Healthy Eating Keeps Doctors Away
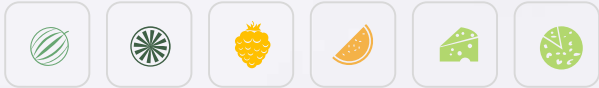
Submitted to : Tiffany A. Koszalka, Ph.D.
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IDE 756 Design of Online Courses

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Purpose:

An online introductory training course for clients in a non-profit health center to solve weight related health issues and develop healthy eating habits with the guide of *ChooseMyPlate* program, which is a nutrition model created by the U.S. Government.

Context:

The clients of a non-profit health center are suffering weight related health issues. Most of them are English speaking adults with at least 10th grade reading level. Younger children may learn with their adults. They have basic to advance technology skills and are motivated to learn by their counselors but lack knowledge of healthy eating habits. To get them actively involved in the content of USDA nutritional guidelines, a self-paced program is designed to prompt the clients to develop their healthy eating habits. All the learning materials are from *ChooseMyPlate* website. The clients will be guided through a variety of activities online and offline to identify ways and create tangible tools so that they can develop healthy eating habits for life.

Overview:

This storyboard presents the flow of activities for a 120-minute training session on engaging the clients in the USDA nutritional guidelines and developing healthy eating habits. The sessions include **…Introduction…Analysis**…**Demonstration**…**Assessment**.

This storyboard includes four units with various events. Learners will gain points and badges according to their performances for each unit. Some events are required to complete after the instruction offline. The design will foster learners to achieve the desired learning outcomes.

The **Introduction** starts with welcome email and followed by overview and introduction to the course and Blackboard system. **Analysis** focuses on Participate Bio, in which instructor can identify learners' detailed information and the gap between their current situation and expected outcomes. Next, learners will give us a **Demonstration** by redesigning MyPlate icon and checklist for shopping with instruction. Lastly, instructor will create **assessments** on learners' achievements**.**

Title: Healthy Eating Keeps Doctors Away   **Estimated Time:** 120 minutes

Expected outcomes:

By the end of this online learning course,100% of the learners will be able to :

- define the concept "What is MyPlate? "by watching tutorials and reading USDA's nutritional guidelines.
- identify healthy eating patterns by reading online articles and discussion with peers and instructor.
- use key elements of healthy eating patterns to construct the knowledge base of MyPlate by redesigning MyPlate icon in teams.
- create a healthy grocery checklist for families by combining healthy food choices with calorie limits from USDA's nutritional guidelines.
- value the meal choices by asking a USDA expert and writing a reflective journal to make shifts in the current daily choices to align with USDA's nutritional guidelines.

Resources: Laptop/computer/tablet/smartphone, Internet connection, Syllabus, Online videos, Articles/PDF's, Simulations, Quizzes, Padlet, Mindmaister, tutorials, Internet connection, videoconferencing software, websites, Infographics, rubrics, checklist, guidelines, Google products

Facilities: Online: Blackboard （Bb)

Stakeholders: Online instructor(monitor); Non-profit health center clients (can be adults, young adults or adolescent, children); Families of the clients; Board of the health center; Administrators of the health center; Health care providers;
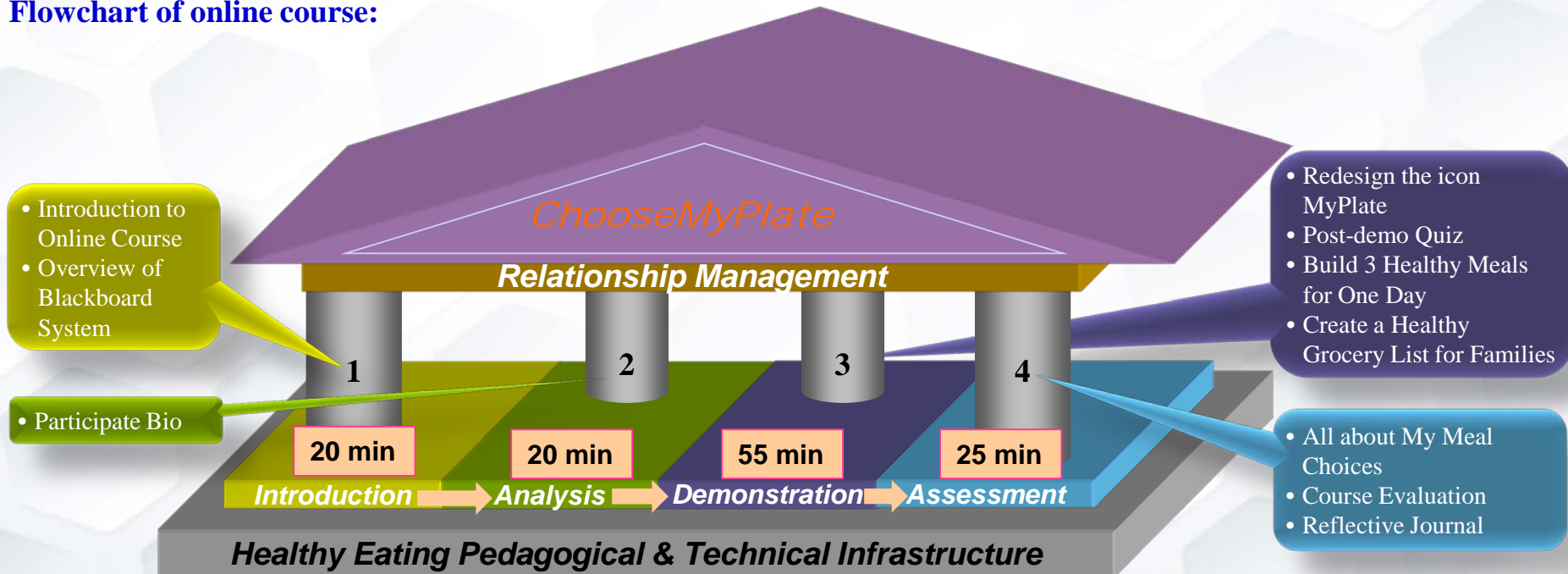
Title: Healthy Eating Keeps Doctors Away

