expected. Accessible technology of the type that people general use, such as video phone/tablet/drone recordings etc with a "homemade feel" can be used. The material is then edited and processed into a more complete video with sound/ pictures/text messages etc. Each school decides on this implementation based on the conditions at each location. Here, imagination and creativity can lead the way in creating a short, informative and descriptive overview video of the implementation of the project at the school.

When should the video be recorded?

The video should cover the practical part of the project, that is, when the children get the ingredients for the meal preparation and when the children prepare the meal from the ingredients. Please note that if the circumstances do not allow the children to collect the ingredients, the teacher can collect the ingredients and then carefully explain to the children where they were obtained and that they are from food resources of the local environment. In such a case, it is sufficient to state in text, verbally or visually, the origin of the ingredients and how they were obtained. Then the video can continue with showing the children´s meal preaparation using the ingredient(s).

How long should the video be?

The video can be 2-10 minutes in total. Use creativity, and decorate the video with text, music, symbols etc.

For ideas:

You can take a look at the videos made by children in schools that already have completed the Kids Cuisine project:

Grunnskolinn austan vatna, Skagafirdi, Iceland: https://youtu.be/1cZ4cbi1Gd8
Laugarnesskóli, Reykjavík, Iceland: https://www.youtube.com/watch?v=-gLmug5aevE
Husaskoli, Reykavik, Iceland: https://youtu.be/Z-Fa8U2Jsig

When the video is ready:

The finalised video should be sent to Matís at „midlun@matis.is" and will then be published on Matís' YouTube page for the Kids Cuisine project, where children everywhere can view videos from other schools and learn about local food resources in each region and how the ingredients can be prepared in a meal.

General about the project: The project implementation is not fixed, but in the hands of each school or project supervisor to identify the most appropriate and best embodiment, within the project description frame. The focus is on children's positive and enjoyable experience of the meal preparation process, which starts with discovering local products and ends with meals that the children cook and consume.
The overall project and process description is available from: https://matis.is/en/matis_projects/blueproject/