Let's talk about food! Learning and Supporting Healthy Food Choices with Meal Planning

Group A

INSTRUCTIONAL DESIGN PLAN

LET'S TALK ABOUT FOOD! LEARNING AND SUPPORTING HEALTHY FOOD CHOICES WITH MEAL PLANNING

Submitted to:

Rafi Ahmad
T & C

Date

Submitted by:
Josiane Salmon
Rhonda Shields

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Approval Statement

Please read the statement below. If you agree with the statement, sign off in the appropriate space and fax the signed statement to Rafi Ahmad of T & C at (410) 519-6040, with any written revisions to the content of the document, by close of business on Thursday, May 8, 2020

Thank you.

This Instructional Design Plan (IDP) for the **Let's talk about food! Learning and Supporting Healthy Food Choices with Meal Planning** training program submitted to Rafi Ahmad of T & C on, March 6, 2020, provides sufficient and accurate information on the background of a simulated meal planning training program and intended audiences for the on-line course structure, course objectives, and course functionality.

Name	*Title*	*Date*
Rhonda Shields	*Project Manager*	*3/6/2020*

Name	*Title*	*Date*
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Introduction

Here is a common scenario: On a Monday Samantha purchases her usual breakfast sandwich and coffee at her local coffee shop before work. For lunch, she joins her colleagues to order takeout from one of the eateries near the job. On her way home from working late, Samantha realizes she does not have adequate food at home to prepare for dinner, so she stops to pick up dinner. By the end of the day, Samantha has spent close to $50 dollars in one day for three meals. And she has the rest of the week to take into consideration and not to mention her food selection for the day was a part indulgence and portion heavy.

Samantha's scenario is common as Americans eat out on average 5.9 times a week and depending on where you live can average over $2000 a year[1]. In Samantha's case, this can add up very quickly and blow whatever budget she may have or milestone item(s) like a car or home she may be saving for. Samantha's case is not just about the quality of food, but cost, convenience, preparation and lack of nutritional value and understanding has led to making deficient food choices. Most human beings enjoy the comradery of meeting friends and family over a great meal, however, learning about making smarter food choices socially and preparing our most common and frequent meals ahead of time is just as important and can add immense value to our quality of life.

The *Let's talk about food! Learning and Supporting Healthy Food Choices with Meal Planning* on-line course will offer information easy to integrate into one's life. In conjunction with using the Diabetes Food Hub[2] presented by the American Diabetes Association, participants with all dietary needs will learn about healthy food options for dining out/fast food choices, searching for recipes, creating grocery lists and effective meal planning at home. Participants will learn how to modify eating habits for nutritious regimes as life gets demanding.

This online course is designed for self-paced learning without a live moderator. Introduction, instruction, implementation, and evaluation are discussed within the course. With self-paced online learning, users will have the versatility of time and location, free access, and opportunity to personalize the content that can be utilized for practical everyday use immediately. To determine the mastery and competence of content and objectives from the Diabetes Food Hub™, users will complete assessments that will provide feedback.

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[1] https://www.businessinsider.com/what-people-spend-on-dining-out-2019-8

[2] ™ https://www.diabetesfoodhub.org/

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This document is composed of three main sections in addition to this introduction:

1. *Training and Background Analysis* — This section describes the purpose and use of a simulated **'Let's talk about food!'** application, and reviews information about the audience. The purpose of the section is to confirm details about the tool and the audience that serve as a basis for structuring the course.
2. *Design Strategy* — This section introduces the course performance objectives, prerequisites, and the learning hierarchy for the course. It also details the technical specifications, functionality, and assessment standards for the course.
3. *Module/Lesson Summaries* — The final section reviews the objectives, lessons, and other details for each module and lesson within the course.