Estimated Time: 120 minutes

Health

Purpose: An online introductory training course for clients in a non-profit health center to solve weight related health issues and develop healthy eating habits with the guide of *ChooseMyPlate* program, which is a nutrition model created by the U.S. Government.

Flow of this program: The flow of activities for a 120-minute training sessions includes…Analysis…Demonstration…Assessment. All the sessions with various activities are built under the roof of *ChooseMyPlate* in a linear sequence to help learners build healthy eating habits.

Flowchart of online course:

ChooseMyPlate

Relationship Management

- Introduction to Online Course
- Overview of Blackboard System

- Participate Bio

1   2   3   4

- Redesign the icon MyPlate
- Post-demo Quiz
- Build 3 Healthy Meals for One Day
- Create a Healthy Grocery List for Families

20 min	20 min	55 min	25 min
Introduction	*Analysis*	*Demonstration*	*Assessment*

- All about My Meal Choices
- Course Evaluation
- Reflective Journal

Healthy Eating Pedagogical & Technical Infrastructure

The following storyboard screens will elaborate key activities in each step of the flowchart.
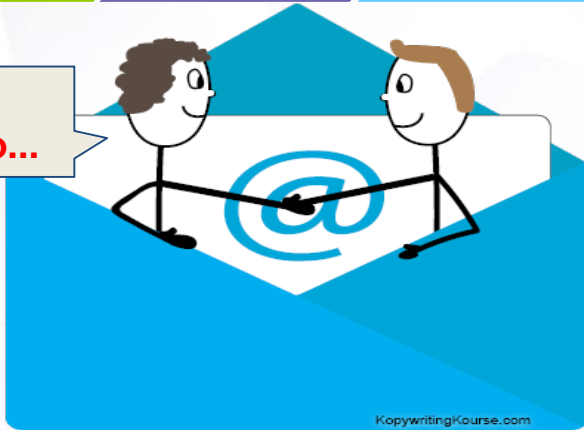
Introduction | Analysis | Demonstration | Assessment

Hello, welcome to...

Christin.(2016). How To Write The Perfect Introduction Email And What Not To Say[Digital image]. Retrieved from https://www.getmailbird.com/introduction-email-2/

KopywritingKourse.com

Instructional Activity Description:
● Email the learners who enrolled in this online course.
● Greetings to the learners and get them know you are excited and ready to teach them.
● Provides information to log into the course by using Bb.
● Overview of design of the course.
● Suggestions from the instructor.

Activity Deliverables/Outcomes:
NA

Resources Required:
● Personal laptops/computers/ tablets/ smartphones
● Fast and stable Internet connection

Notes:
● Get access to one institution's Blackboard before sending introduction email and assign the learners account information.
● Send the email a week earlier before the official start date to provide more time for the learners to be well prepared.
● Learners will have account information to log in Bb.

Key learning outcomes:
NA

Key Content Points:
NA

| **Course Title:** Healthy Eating Keeps Doctors Away | **Estimated Time:** 5 minutes |
| **Activity Title:** Introduction to Online Course— Syllabus—1.1b | Health |

Gannon. K. (n.d.). *How to Create a Syllabus*[Digital image].Retrieved from
https://www.chronicle.com/interactives/advice-syllabus

Instructional Activity Description:
- Presents academic calendar.
- Provides clear goals and teaching procedures.
- Introduces points, badges and leaderboards during the training process
- Presents the introduction and content materials Choose MyPlate.
- Learners will be able to generalize the distribution of points values and their corresponding rewards.

Activity Deliverables/Outcomes:
NA

Resources Required:
- Personal laptops/computers/ tablets/ smartphones
- Fast and stable Internet connection
- Technology skills and account information to log in Bb.

Notes:
- Introduce the game-like features in this online course. Learners will gain points and badges based on the achievements of the following tasks :participation, challenges, quizzes,, progress report, feedback, assignments and surveys.
- Syllabus contains rubrics to guide students to perform well in each unit.
- Throughout the online course, learners will experience gamification's effects and sustain engagement.
- Syllabus also includes course policies, rules and regulations to keep the course run smoothly.

Key learning outcomes:
- Learners will be able to describe ChooseMyPlate briefly.

