

Storyboard Module 1: Diabetes Food Hub

Lesson 1 – Introduction

Screen #	Text	Graphic and Caption
1	<p>[Slide]</p> <p>Hello and welcome to.. <i>Let's Talk About Food! Learning and Supporting Healthy Food Choices with Meal Planning!</i></p> <p>Click "Next" to find out about the course purpose.</p>	<p>Graphics:</p>  <p>Buttons:</p> <p>"Next" on Step 1 will take the user to a screen to register for an account OR Tool bar with previous, next, replay, pause</p> <p>Hyperlinks:</p> <p>Table of Content (TOC) on left side configured with Status Flag to display checkmarks as modules are completed.</p>

[Slide]

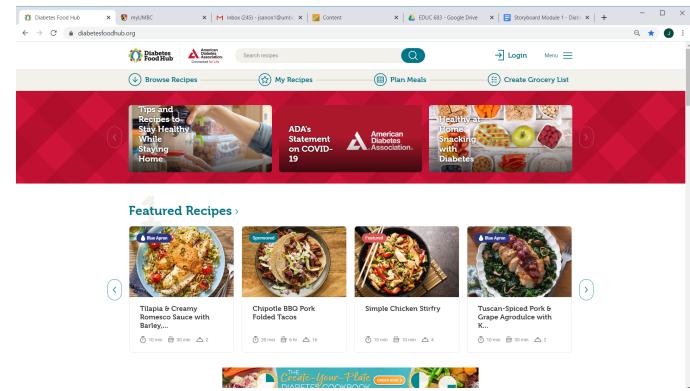
Are you interested in food and cooking? This training video is just for you! Come along to discover recipes, weekly meal plans, and grocery lists from the nutrition experts at the American Diabetes Association.

The course is interactive and reviews four modules. Use the Table of Content (TOC) on the left side to assess where you are or return to a section. Use the “Next” and “Back” buttons on the screen to navigate the presentation.

Before we start, let's create a free account with Diabetes Food Hub to personalize your learning experience about nutrition.

Click “Next” to create an online account

Graphics:



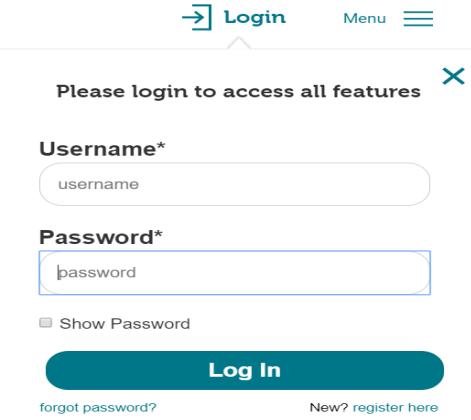
Buttons:

“Next” on Step 1 will take the user to a screen to register for an account OR Tool bar with previous, next, replay, pause

Hyperlinks:

TOC on left side configured with Status Flag to display checkmarks as modules are completed.

Lesson 2 – Account

Screen #	Text	Graphic and Caption
1	<p>[Slide]</p> <p>The course reviews in this section how to create an account if you are new. You will also learn how to logout the account.</p> <p>Registration will give you access to several features on the website, including save and like recipes, plan a meal, make grocery list, and blog about health eating.</p> <p>Please follow the following steps to create an account.</p> <ol style="list-style-type: none"> 1. Click on “Login” in the top right corner on the Homepage and left of “Menu” https://www.diabetesfoodhub.org 2. Click on “Register Here” in the bottom right corner of the popup window. <p>Click “Next” button on screen to register for a new account.</p>	<p>Graphics:</p>  <p>The image shows a login interface with a header 'Login' and 'Menu'. A message 'Please login to access all features' is displayed above the form. The form includes fields for 'Username*' and 'Password*', a 'Show Password' checkbox, and a large blue 'Log In' button. Below the form are links for 'forgot password?' and 'New? register here'.</p> <p>Buttons:</p> <p>“Login” on Step 1 will take the user to a screen to register for an account</p> <p>“Register here” on Step 2 will take the user to a screen to register for an account OR Tool bar with previous, next, replay, pause</p> <p>Hyperlinks:</p> <p>TOC on left side configured with Status Flag to display checkmarks as modules are completed.</p>
2	[Slide]	Graphics:

3. Complete the Registration form - all fields are mandatory.

First name

Last name

Email

Zipcode

States

Username (should be 5-60 characters)

Password (should be 5-60 characters)

4. Click "Submit".

Click "Next" button on screen to access the Registration Welcome page.

Registration

Reminder: If you have an existing account with American Diabetes Association, please [login](#)

First name (required)

Last name (required)

Email (required)

Zipcode (required)

United States ▾

Username (required)

5-60 characters max for username

Password (required)

5-20 characters max for password

Retype Password (required)

The registration information entered will be used to serve you better by providing updates relevant to the site and to our efforts. Please view our complete [privacy policy](#).

SUBMIT

Buttons:

"Submit" in Step 4 will take the user to a Registration confirmation page for created new account OR Tool bar with previous, next, replay, pause

Hyperlinks:

TOC on left side configured with Status Flag to display checkmarks as modules are completed.

3.

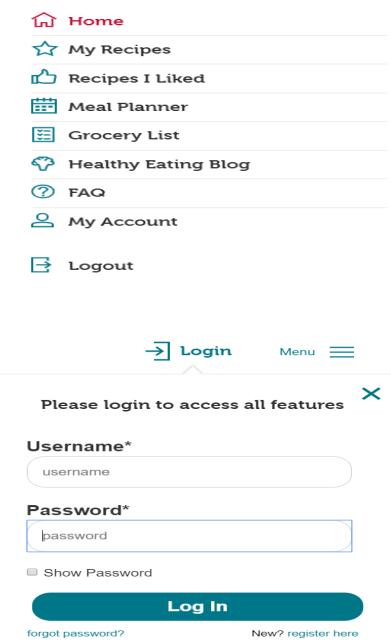
[Slide]

Graphics:

	<p>5. Select “Click here to continue with your logged in session”</p> <p>Click “Next” button to access the Homepage of your new account.</p>	<p>Welcome, !</p> <p>You have successfully registered, click here to continue with your logged in session.</p> <ul style="list-style-type: none"> • You may also visit your American Diabetes Association Constituent Center to update/complete your profile, check upcoming fundraising events/activities, review donations history and much more. <p>Buttons: Not Applicable</p> <p>Hyperlinks: “Click here to continue with your logged in session”</p> <p>TOC on left side configured with Status Flag to display checkmarks as modules are completed.</p>
4.	<p>[Slide]</p> <p>Your name displays on the account homepage.</p>	<p>Graphics:</p> <p>Hi, josiane Menu </p>

	<p>6. Select “Click here to continue with your logged in session”.</p> <p>7. Select “Menu” on the upper left side of your name.</p> <p>Click “Next” button to access your new account Homepage.</p>	<p>Buttons: “Menu” in Step 7 will take the user to Menu options</p> <p>Hyperlinks: “Click here to continue with your logged in session”</p> <p>TOC on left side configured with Status Flag to display checkmarks as modules are completed.</p>
5.	<p>[Slide]</p> <p>8. Select “Logout” to exit your Diabetes Food Hub account.</p>	<p>Graphics:</p>

Click "Next" button for Assessment and have user log back into account



Buttons:

"Logout" in Step 8 will take the user to Menu options OR Tool bar with previous, next, replay, pause

Hyperlinks:

TOC on left side configured with Status Flag to display checkmarks as modules are completed.

