



“Spice of Life” video instructions.

To teach the rest of your cohort about your ethnic and cultural background, you will choose one spice (or herb, vegetable, or fruit) and create a 1-minute “foodie” video showing you — or a family member — preparing a dish with your chosen ingredient. But this isn’t your typical foodie video. This is your chance to teach your classmates not only about the yummiest aspects of your culture but also enlighten them about the role your spice has played in world events as an agent of peace or war. So pick up your phone — or a JIBC iPad — and start filming.

“Spice of Life” video requirements. All videos must:

1. **Trim** your video to 2 minute long (videos longer than 2 minutes may be to big upload to Blackboard). You should upload to Vimeo or YouTube and then post the link.
2. **Show** you (or someone from your culture) cooking with the spice.
3. **Give** details about your spice’s or food’s “criminal records check” For example, have there been wars or major conflicts over this spice? Provide a brief history of this spice’s role in bringing peace or inciting war in the world.
4. **Describe** how the spice is used in your culture.
5. **Discuss** if you have ever been praised for or discriminated against for consuming the spice.
6. **Post** a minimum 20 word written blurb about your spice and video to Blackboard, You can discuss the culinary, healing, or historical details of your spice.
7. **Optional:** post one image showing the spice in its plant and/or prepared form. Include this image with your blurb that you post to Blackboard. If you are not the photographer you must give proper credit to the image creator.
8. **Post** your video to Vimeo or YouTube.
9. **Comment** on three videos from outside your cohort. Only the first three comments to a video receives a mark so keep looking for a person who does not yet have three comments.
10. **Show** your video in class. Answer questions, if any.
11. **Optional:** bring a sample of your spice or dish for your class to taste. Yum!



Spice image credit: <http://canadiangiftguide.com/2013/05/01/find-of-the-month-spice-trekkers/>

Spice of Life - Script for your video

"Spice* of Life" script	Example of a scene recorded with phone.	Duration
<p>Introduce Yourself</p> <p>Say what cultures/religions you identify with. Choose only one ethnic/religious membership to focus on for this video.</p> <p>Say what spice is traditional for your family, nationality, and/or ancestors. Choose only one plant ingredient.</p> <p>Detail your spice's or food's "criminal records check" For example, have there been wars or major conflicts over this spice? Give a brief history of this spice's role in bringing peace or inciting war in the world.</p> <p>Describe the spice and what form it must be in to begin your dish (e.g., dried and ground into powder, chopped, sliced, steeped in liquid, etc.).</p>	<p>Scene 1: Introduction: Record a video "selfie" of you – or a friend or family member – in the kitchen. Introduce yourself and the spice you have chosen to make a video about. Start describing the "criminal records check" and history. Intersperse historical facts about your spice or food throughout your video.</p>	15 seconds
<p>Name your food dish and show who will be preparing the dish - introduce any people you will have starring in – or helping with – the video</p> <p>Show the Cook starting the dish and adding the spice.</p> <p>Give a 20 word minimum description of culinary, healing, or history of this spice's role in</p> <p>Discuss if you have ever been praised for or discriminated against for consuming the spice/ingredient?</p>	<p>Scene 2: The Cooking begins ... Show the Cook starting the dish. Say 1-3 sentence about the history of the spice. Pause the recording until just before your spice is added. Then restart recording being sure to show how the spice is added. Say if you have ever been praised for or discriminated against for using this spice. Pause recording again. Begin recording just as the dish is completed.</p>	30 seconds
<p>Ta da! Show off the finished dish.</p>	<p>Scene 3: The finished dish - Show you and/or the Cook showing off the finished dish. Describe the delicious taste and smell of the dish. Thank your Cook and video helpers. Wave goodbye.</p>	15 seconds
<p>*Your chosen "spice" can also be any ingredient used in cooking/baking your traditional dish. You are welcome to focus on a spice, herb, salt, tea, fruit, or vegetable. You must choose a SINGLE ingredient that is either a plant or mineral. Note: For example Curry is a dish, cumin is a spice used in curry. Goulash is a dish, paprika is a spice used in goulash. Ginger beef hot pot is a dish, ginger is a spice used in this dish, etc.</p>		