Key Content Points:
- Simple introduction of ChooseMyPlate

Introduction Analysis Demonstration Assessment

Course Title: Healthy Eating Keeps Doctors Away   **Estimated Time:** 5 minutes

Activity Title: Overview of Blackboard System—Login to Site and Navigation—1.2a

Health

Blackboard Help. [Digital image]. (n.d.). Retrieved from https://help.blackboard.com/Learn/Student/FAQ/Login_Password_FAQ/

Instructional Activity Description:
- Tutorials about using Bb to log in.
- Browses the course basics.

Activity Deliverables/Outcomes :
NA

Resources Required :
- Personal laptops/computers/ tablets/ smartphones
- Fast and stable Internet connection
- Technology skills and account information to log in Bb.

Notes:
- Bb is the platform used for this online course because it's one of the popular learning management systems that includes communication, content delivery, and assessment tools to facilitate the teaching-and-learning process.

Key learning outcomes:
NA

Key Content Points:
NA

Course Title: Healthy Eating Keeps Doctors Away

Estimated Time: **10** minutes

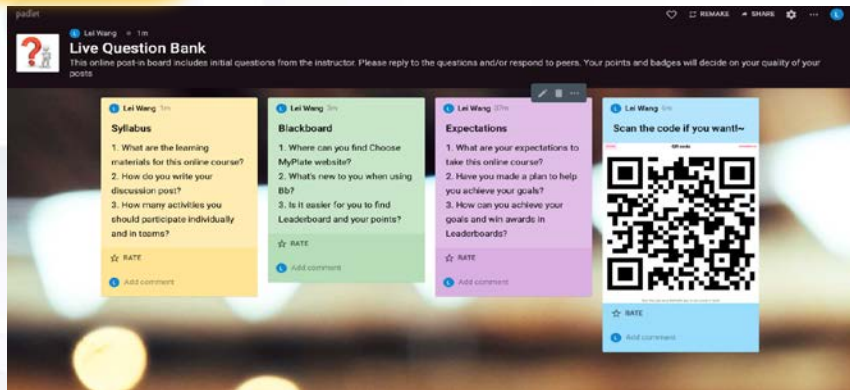**Activity Title:** Overview of Blackboard System—Live Question Bank —1.2b

Health

Introduction → **Analysis** → **Demonstration** → **Assessment**

Instructional Activity Description:

- Learners interact with instructor and peers online by asking and answer questions.
- Learners analyze key aspects of the course syllabus.
- Learners evaluate the skills of using Bb.
- Learners solve any question they may have.

Activity Deliverables/Outcomes :
NA

Resources Required :
- Personal laptops/computers/ tablets/ smartphones
- Fast and stable Internet connection
- Padlet link: https://padlet.com/lwang69/jj7kh0pkgsj4
- QR code provided as an option to post and comment

Notes:
- The link of this online post-in board will be posted in Unit 1 on Bb.
- By interacting with the instructor and peers, learners will digest syllabus and value whether they have reached the instructor's expectations before they embark into the course deeper.
- Instructor will use the quality of posts to calculate the learners' points according to the instruction of syllabus.
- Points and badges will be presented in Leaderboards after this activity in Unit 1 to show how well the learners are doing and encourage them to highly engage in the following activity.

Key learning outcomes:
NA

Key Content Points:
NA

Course Title: Healthy Eating Keeps Doctors Away　　　**Estimated Time:** **5** minutes

Activity Title: Participant bio—Self-introduction —2.1a

Introduction　Analysis　Demonstration　Assessment

Forum: Introduce Yourself

Organize Forum Threads on this page and apply settings to several or all threads. Threads are listed tabular format. The Threads can be sorted by clicking the column title or the caret at the top of each c
More Help

Create Thread　Grading Information　　　　Search

List View

No items found.
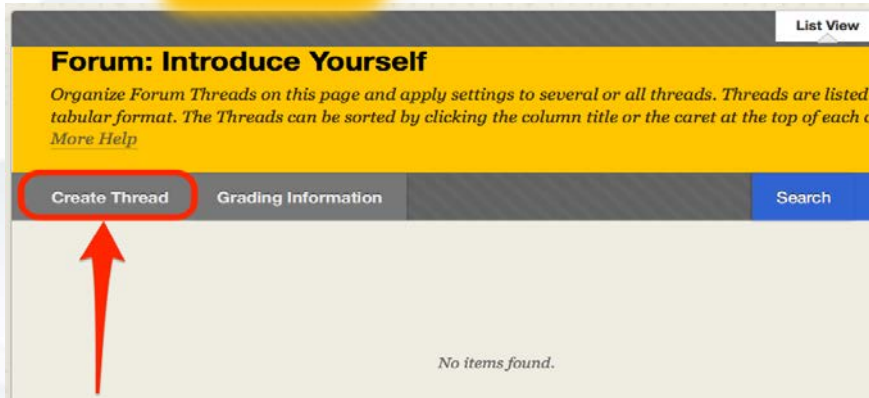
UNEOnline[Digital image]. (2019). *Blackboard How-Tos.* Retrieved from:https://success.une.edu/blackboard-support/blackboard-how-tos/

Instructional Activity Description:
- Learners describe their current eating patterns.
- Learners define healthy eating patterns from their own perspectives.
- Learners follow the instructor's very specific model to create their own bios.