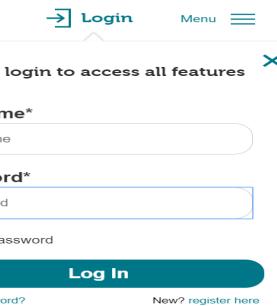
6.

[Slide]

Graphics:

9. Ask user to “Login” into new created account.

Click “Next” button to access start Module 2 – Recipes



Buttons:

“Login” in Step 9 will allow the user to return to the account OR Tool bar with previous, next, replay, pause

Hyperlinks:

TOC on left side configured with Status Flag to display checkmarks as modules are completed.

Storyboard Module 2: Recipes

Lesson 1 – Search Toolbar

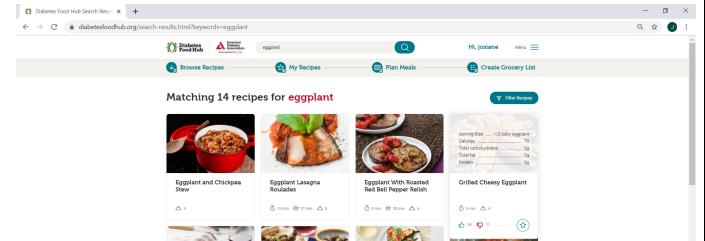
Screen #	Text	Graphic and Caption
1	[Slide]	Graphics:

	<p>The Diabetes Food Hub features several recipes. This module reviews three ways you can find them online.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Search Toolbar <input type="checkbox"/> Browse Recipes <input type="checkbox"/> Homepage <p>Click “Next” to learn about the Search Toolbar to find recipes</p>	 <p>Buttons: None</p> <p>Hyperlinks: Will have Table of Content (TOC) on left side configured with Status Flag to display checkmarks as modules are completed.</p>
2	<p>[Slide]</p> <p>Search Toolbar to find recipes</p> <ol style="list-style-type: none"> 1. Click in the “Search” area at the top of your screen that contains the magnifying glass. 	<p>Graphics:</p> 

	<p>2. Type in what you are looking for either ingredient or recipe. <i>Example:</i> Type “eggplant” and notice how recipes displays.</p> <p>3. Click the magnifying glass icon or press enter to see recipes results for eggplant.</p> <p>Click “Next” button on screen to view Search results matching eggplant recipes</p>	<p>Buttons: “Magnifying glass” on Step 1 will take the user to results page for eggplant Search OR Tool bar with previous, next, replay, pause</p> <p>Hyperlinks: Will have Table of Content (TOC) on left side configured with Status Flag to display checkmarks as modules are completed.</p>
2	<p>[Slide]</p> <p>4. Roll over matching recipes to view quick details <i>Example:</i> Mouse over “Grilled Cheesy Eggplant”</p> <ul style="list-style-type: none"> o Serving Size o Calories 	<p>Graphics:</p>

- o Total carbohydrate
- o Total fat
- o Protein
- o Preparation time
- o Cooking time
- o Serving

Click “Next” button on screen to view a recipe full detail



Buttons:

N/A

Hyperlinks:

Will have Table of Content (TOC) on left side configured with Status Flag to display checkmarks as modules are completed.

3.

[Slide]

5. Click on a recipe to see full details

Example: Select “Eggplant Lasagna Roulades”

- o Nutrition & Info
- o Ingredients

Graphics:

- o Directions
- o Social (write a review)

Click “Next” button on screen to learn recipe actions you can take

Eggplant Lasagna Roulades

Nutrition Facts

5 Servings | Serving Size: 2 roulades

Amount per serving

Calories	230
Total Fat	6g
Saturated Fat	1g
Cholesterol	35mg
Sodium	470mg
Total Carbohydrate	29g
Dietary Fiber	6g
Total Sugars	14g
Protein	18g
Potassium	760mg

Choices/Exchanges: 1 Starch, 2 Nonstarchy vegetable, Lean protein

Prep time: 15 min | **Cook time:** 37 min | **Servings:** 5 | **Serving size:** 2 roulades

Ingredients:

- Nonstick cooking spray
- eggplant
- water

Recommended for You:

Veggie Gumbo

4.

[Slide]

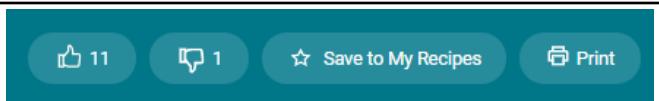
You can take several actions once you select a recipe

Graphics:

Example: Save Eggplant Lasagna Roulades

- o Like
- o Dislike
- o Save – goes to *Recipe Box* and can use for *Meal Planner* and *Grocery List*
- o Print

Click “Next” button to learn about the Browse Recipes feature



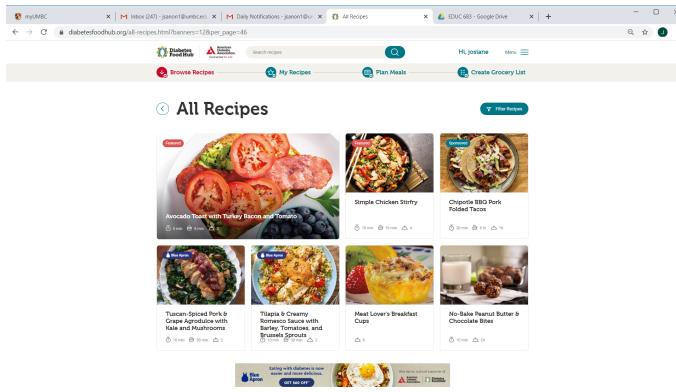
Buttons:

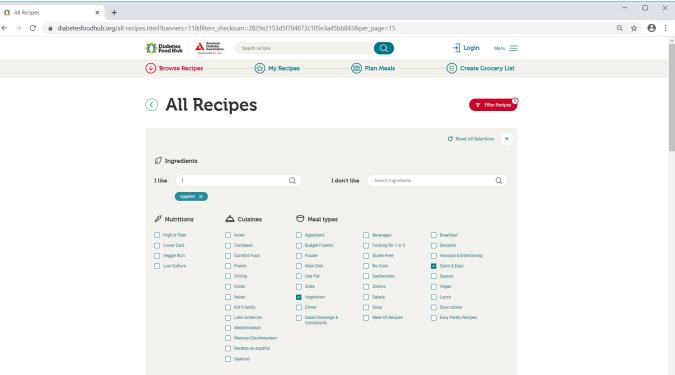
“Like”
“Dislike”
“Save”
“Print”

Hyperlinks:

Will have Table of Content (TOC) on left side
configured with Status Flag to display checkmarks
as modules are completed.

