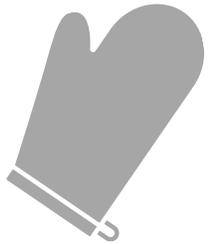


# Bake and Zoom *Facilitator Guide*

## Prior to Baking

- Send out recipe fall enough in advance that there is time to purchase ingredients
- Ask participants to have supplies out **but not measured** for the program. This will help everyone stay on the same page
- Find a place to place camera or laptop so that participants can see what you are doing and follow along. Look for natural light and try to avoid glares.
- Have all ingredients, utensils, and appliances out and ready prior to baking.
  - Use clear bowls. This allows for participants to see what you are doing.



## While Baking

- Have participants turn cameras on if able. This will allow for a more interactive session and allow you to see what step everyone is on
- Managing questions can be a challenge. If possible, have a co-host manage the chat and bring up any questions.
- Be aware of the various speeds from participants. It may be necessary to slow down or speed up. Using a thumbs up or thumbs down to see if they are ready to move on to the next step.
- Practice food safety! It's easy to slip while cooking at home but it is important to practice proper food safety with hand washing and not licking or tasting.
- To fill the silence you can play soft music, tell a story, or talk about the recipe
  - When would you make this recipe?
  - Are there healthy modifications that could be made?
  - Could you add an additional ingredient?
  - Are there any fun facts, techniques, or skills that could be shared with participants?



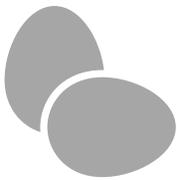
## In the Oven

- Come prepared to facilitate conversation or an activity while food items are baking.
  - Share how to enter this item for a county fair entry.
  - Share upcoming events in your county.
  - Encourage everyone to clean up their kitchen and cooking space.
  - Provide a shorter recipe to complete while items are baking.



## Things to Remember

- Be prepared to facilitate different levels of knowledge in the kitchen. For some the recipe may be advanced while for some it may be simple. Try to provide information for all levels of learners.
- Encourage conversation! While we can't be together in person, cooking together virtually is a great way to connect.
- Provide options for various cooking appliances. If participants don't have a doughnut pan, what can they use instead?
- Be prepared to mess up. It's normal and it's inevitable. If you are prepared and calm, most participants will have no idea of the error or mistake!



**EXTENSION**