Activity Deliverables/Outcomes:
NA

Resources Required :
- Personal laptops/computers/ tablets/ smartphones
- Fast and stable Internet connection
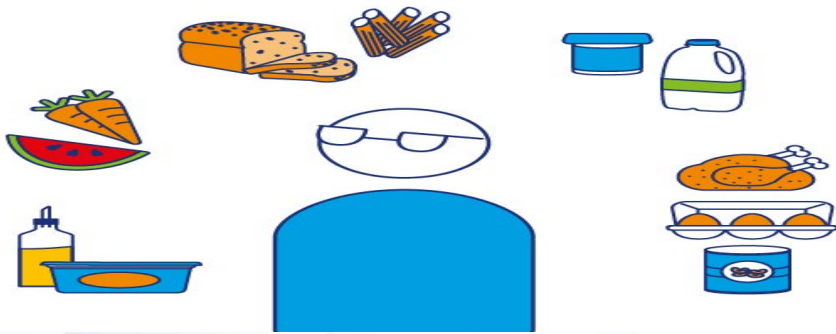- Instructor's bio model

Notes:
- This activity is an essential to the online community building.
- The instructor's model should include personal information, pictures, learning habits, personalities, family members, participant numbers in this online course in the family, understanding of healthy eating patterns and current personal/family eating patterns.
- This activity will help collect enough information for critiquing each other's bio in the next activity.

Key learning outcomes:
NA

Key Content Points:
NA

Course Title: Healthy Eating Keeps Doctors Away   **Estimated Time: 15** minutes

Activity Title: Participant bio— Healthy Eating Pattern Detective —2.1b

Introduction > Analysis > Demonstration > Assessment

Diabetes UK[Digital image]. (n.d.). *What is a healthy, balanced diet for diabetes?* Retrieved from https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/what-is-a-healthy-balanced-diet

Instructional Activity Description:
- Learners review peers' Bio and comment on their current eating patterns with the guideline provided.
- Based on the general personal ideas of MyPlate guideline and communications between learners, learners have autonomy to choose peers to work in groups.
- The instructor will correct, remind learners or ask questions to facilitate the learners to explore deeper about healthy eating patterns.

Activity Deliverables/Outcomes :
- Questions about current eating patterns
- Comments on MyPlate guidelines

Resources Required :
- Bios in the Discussion Board
- Personal laptops/computers/ tablets/ smartphones
- Fast and stable Internet connection
- What is MyPlate ? Webpage
  https://www.choosemyplate.gov/eathealthy/WhatIsMyPlate

Notes:
- This activity is a small step to take a close look at the MyPlate guideline by connecting learners personal experience.
- Understanding better about various characteristics of learners and their previous knowledge can best address their range of needs.
- It's a warm-up activity to involve students with the content and peers before demonstrating the specific content beyond this in the next activity.
- The instructor will correct, remind learners or ask questions to facilitate the learners to explore deeper about healthy eating patterns.
- The bios and discussion will be included in Unit2.
- Points and badges will be given to track learners' progress.
- Leaderboards rank learners to push them to engage in the learning process.

Key learning outcomes:
- Learners will be able to distinguish healthy eating patterns from peers' current eating patterns by reading the webpage What is MyPlate ?
- Learners will be able to apply the knowledge gained from MyPlate guidelines to critiquing peers' eating patterns.
- Learners will be able to compare and contrast different eating patterns in the Discussion Board.
- Learners will be able to illustrate some healthy eating patterns.

Key Content Points:
- MyPlate guidelines

Course Title: Healthy Eating Keeps Doctors Away	Estimated Time: 20 minutes	
Activity Title: Redesign the icon MyPlate —Video Conferencing —3.1a		Health

Introduction ▸ Analysis ▸ Demonstration ▸ Assessment

Instructional Activity Description:
- Prompts learners to reflect last activity.
- Debriefs the benefits and drawbacks of last activity.
- The learners watch 2-minute tutorial Start Simple with MyPlate.
- Introduces learners to focus on the feature of icon MyPlate "simple but not informative" by using transition words.
- Learners will generate ideas by working in teams of 4.
- Presents the group project—Redesign the icon MyPlate to make it simple and informative
- Q/A

Activity Deliverables/Outcomes :
- Note-taking about the features of icon MyPlate
- The instruction of using provided resources to redesign the icon MyPlate.

Resources Required :
- Dietary Guidelines for Americans 2015-2020(eighth edition)https://www.dietaryguidelines.gov/sites/default/files/2019-05/2015-2020_Dietary_Guidelines.pdf
- Personal laptops/computers/ tablets/ smartphones
- Fast and stable Internet connection
- The tutorial Start Simple with MyPlate
- Project resource package under the folder Unit 3

Notes:
- Instructor talk[Digital image].(2019). *Online provider of English lessons.* Retrieved from https://learntalk.org/en/teachers
- [Untitled illustration of a video conferencing] . (2019). Retrieved from https://www.freepik.com/free-vector/video-conferencing-concept-landing-page_4655367.htm
- The group project will be illustrated clearly and slowly by the instructor because it's the core activity of this course. The content includes: rationale, resources, requirements and one example.
- The instructor and learners will use Blackboard Collaborate to have a video conference.
- The conference will be recorded for further reference.

Key learning outcomes:
- Learners will be able to generate ideas in teams of integrating key elements of healthy eating patterns from USDA guidelines into the icon MyPlate to build their knowledge base.