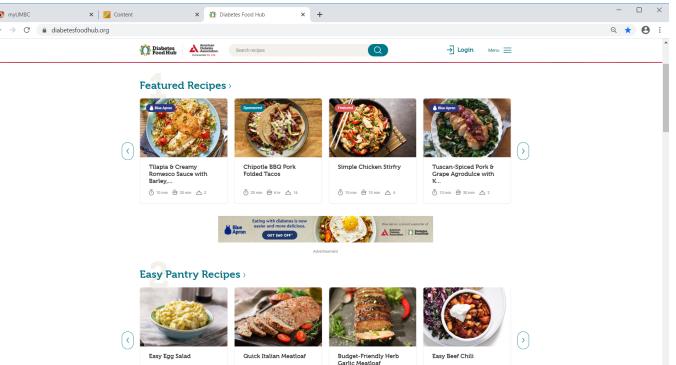
Lesson 2 – Browse Recipes

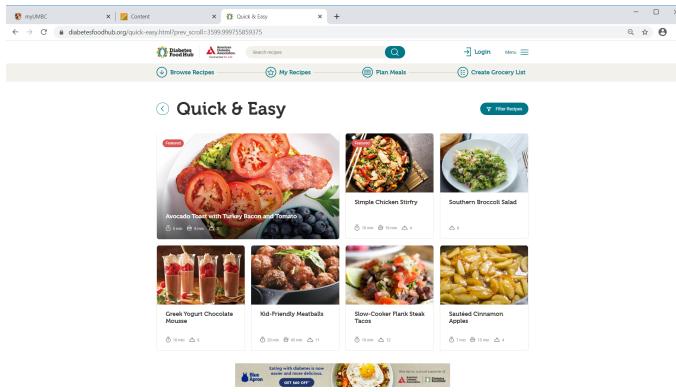
Screen #	Text	Graphic and Caption
1	<p>[Slide]</p> <p>The Browse Recipes displays all the recipes on the site.</p> <ol style="list-style-type: none">1. Click “Browse Recipes” under <i>Diabetes Food Hub</i> logo.2. Roll over recipes to view quick details.3. Click on a recipe to see full details. <p>Click “Next” button on screen to narrow your recipe search</p>	<p>Graphics:</p>  <p>Buttons:</p> <p>“Browse Recipes” on Step 1 will take the user to a listing of all recipes OR Tool bar with previous, next, replay, pause</p> <p>Hyperlinks:</p> <p>Will have Table of Content (TOC) on left side configured with Status Flag to display checkmarks as modules are completed.</p>

2	<p>[Slide]</p> <ol style="list-style-type: none"> 4. Click on “Filter Recipes” blue icon to filter what you are looking for. 5. View Filter options <ul style="list-style-type: none"> o Ingredients I like o Ingredients I like o Nutritions o Cuisine o Meal Types 6. <i>Example:</i> Click on Filter options to find specific recipes. <ul style="list-style-type: none"> o Ingredients I like as eggplant o Nutritions o Cuisine o Meal Types as Vegetarian and Quick & Easy <p>Click “Next” button on screen to find Recipes from Homepage</p>	<p>Graphics:</p>  <p>Buttons: “Filter will narrow recipes from general to specific</p> <p>Hyperlinks: Will have Table of Content (TOC) on left side configured with Status Flag to display checkmarks as modules are completed.</p>

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Lesson 3 – Homepage

Screen #	Text	Graphic and Caption
1	<p>[Slide]</p> <p>The Homepage displays some of the most popular recipes. The listing is static with visitor traffic.</p> <ol style="list-style-type: none"> 1. Click <i>Patient Food Hub</i> logo on the top of screen. 2. Scroll down the screen to view categories for the popular recipes <ul style="list-style-type: none"> o Featured Recipes o Easy Pantry Recipes o All Recipes o Lower Carb o Meal Kit Recipes o Breakfast o Chicken o Quick and Easy o Recetas en español <p>Click “Next” button on screen to learn how to access details for popular recipes</p>	<p>Graphics:</p>  <p>The screenshot shows the Diabetes Food Hub website. At the top, there is a navigation bar with links for "Diabetes Food Hub", "Diabetes Health", "Diabetes Health News", "Search recipes", "Login", and "Menu". Below the navigation, there are two main sections: "Featured Recipes" and "Easy Pantry Recipes". Each section contains four recipe cards with images, names, and preparation times. For example, under "Featured Recipes", there are cards for "Tilapia & Creamy Romesco Sauce with Berry", "Chipotle BBQ Pork Tacos", "Simple Chicken Stirfry", and "Tuscan-Spiced Pork & Grape Agrodolce with K". Under "Easy Pantry Recipes", there are cards for "Easy Egg Salad", "Quick Italian Meatloaf", "Budget-Friendly Herb Garlic Meatloaf", and "Easy Beef Chili".</p> <p>Buttons:</p> <p>“Patient Food Hub” on Step 1 will take the user to the Homepage OR Tool bar with previous, next, replay, pause</p> <p>Hyperlinks:</p> <p>Will have Table of Content (TOC) on left side configured with Status Flag to display checkmarks as modules are completed.</p>

2	<p>[Slide]</p> <p>3. Click on Recipe Popular category</p> <p>4. Roll over recipes to view quick details.</p> <ul style="list-style-type: none"> o Serving Size o Calories o Total carbohydrate o Total fat o Protein o Preparation time o Cooking time o Serving <p>5. Click on a recipe to see full details.</p> <ul style="list-style-type: none"> o Nutrition & Info o Ingredients o Directions o Social (write a review) <p>6. Perform actions for the recipe</p> <ul style="list-style-type: none"> o Like o Dislike o Save o Print <p>Click “Next” button for Assessment</p>	<p>Graphics:</p>  <p>Buttons:</p> <p>N/A</p> <p>Hyperlinks:</p> <p>Will have Table of Content (TOC) on left side configured with Status Flag to display checkmarks as modules are completed.</p>

3.	<p>[Slide]</p> <p>User will complete the assessments below.</p> <ol style="list-style-type: none"> 1. Search a recipe by ingredient 2. Like a recipe 3. Save a recipe 4. Filter a recipe <p>Click “Next” button to access start Module 3 – Meal Planner</p>	<p>Hyperlinks:</p> <p>Will have Table of Content (TOC) on left side configured with Status Flag to display checkmarks as modules are completed.</p>

Storyboard Module 3: Diabetes Food Hub

Lesson 1 – Meal Planner

Screen #	Text	Graphic and Caption
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1	<p>[Slide]</p> <p>Narration: In Module 3 you will begin building your meal planner.</p> <p>You will should how to ...</p> <ul style="list-style-type: none"> 1-Login to the DFH with your credentials 2- Add saved & liked recipes from previously saved lists 3- Drag and drop saved recipes up to 3 meals a day up to 7 days 4- Review nutritional facts, preparation time, ingredients, directions, and sharing recipes on social media. 5- Download a PDF of nutrition facts, recipe details and grocery list. 	<p>Graphics:</p>  <p>Buttons:</p> <p>Tool bar with previous, next, replay, pause</p> <p>Hyperlinks:</p> <p>https://www.diabetesfoodhub.org/</p>
2	<p>[Slide]</p>	<p>Graphics:</p>

Narration with video: Let's begin meal planning by logging into the DFH with your previously created credentials. Go to <https://www.diabetesfoodhub.org/> and locate the login feature on the top right of the screen. Once you put in your user name and password, click 'Log in'.

Highlight box 'Username'

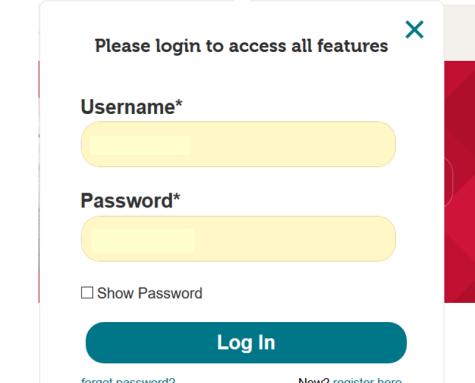
Highlight box 'Password'

Highlight box 'Log In'

Input on video: username and password
[cover use name]

 Login

Menu



Please login to access all features X

Username*

Password*

Show Password

Log In

forgot password? New? [register here](#)

Buttons:

Tool bar with previous, next, replay, pause

Hyperlinks:

<https://www.diabetesfoodhub.org/>

[Slide]

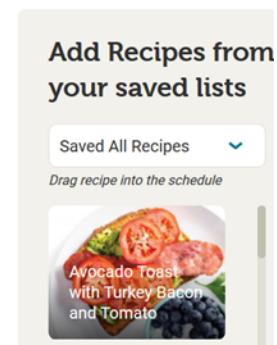
3.	<p>Narration with video: To begin meal planning from the main home page, locate 'Plan Meals' icon in the middle of the page.</p> <p>Highlight box 'Plan Meals'</p> <p>[Navigate to plan meals]</p>	<p>Graphics:</p>  <p>Buttons: Tool bar with previous, next, replay, pause</p> <p>Hyperlinks: https://www.diabetesfoodhub.org/</p>
4.	<p>[Slide]</p> <p>Narration with video: Here on the 'my meal plan' page, you will see your saved recipes on the right side of the page. In the middle of the page you will see dates</p>	<p>Graphics:</p>

	<p>for 7 days of meal planning. You may also plan future meals by hovering over the arrows near the dates. You will also see meal options for adding breakfast, lunch, dinner and other for each day you want to prepare meals. Here you will be able to drag and drop your saved recipes onto the days that you will have those meals.</p> <p>Let's add breakfast to Sunday breakfast to our meal plan.</p> <p>Highlight box: 'add recipes' Highlight box: 'breakfast, lunch, dinner, other' Highlight box: 'arrows to scroll forward week'</p> <p>5.</p> <p>Narration with video: Let's locate one of our saved breakfast meals from your saved lists, Apple-Walnut French Toast. Use the scroll bar on the far right to locate</p>	<p>Add Recipes from your saved lists</p> <p>Saved All Recipes</p> <p>Drag recipe into the schedule</p> <p>Avocado Toast with Turkey Bacon and Tomato</p> <p>Today < > Mar 29 - Apr 04</p> <p>Breakfast Lunch Dinner Other (optional)</p> <p>Sunday Mar 29</p> <p>Nutrition Facts</p> <p>Drag & drop recipes here</p> <p>Buttons: Tool bar with previous, next, replay, pause</p> <p>Hyperlinks: https://www.diabetesfoodhub.org/account/meal-planner.html</p>
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your recipe. Once you locate the breakfast recipe, drag and drop the recipe from your saved list to Sunday and place under breakfast.

Highlight box: 'recipe box'

Graphics:



Breakfast

Sunday 

Mar 29

 Nutrition Facts



Buttons:

Tool bar with previous, next, replay, pause

Hyperlinks:

<https://www.diabetesfoodhub.org/account/meal-planner.html?week=14-2020>

Screen #

Text

Graphic and Caption

[Slide]

Narration with video: Once you have added breakfast to your meal plan, click onto the picture to read more information about your selection. Here you will be able to review nutritional facts, preparation time, ingredients, directions, and share recipes on social media. To navigate back to your meal plan, click the left arrow button near the title of your meal

Highlight button: left arrow

Graphics:

🕒 Apple-Walnut French Toast



Nutrition Facts	
Amount per serving	285
Calories	285
Total Fat 15g	
Saturated Fat 1.5g	
Total Carbohydrate 34g	
Dietary Fiber 5g	
Total Sugars 15g	
Protein 14g	
Potassium 300mg	
Phosphorus 150mg	
Dietary Exchange: 1 1/2 starch, 1 carbohydrate, 1 protein, 1/2 fat	

🕒 Prep time
10 min

🕒 Cook time
11 min

🕒 Servings
4

🍽️ Serving size
1 toast, 2 teaspoons syrup, 1/4 cup apples, and 2 tablespoons walnuts per serving

Ingredients

US Metric

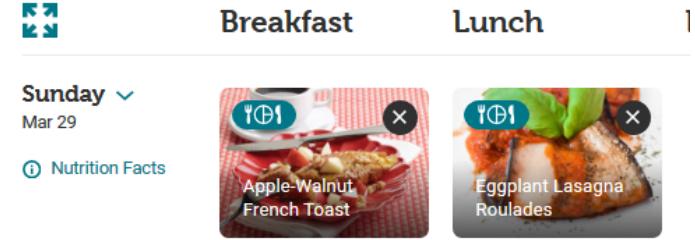
multi-grain Italian bread (cut in 4 slices)	6 oz
egg substitute	1 cup
pure maple syrup	4 tsp
apple (diced)	1 cup
walnuts (chopped)	2 oz

Directions

1

Preheat oven to 450°F. Meanwhile, place the bread in a 13 x 9-inch baking pan, pour the egg substitute over all, and turn several times until the bread slices are completely coated and egg mixture is used. (Let stand in baking pan while oven is preheating.) Place bread slices on baking sheet coated with cooking spray.