Key Content Points:
- The introduction to the icon MyPlate.
- Integrating key elements of healthy eating patterns from USDA guidelines into the icon MyPlate

Course Title: Healthy Eating Keeps Doctors Away	**Estimated Time:** 30 minutes(offline)
Activity Title: Redesign the icon MyPlate —Reading—3.1b	Health

Introduction ➤ Analysis ➤ Demonstration ➤ Assessment

2015-2020 Dietary Guidelines for Americans

The *2015-2020 Dietary Guidelines* is designed to help Americans eat a healthier diet. Intended for policymakers and health professionals, this edition of the *Dietary Guidelines* outlines how people can improve their overall eating patterns — the combination of foods and drinks in their diet. This edition offers five overarching Guidelines and several Key Recommendations with specific nutritional goals and dietary limits.

Instructional Activity Description:
- Presents the content of Dietary guidelines for Americans 2015-2020
- Prompts learners to note information and questions to share with teammates next time.
- Learners list the purpose of the Dietary Guidelines.
- Learners accumulate key points to prepare for the group project.

Activity Deliverables/Outcomes :
- Notes of Dietary Guidelines

Resources Required :
- Dietary guidelines for Americans 2015-2020(eighth edition)
  https://www.dietaryguidelines.gov/sites/default/files/2019-05/2015-2020_Dietary_Guidelines.pdf

Notes:
- Learners will only focus on Introduction and Chapter 1 of Dietary guidelines for Americans 2015-2020.
- Learners will read offline individually to prepare for the discussion with teammates.

Key learning outcomes:
- Learners will be able to extend their knowledge base of MyPlate.

Key Content Points:
- Key elements of healthy eating patterns from USDA guidelines related to MyPlate icon

Course Title: Healthy Eating Keeps Doctors Away	**Estimated Time:** **5** minutes
Activity Title: Redesign the Icon MyPlate —MyPlate Matching Games —3.1c	Health

Introduction ⟩ Analysis ⟩ **Demonstration** ⟩ Assessment

Dairy Council of California. [Digital image].(2019). *My Plate Match Game.* Retrieved from https://www.healthyeating.org/Healthy-Kids/Kids-Games-Activities/My-Plate-Match-Game

Instructional Activity Description:
- Simulation on MyPlate and play the online matching game.

Activity Deliverables/Outcomes :
- Notes from this game about five food groups.

Resources Required :
- Dietary guidelines for Americans 2015-2020(eighth edition) https://www.dietaryguidelines.gov/sites/default/files/2019-05/2015-2020_Dietary_Guidelines.pdf
- Access to the internet via personal computer or laptop.
- Link to "My Plate Match Game" via course Blackboard. https://www.healthyeating.org/Healthy-Kids/Kids-Games-Activities/My-Plate-Match-Game

Notes:
- It's more than a game. It's a different form to test learners' knowledge of 5 groups and how much they need from the 5 groups.
- Learners will be highly engaged with Dietary guidelines by games. Children are encouraged to play the game with their parents.
- The link can be found in Unit 3 on Bb.

Key learning outcomes:
- Learners will be able to analyze the associations between eating patterns.
- Learners will be able to categorize foods by food group.
- Learners will be able to evaluate how much knowledge they have learned from the Dietary guidelines.

Key Content Points:
- Food group information
- MyPlate structure demonstrated through a matching game

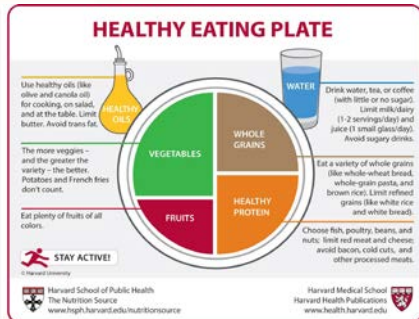| **Course Title:** Healthy Eating Keeps Doctors Away | **Estimated Time:** 50 minutes(offline) |
| **Activity Title:** MyPlate —A new Ready-to-use Healthy Eating Guide —3.1d | Health |

Introduction | Analysis | **Demonstration** | Assessment

Illustration of MyPlate for old adults [Digital image].(2020).Retrieved from https://hnrca.tufts.edu/flipbook/resources/my-plate-for-older-adults/

Instructional Activity Description:
- Learners work in groups of 4 to redesign the icon MyPlate with resources and one sample provided by instructor.

Activity Deliverables/Outcomes :
- Different designs of healthy eating guide

Resources Required :
- Dietary guidelines for Americans 2015-2020 (eighth edition) https://www.dietaryguidelines.gov/sites/default/files/2019-05/2015-2020_Dietary_Guidelines.pdf
- Personal laptops/computers/ tablets/ smartphones
- Fast and stable Internet connection

Notes:
- The icon MyPlate looks colorful and simple but it doesn't offer enough useful information to help learners to follow healthy eating patterns.
- The redesign activity would inspire learners' curiosity to make full use of dietary guidelines and other related resources to deliver an easy to use but specific guide.
- Learners will meet in person or virtually to finish the task before due dates.
- Learners will gain points and badges after they finish tasks in Unit 3.