Buttons:

		Tool bar with previous, next, replay, pause Hyperlinks: https://www.diabetesfoodhub.org/recipes/apple-walnut-french-toast.html
Screen #	Text	Graphic and Caption
7	[Slide] Narration with video: Now let's select lunch. Use the scroll bar on the far right to locate your recipe. Once you locate the lunch recipe, drag and drop the recipe from your saved list to Sunday and place under lunch. Let's select Eggplant Lasagna Roulades.	Graphics:  Buttons: Tool bar with previous, next, replay, pause Hyperlinks:
Screen #	Text	Graphic and Caption
8	[Slide] Narration with video: Once you have added lunch to your meal plan, click onto the picture to read more information about your selection. Here you will be able to review nutritional facts, preparation time, ingredients, directions, and share recipes	

on social media. To navigate back to your meal plan, click the left arrow button near the title of your meal.

Highlight button: left arrow

Graphics:

🕒 Eggplant Lasagna Roulades



Nutrition Facts	
5 Servings	Serving Size 2 roulades
Calories	230
Total Fat 6g	
Saturated Fat 1g	
Cholesterol 35mg	
Sodium 470mg	
Total Carbohydrate 29g	
Dietary Fiber 6g	
Total Sugars 4g	
Protein 18g	
Potassium 760mg	

Choices/Exchanges: 1 Starch, 2 Nonstarchy Vegetable, 2 Lean protein

🕒 Prep time
15 min

cook time
37 min

servings
5

serving size
2 roulades

Ingredients

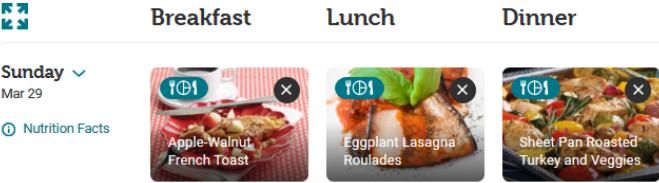
US Metric

Nonstick cooking spray	1
eggplant	2 lbs
water	1 cup
ricotta cheese (fat-free)	2 cup
egg whites	2
garlic (minced)	2 clove
Italian seasoning (dried)	1 tbsp
marinara sauce (24.5-ounce jar, light in sodium)	1
Parmesan cheese (shredded)	2 tbsp

Directions

1

Preheat oven to 375° F. Coat an 8x11-inch glass baking dish with cooking spray. Set aside.

		<p>Buttons: Tool bar with previous, next, replay, pause</p> <p>Hyperlinks: https://www.diabetesfoodhub.org/recipes/eggplant-lasagna-roulades.html</p>
Screen #	Text	Graphic and Caption
9	<p>[Slide]</p> <p>Narration with video: Now let's add dinner. Use the scroll bar on the far right to locate your recipe. Once you locate the dinner recipe, drag and drop the recipe from your saved list to Sunday and place under dinner. Sheet Pan Roasted Turkey and Veggies looks good so let's select for Sunday dinner.</p>	<p>Graphics:</p>  <p>Buttons: Tool bar with previous, next, replay, pause</p> <p>Hyperlinks: https://www.diabetesfoodhub.org/recipes/sheet-pan-roasted-turkey-and-veggies.html</p>
Screen #	Text	Graphic and Caption
10	[Slide]	

Narration with video: Once you have added dinner to your meal plan, click onto the picture to read more information about your selection. As the same with breakfast and lunch, here you will be able to review nutritional facts, preparation time, ingredients, directions, and share recipes on social media. To navigate back to your meal plan, click the left arrow button near the title of your meal.

Highlight button: left arrow

Graphics:

Sheet Pan Roasted Turkey and Veggies



Source: iM Food Test Kitchen. Guilt-Free Comfort Favorites. Recipe Credit: Howard Rosenthal. Photo Credit: Victoria King and Kelly Risch.

6 Servings	Serving Size
	3 oz turkey with 1 cup vegetables
Amount per serving	
Calories	200
Total Fat 9g	
Saturated Fat 1.5g	
Trans Fat 0g	
Cholesterol 60mg	
Sodium 270mg	
Total Carbohydrate 7g	
Dietary Fiber 2g	
Total Sugars 3g	
Protein 24g	
Potassium 450mg	
Phosphorus 210mg	

Choices/Exchanges: 3 Lean protein, 1 Nonstarchy vegetable, 1/2 Fat

Prep time
15 min

Cook time
25 min

Servings
6

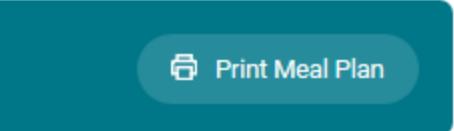
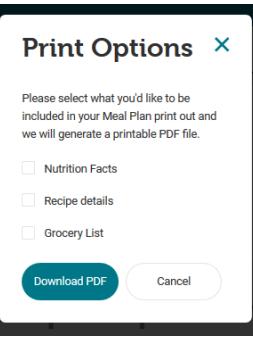
Serving size
3 oz
turkey
with 1 cup
vegetables

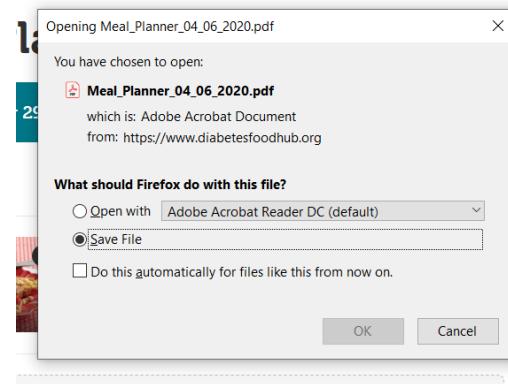
Ingredients

	US	Metric
olive oil	3 tbsp	
lemon (cut in half, divided use)	1 whole	
fresh rosemary (stems removed, chopped)	3 sprig	
garlic powder	1 tsp	
paprika	1 tsp	
salt	1/2 tsp	
black pepper	1/4 tsp	
boneless turkey tenderloins (cut in half)	1 1/4 lbs	
bell peppers (1 red, 1 yellow, cut into 2-inch chunks)	2	
zucchini (cut into 1-inch chunks)	1	
white (button) mushrooms (cut in half)	1 cup	
red onion (cut into 1-inch chunks)	1/2	

Directions

- 1 Preheat oven to 400 degrees F.

		<p>Buttons: Tool bar with previous, next, replay, pause</p> <p>Hyperlinks: https://www.diabetesfoodhub.org/recipes/sheet-pan-roasted-turkey-and-veggies.html</p>
Screen #	Text	Graphic and Caption
11	<p>[Slide]</p> <p>Narration with video: Now you have a 3-meal plan for Sunday. If you are finished with your selections, you are now ready to print your meal plan!</p> <p>On the top right of the screen, you will see the 'Print Meal Plan' button. Once selected, you will see options to print nutrition facts, recipes details, or grocery list or all 3. When you are ready to download your PDF, you may choose to open with a PDF reader program or save file to a location. When the file is ready, your saved meal plan will pop up on your screen for your review. You have now saved a 3 meal plan for Sunday!</p> <p>Highlight button: print meal plan Highlight button check boxes: check nutrition facts, recipes details, or grocery list</p>	<p>Graphics:</p>  



A screenshot of a meal planning application. At the top, it says 'My Meal Plan' and 'Mar 29 - Apr 04'. Below this is a toolbar with buttons for 'Sunday' and 'Mar 29'. The main area is divided into four sections: 'Breakfast' (Apple-Walnut French Toast), 'Lunch' (Eggplant Lasagna Roulades), 'Dinner' (Sheet Pan Roasted Turkey and Veggies), and 'Other'. Each section has a thumbnail image and a description. Logos for 'Diabetes Food Hub' and 'American Diabetes Association' are visible at the top.

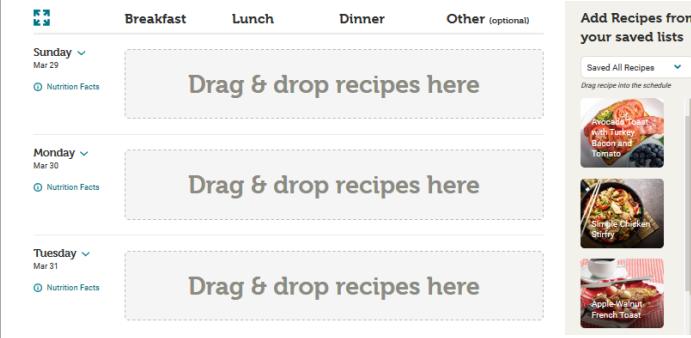
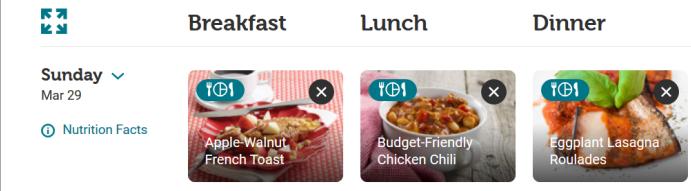
Buttons:

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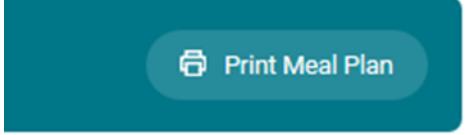
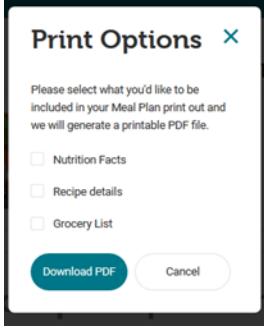
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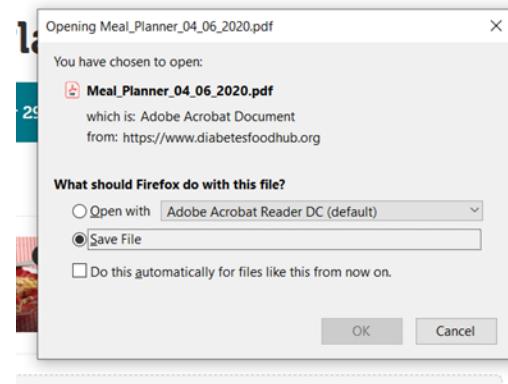
<https://www.diabetesfoodhub.org/account/meal-planner.html>

Screen #	Text	Graphic and Caption

12	<p>[Slide]</p> <p>Narration with video: Now that you've saved some recipes, it's time to start building! Your saved recipes will show up to the right of the interactive Meal Planner. To give you an opportunity practice selecting your meal plan, you will create and print a 3-meal plan for one day. To open your document you will need to select 'open with PDF reader'.</p> <p>[Use DFH page clear of any meals. Create drag and drop boxes for selecting meals. Highlight saved meal list with 3 meals in list. Click print button Feedback text for correct and incorrect responses.</p>	<p>Graphics:</p>  <p>Buttons: Tool bar with previous, next, replay, pause</p> <p>Hyperlinks: https://www.diabetesfoodhub.org/account/meal-planner.html?week=14-2020</p>
13	<p>[Slide]</p> <p>Sunday 3 meals</p> <p>[Create drop boxes for breakfast, lunch and dinner for Sunday. Feedback messages for each click]</p>	<p>Graphics:</p>  <p>Buttons: Tool bar with previous, next, replay, pause</p>

		<p>Hyperlinks: https://www.diabetesfoodhub.org/account/meal-planner.html?week=14-2020</p>

14.	<p>[Slide]</p> <p>[Print PDF of nutrition facts, recipe deals, and grocery list.]</p> <p>[Highlight boxes for 'Print Meal plan, print options and print window. Select open with Adobe Acrobat or other PDF reader to view meal plan].</p> <p>Congratulations message on completion of assessment</p>	<p>Graphics:</p>  
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Buttons:

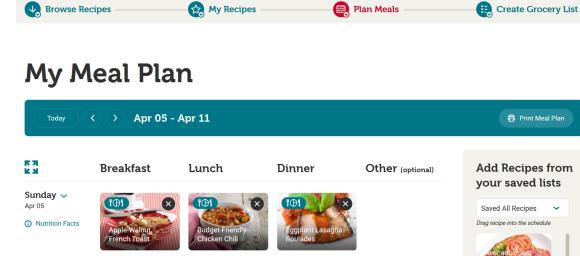
Tool bar with previous, next, replay, pause