Key learning outcomes:
- Learners will be able to apply the knowledge of dietary guidelines to a new situation.
- Learners will be able to summarize the similarities of each food group.
- Learners will be able to differentiate different food groups by colors, amount, and kinds.

Key Content Points:
- Summarizing the components in healthy eating patterns

| **Course Title:** Healthy Eating Keeps Doctors Away | **Estimated Time:** **10** minutes |
| **Activity Title:** Post-demo Quiz —3.2 | Health |

Introduction → Analysis → **Demonstration** → Assessment

Quiz Table Of Contents

Dairy Quiz Fruit Quiz Grains Quiz

Protein Foods Quiz Vegetables Quiz

Instructional Activity Description:
- Closed quiz on knowledge of MyPlate five food groups and their structures.
- Match the questions with correct questions.
- Learners self-critique the mastery of knowledge content from a different perspective.

Activity Deliverables/Outcomes :
- The scores on post-demo quiz on MyPlate five food groups and their structures

Resources Required :
- Access to the internet via personal computer or laptop.
- Link to post-demo quiz via Bb.
  https://www.choosemyplate.gov/quiz

Notes:
- Learners will access the link in Unit 3 via Bb.
- Instructor gets immediate results from learners. Not only does the instructor get the results, the learners themselves are also possible to get their results. This helps instructor identify the gaps in knowledge after they have made enough practice. The learners are able to view on what kind of section they have to improve themselves.
- Learners will gain points and badges after they finish post-demo quiz.
- Compared to MyPlate matching games, this quiz is more detailed and comprehensive.

Key learning outcomes:
- Learners will be able to synthesize information on dietary guidelines in a testable setting.
- Learners will be able to assess their knowledge of 5 food groups by doing the quiz.

Key Content Points:
- Key nutrient contributions of each food group

Course Title: Healthy Eating Keeps Doctors Away   **Estimated Time:** **15** minutes

Activity Title: Build 3 Healthy Meals for One Day—3.3

Introduction → Analysis → **Demonstration** → Assessment

Fox, H.(2019, March 5). *Get our 7-Day Vegetarian Weight Loss Meal Plan – Free to Download!* [Digital image]. Retrieved from https://hurrythefoodup.com/vegetarian-diet-weight-loss/

Breakfast   Lunch   Dinner

Instructional Activity Description:
- Presents videos and materials to scaffold learners to design 3 healthy meals.
- Learners read the materials.
- Learners sketch recipes with the specific foods and drinks.
- Learners share recipes by Google Docs created by instructor

Activity Deliverables/Outcomes :
- The design of 3 healthy meals

Resources Required :
- A new ready-to-use healthy eating guide created by learners
- Dietary guidelines for Americans 2015-2020(eighth edition)
  https://www.dietaryguidelines.gov/sites/default/files/2019-05/2015-2020_Dietary_Guidelines.pdf
- Choose MyPlate
  https://www.choosemyplate.gov/eathealthy/myplate-plan-action-guide
- MyPlate Planhttps://www.choosemyplate.gov/resources/MyPlatePlan
- MyPlate, MyWins
  https://www.choosemyplate.gov/eathealthy/myplate-mywins
- Personal Google Accounts

Notes:
- Learners will access all the resources via Bb in the folder of Unit 3.
- Instructor will create new documents from the URL docs.google.com/create.
- Instructor will share the link of the file with learners in Unit 3 to keep them view, or comment on them.
- Learners will gain points and badges after they share the design by Google Docs.

Key learning outcomes:
- Learners will be able to apply USDA guidelines to real-life experience.
- Learners will be able to write 3 recipes based on available resources from USDA guidelines.

Key Content Points:
- Personalized meal plans with details about what and how much to eat within calorie allowance.

Course Title: Healthy Eating Keeps Doctors Away	**Estimated Time:** **10** minutes

Activity Title: Create a Healthy Grocery List for Families —A Shopping checklist—3.4

Introduction ▶ Analysis ▶ **Demonstration** ▶ Assessment

The writer[Digital image]. (2020). *Why writing + time = magic. Retrieved from* https://www.writermag.com/improve-your-writing/fiction/why-writing-time-magic/

Instructional Activity Description:
- Learners use the template to write items in a healthy grocery list for families by following recipes.

Activity Deliverables/Outcomes :
- Checklist for shopping healthy foods

Resources Required :
- Dietary guidelines for Americans 2015-2020(eighth edition) https://www.dietaryguidelines.gov/sites/default/files/2019-05/2015-2020_Dietary_Guidelines.pdf
- recipes.
- A template checklist

Notes:
- Each creates a healthy grocery list and submit to Dropbox.
- The printable template checklist will be provided online in Unit 3.
- Learners can create the healthy grocery list with families.
- Learners will gain points and badges according to their status of submission and the quality of checklist.

Key learning outcomes:
- Learners will be able to choose healthy foods and the amounts from one recipe for the whole family.
- Learners will be able to create one a healthy grocery list for families.

Key Content Points:
- Creating the items for shopping
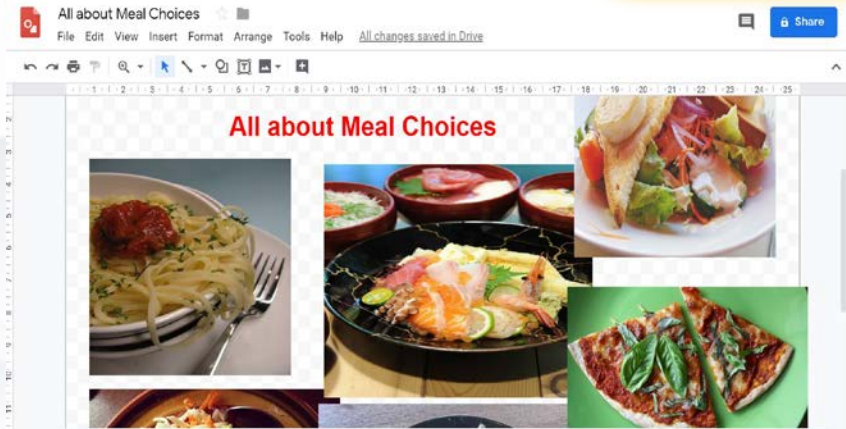
Introduction Analysis Demonstration Assessment

Instructional Activity Description:
- Learners cook the 3 meals based on their own recipes.
- Learners post their favorite meals on Google Drawing.
- Learners compare and contrast the design of meals.

Activity Deliverables/Outcomes :
- The layout of different meals with nutrition interpretation.

Resources Required :
- Personal laptops/computers/ tablets/ smartphones
- Fast and stable Internet connection
- The link to post one favorite meal
- Google Accounts

Notes:
- Each learner will post one favorite meal to Google Drawing by using their Google Accounts.

Key learning outcomes:
- Learners will be able to describe their meals by using USDA guidelines.

Key Content Points:
- Using USDA guidelines to describe meals

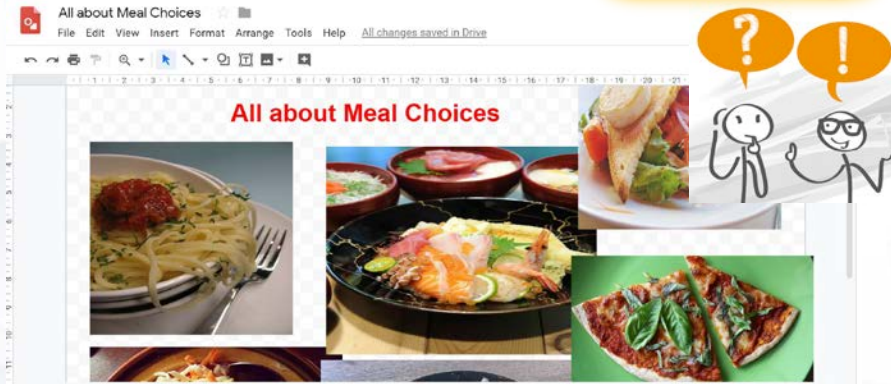| **Course Title:** Healthy Eating Keeps Doctors Away	**Estimated Time:** **15** minutes
Activity Title: All about Meal Choices —Ask an Expert—4.1b	Health

Introduction → Analysis → Demonstration → **Assessment**

FinTech Futures [Digital image]. (2019, November 6th). Ask the expert: your questions on growing the business answered. Retrieved from https://www.fintechfutures.com/2019/11/ask-the-expert-your-questions-on-growing-the-business-answered-12/

Instructional Activity Description:
- Shares the Google Mapping with USDA Expert and comment on the meals.
- Learners access feedback from USDA expect to maintain or further improve their family meals.
- Learners will be able to describe questions based on the feedback.

Activity Deliverables/Outcomes :
- Creation of choices of healthy eating meals

Resources Required :
- Personal laptops/computers/ tablets/ smartphones
- Fast and stable Internet connection
- The link to access all learners' meals
- Google Accounts

Notes:
- Instructor will make appointments with USDA expert to talk about the activity to prepare early and better assist the students.
- Instructor will schedule a review time with learners including informing them the slot time, goals and preparation.
- Schedules will be made to keep instructor, USDA expert and learners synchronously communicate after learners review the comments from USDA expert to solve any question learners might have.

Key learning outcomes:
- Learners will be able to make shifts in the current daily choices to align with USDA's nutritional guidelines.

Key Content Points:
- The designs of healthy meals

Course Title: Healthy Eating Keeps Doctors Away	**Estimated Time:** **10** minutes
Activity Title: Course Evaluation —4.2	Health

Introduction → Analysis → Demonstration → Assessment

4 Problems With Course Evaluations [Digital image]. Retrieved from https://www.getnclass.com/4-problems-with-evaluations/

Instructional Activity Description:
- Stimulates learners to complete the end-of-course evaluation in Unit 4 on Bb.
- Learners reflect the course content.
- The learners critique the competencies of the instructor.
- The learners value their own competencies after they take this course.

Activity Deliverables/Outcomes :
- Completion of course evaluation

Resources Required :
- Personal laptops/computers/ tablets/ smartphones
- Internet connection
- Electronic end-of-course evaluation questionnaire

Notes:
- To decrease lower response rate, learners will gain points and a badge after they complete course evaluation.
- This course evaluation consists of 4 parts. They are student self-evaluation questions, instructor-specific questions, course-specific questions and open-ended questions.
- The course evaluation questionnaire items will be constructed on the sets of competencies below:

a) Instructor Competencies ibstpiStandardsSet-Instructor2003-CompsOnly.pdf

b) Online Learner Competencies ibstpiStandardsSet-OnlineLearner2012-CompsOnly.pdf

Key learning outcomes:
- The learners will be able to value their strengths and weaknesses by integrating their knowledge of MyPlate guidelines into their real-life situations.