Hyperlinks:

Storyboard Module 4

Lesson 1 – Creating a grocery list

Screen #	Text	Graphic and Caption
1	<p>[Slide]</p> <p>Narration: In Module 4 you will create your grocery list from you selected meals.</p> <p>You will learn how to ...</p> <ul style="list-style-type: none"> 1-Login to the DFH with your credentials 2- Review saved & liked recipes from previously saved lists 3- Create a grocery list from saved meal plan 4- Review ingredients included from saved meal plan 5- Add new ingredients to a grocery list 6- Print or share grocery list 	<p>Graphics:</p>  <p>Buttons:</p> <p>Tool bar with previous, next, replay, pause</p> <p>Hyperlinks:</p> <p>https://www.diabetesfoodhub.org/account/meal-plan-ner.html</p>

2	<p>[Slide]</p> <p>Narration with video: Once you've built out your meal plan, you can make shopping a snap by clicking on the "Create Grocery List" button at the top of the meal planner. This will send all of the ingredients from each of the recipes in your custom meal plan to the Grocery List feature. Lets get started by clicking the clicking on 'create grocery list' button.</p> <p>[highlight 'create grocery list' button]</p>	<p>Graphics:</p>  <p>Buttons: Tool bar with previous, next, replay, pause</p> <p>Hyperlinks:</p>
3.	[Slide]	<p>Graphics:</p>

Narration with video:

When your list has generated, you'll find each ingredient organized by grocery store sections such as produce or bakery. You can also add, delete, or adjust amounts for each ingredient in the list.

[highlight open task bar]

Grocery List

(April 5 — April 11)

Grocery List	
(April 5 — April 11)	
<input type="checkbox"/> apple	2
<input type="checkbox"/> avocado	1
<input type="checkbox"/> baby spinach	5 1/2 oz
<input type="checkbox"/> banana	1 cup
<input type="checkbox"/> bell pepper (red, orange, yellow or green/red peppers)	2 whole
<input type="checkbox"/> carrot (s)	6
<input type="checkbox"/> eggplant	2 lbs
<input type="checkbox"/> garlic	3 cloves
<input type="checkbox"/> green bell pepper	2
<input type="checkbox"/> green onion (scallion)	2
<input type="checkbox"/> lemon	1
<input type="checkbox"/> lettuce	4 cup
<input type="checkbox"/> olive	2 olive
<input type="checkbox"/> green bell pepper	2
<input type="checkbox"/> green onion (scallion)	2
<input type="checkbox"/> lemon	1
<input type="checkbox"/> lettuce	6 cup
<input type="checkbox"/> onion (s)	2
<input type="checkbox"/> red onion	1/2 oz
<input type="checkbox"/> roma (plum) tomatoes	1
<input type="checkbox"/> strawberries	2 1/2 cup
<input type="checkbox"/> tomato (s)	2
<input type="checkbox"/> white (button) mushrooms	1 cup
<input type="checkbox"/> zucchini	1
Fresh Meat, Poultry, & Seafood	
<input type="checkbox"/> boneless turkey breast	1 1/4 lbs
<input type="checkbox"/> chicken breasts	14
<input type="checkbox"/> shrimp	1 1/2
<input type="checkbox"/> turkey bacon	7 slices
Dairy	
<input type="checkbox"/> egg substitute	1 cup
<input type="checkbox"/> egg	2
<input type="checkbox"/> fat-free, artificially flavored yogurt	2 cup
<input type="checkbox"/> feta cheese	5 1/2 tbsp
<input type="checkbox"/> Parmesan cheese	1/8 cup
<input type="checkbox"/> mozzarella cheese	2 cup
Sauces & Condiments	
<input type="checkbox"/> maple syrup	1 1/2 tbsp
<input type="checkbox"/> mustard sauce	1
<input type="checkbox"/> olive oil	1/2 cup
<input type="checkbox"/> black pepper	2/3 tsp
<input type="checkbox"/> Cajun seasoning	1/2 tbsp
<input type="checkbox"/> chili powder	2 tsp
<input type="checkbox"/> cumin	1/2 tsp
<input type="checkbox"/> garlic powder	1 tsp
<input type="checkbox"/> ground cinnamon	1 tsp
<input type="checkbox"/> Italian seasoning	1 tbsp
<input type="checkbox"/> paprika	1 tsp
<input type="checkbox"/> salt	2/3 tsp

— Dry Packaged Foods		
<input type="checkbox"/>	almonds	2
<input type="checkbox"/>	brown rice	1 1/2 cup
<input type="checkbox"/>	cranberries	1/2 cup
<input type="checkbox"/>	grape-nut style cereal	1/2 cup
<input type="checkbox"/>	pepitas	1/4 cup
<input type="checkbox"/>	whole-wheat bread	2 slices
— Canned Food		
<input type="checkbox"/>	easy or great northern beans	16 oz
<input type="checkbox"/>	tomato sauce	16
— Oils / Fats		
<input type="checkbox"/>	woodstock cooking oil	2
<input type="checkbox"/>	olive oil	1/2 cup
— Ethnic Foods		
<input type="checkbox"/>	Asian peanut sauce	6 tbsps

— Bakery

<input type="checkbox"/>	Italian bread	3/4 cup
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— Other Ingredients

<input type="checkbox"/>	walnuts	2 oz
<input type="checkbox"/>	water	16 tbsps

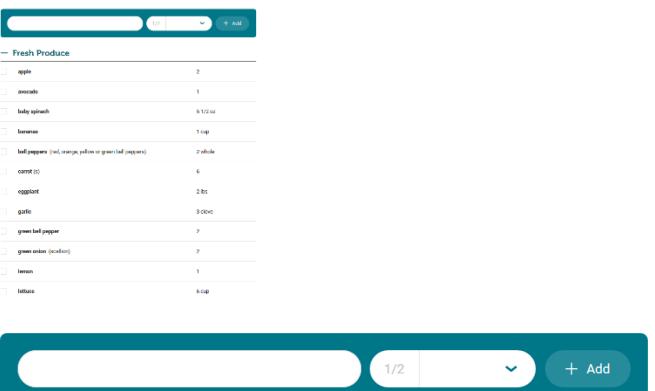
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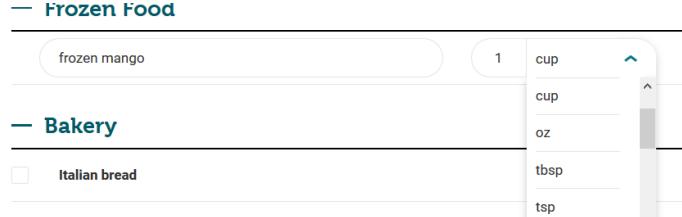
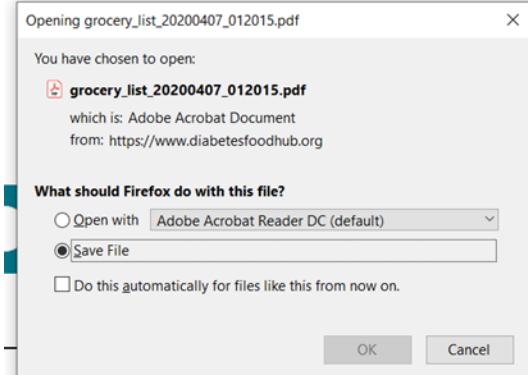
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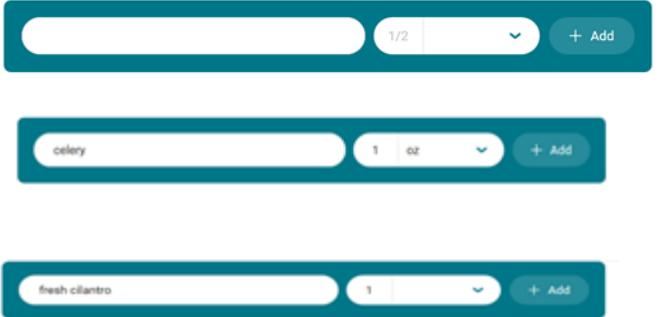
Hyperlinks:

<https://www.diabetesfoodhub.org/account/grocery-list.html>

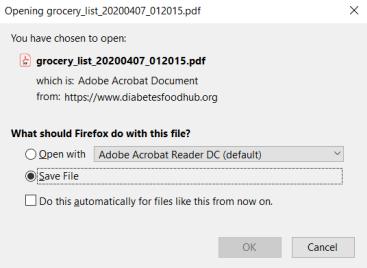
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Screen #	Text	Graphic and Caption																										
4	<p>[Slide]</p> <p>Narration with video: Let's add an ingredient originally not listed with any of the saved recipes. Adding a cup of frozen mango for example is easy to do. In the task bar, type in 'frozen mango'. Then add the number '1' and then locate the measurements by clicking on the drop down and locate 'cup'. Once you have it filled out, click '+add' button. Your item will be added to your grocery list under the appropriate category. In this case under 'frozen food'.</p>	<p>Graphics:</p> <p>Grocery List (April 5 – April 11)</p>  <p>Fresh Produce</p> <table border="1"> <tbody> <tr><td>apple</td><td>2</td></tr> <tr><td>avocado</td><td>1</td></tr> <tr><td>baby spinach</td><td>5 1/2 oz</td></tr> <tr><td>banana</td><td>1 cup</td></tr> <tr><td>bell pepper (red, orange, yellow or green bell pepper)</td><td>2 whole</td></tr> <tr><td>carrot (s)</td><td>6</td></tr> <tr><td>eggplant</td><td>2 lbs</td></tr> <tr><td>garlic</td><td>3 cloves</td></tr> <tr><td>green bell pepper</td><td>2</td></tr> <tr><td>green onion (scallion)</td><td>2</td></tr> <tr><td>lemon</td><td>1</td></tr> <tr><td>lettuce</td><td>4 cup</td></tr> </tbody> </table> <p>frozen mango 1 cup + Add</p> <p>Frozen Food</p> <table border="1"> <tbody> <tr><td>frozen mango</td><td>1 cup</td></tr> </tbody> </table>	apple	2	avocado	1	baby spinach	5 1/2 oz	banana	1 cup	bell pepper (red, orange, yellow or green bell pepper)	2 whole	carrot (s)	6	eggplant	2 lbs	garlic	3 cloves	green bell pepper	2	green onion (scallion)	2	lemon	1	lettuce	4 cup	frozen mango	1 cup
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5	<p>[Slide]</p> <p>Narration with video: When everything looks good in your grocery list, you can then print out, email, or download your list.</p> <p>[Highlight bar: clear list, download, email, print] [Highlight print window]</p>	<p>Graphics:</p>  <p>The dialog box shows the file path: Opening grocery_list_20200407_012015.pdf. It asks, "What should Firefox do with this file?" with options: "Open with Adobe Acrobat Reader DC (default)" (radio button not selected), "Save File" (radio button selected), and "Do this automatically for files like this from now on." At the bottom are "OK" and "Cancel" buttons.</p>

		<p>Buttons: Tool bar with previous, next, replay, pause</p> <p>Hyperlinks: https://www.diabetesfoodhub.org/account/grocery-list.html</p>
3.	<p>[Slide]</p> <p>Narration with video: Now that you have seen how easy it is to view and edit your list, you can practice adding ingredients to your grocery list. Let's add two ingredients not on your list, 1 oz of Celery and 1 fresh Cilantro. Let's begin!</p>	<p>Graphics:</p>  <p>Buttons: Tool bar with previous, next, replay, pause</p> <p>Hyperlinks:</p>

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5	<p>[Slide]</p> <p>[Feedback text for correct and incorrect responses.]</p> <p>Congratulations message on completion of assessment</p>	<p>Graphics:</p> <div style="display: flex; justify-content: space-around; align-items: center;">  Clear List  Download  Email  Print </div>  <p>Buttons:</p> <p>Tool bar with previous, next, replay, pause</p> <p>Hyperlinks:</p>

		https://www.diabetesfoodhub.org/account/grocery-list.html
6	<p>Narration with video: Great job! Now you have had an opportunity to review the Diabetes Food Hub and its some of its features. You created an account to unlock features such as browsing and saving recipes, planning meals for the week and creating a grocery list for shopping.</p> <p>It is highly recommended that you sign up for an account so you may benefit from the full features of the website including reading the healthy eating blog.</p> <p>[Checkmarks for each module covered]</p>	<p>Graphics:</p>  <p>Healthy Eating Blog</p>  <p>Smart Shopping: Staying Healthy While Staying Home</p> <p>COVID-19 is causing closures, quarantine, and "social distancing" protocols across the nation. For many, this means eating more meals at home, and</p> <p>Ask the Experts</p>  <p>What is the Diabetes Plate Method?</p>  <p>What is the Best Diet for Diabetes?</p> <p>Buttons:</p> <p>Tool bar with previous, next, replay, pause</p> <p>Hyperlinks:</p>