Key Content Points:
- Reflection of learners' learning about USDA guidelines

Course Title: Healthy Eating Keeps Doctors Away

Activity Title: Reflective Journal —4.3

Estimated Time: **30** minutes(offline)

Introduction ❯ Analysis ❯ Demonstration ❯ Assessment

Online Journal[Digital image]. Retrieved from http://www.onlinejournal.com/reflective-journal-how-to

Instructional Activity Description:
- The learners write a journal with the resources available.

Activity Deliverables/Outcomes :
- A 3-paragraph narrative of personal thoughts, impressions, concerns or future plans.

Resources Required :
- Dietary guidelines for Americans 2015-2020(eighth edition) https://www.dietaryguidelines.gov/sites/default/files/2019-05/2015-2020_Dietary_Guidelines.pdf
- Leaderboards Report
- Checklist
- New Ready-to-use healthy eating guide based on the icon MyPlate
- Discussions
- Groupwork
- Notes on the dietary guidelines and other resources
- Questions provided by instructor to prompt learners to think about how to write a reflective journal

Notes:
- Learners will get the report of points and badges in the Leaderboards before they write the journal.
- This is an offline activity to make sure learners have enough time to reflect what they have learned in the 120-minute online course, what activities they have done after learning the course content, their personal experience, feelings, and future plans to make shifts in the current daily choices to align with USDA's nutritional guidelines.
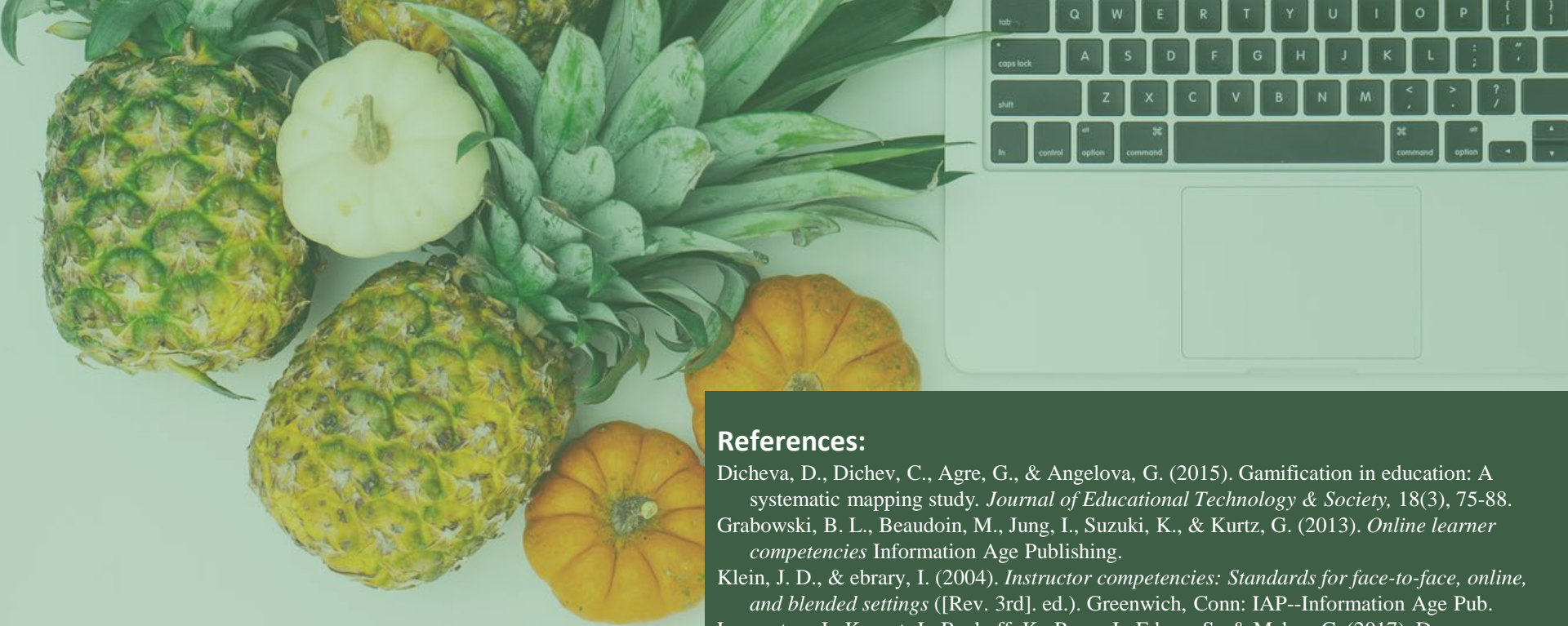
Key learning outcomes:
- Learners will be able to identify what healthy eating patterns are.
- Learners will be able to demonstrate strengths and weaknesses by integrating USDA guidelines into their real life.
- Learners will be able to value the meal choices by aligning with USDA guidelines.

Key Content Points:
- Tangible tools that integrate USDA guidelines

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