Training and Background Analysis

Purpose

Health is often relegated when life becomes hectic, and time is of the essence. This fact is especially true of families with busy kids and schedules, who multi-task through a series of automated reminders and memo pads. Another essential fact, mobility is everything in this day of age of cutting-edge technology whereas one's life seems to be enclosed in a device. The purpose of 'Let's talk about food! Learning and Supporting Healthy Food Choices with Meal Planning' training program will allow flexibility for busy users to learn about making healthy food choices and plan for cost-saving meals wherever they are located. This training will help guide users will all dietary needs to navigate and utilize the Diabetes Food Hub™ for quick meal planning recipes that can be prepared in advance and make practical food choices when dining out or using fast food.

The Audience

The on-line training program is designed to help adults aged 18 and older take charge of their health and feel better by means of good nutrition and electronic platforms that accommodate their on-the-go lifestyle.

The on-line training program is geared to help anyone with an interest in nutrition, particularly healthy food options and preparation. The audience extends from the general public to healthcare professionals, including parents, caretakers, educators, and primary care physicians. The course modules will be offered in the U.S. English. Accordingly, users would have a good command of the language and be able to speak, write, and read it. The target population will also need to have minimal experience using a desktop computer, tablet or smartphone to access the Diabetes Food Hub™.

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Design Strategy

Overview

Let's talk about food! Learning and Supporting Healthy Food Choices with Meal Planning is a self-paced online training program that will be interactive, providing users with the opportunity to learn in-depth on using the Diabetes Food Hub™ application and use the tools offered there. The course will also contain an overview module with an introduction and overview of the Diabetes Food Hub™.

The training will be web-based with all information given via text-based content, graphic illustrations, learning interactions, and assessment. The estimated time for this course is up to 80 minutes.

Technical Specifications

Technical specifications for the creation of *Let's talk about food! Learning and Supporting Healthy Food Choices with Meal Planning* on-line training will consist of the using primary authoring tool of Adobe Captivate. Graphic Design software used will be the GNU Image Manipulation Program (GIMP). Users will connect to the Diabetes Food Hub™ website by Internet web browser (Chrome, Firefox, Safari, etc.). To create an account with the Diabetes Food Hub™, users will need to have a valid email address and create a password.

Objectives

Where does a person start to learn about healthy food options and preparation? In our training modules, we will discuss and illustrate with the assistance of the American Diabetes Association Diabetes Food Hub™ where the user should be able to,
1. Learn about healthy food options and meal planning
2. How to view the meal calendar
3. Learn about different types of food
4. Apply knowledge about different food types when using dining out/fast food choices
5. Create a customized grocery list
6. Generate grocery list for meal planning
7. Adjust portions and serving size
8. Learn to search for a recipe
9. Learn how to save a recipe and make it a favorite
10. Learn to drag and drop recipe saved in a recipe box into meal planning calendar
11. Share recipes

At the end of the modules, the user should have completed assessments that include their meals planned for a week, and a shopping list with selected food items to prepare meals. The user should also have the knowledge to make practical decisions when dining out or using fast food choices.

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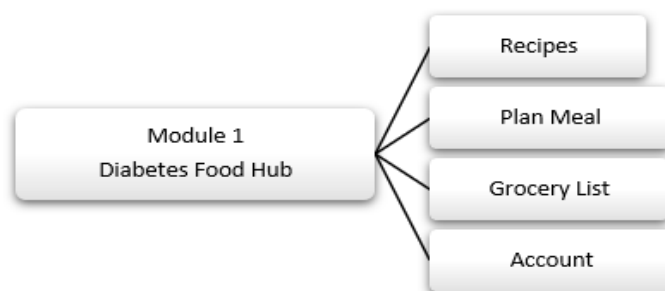
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Prerequisite Skills and Knowledge

This training is self-paced asynchronous instruction for users to access during times best suited for busy individuals. The design of the on-line training course will have input from subject-matter experts such as dietitians, nutritionists, and social workers to ensure the accuracy of the content and will work in conjunction with content located on the Diabetes Food Hub™. Users will need to have exposure to using technology hardware and tools such as a desktop computer or laptop, smartphone or tablet, accessing and navigating the Internet. Establishing an internet connection (wired or wi-fi) will be required prior to the start of training. Users should secure both hardware that will be used to access the training as well as acquainting and securing access to the Internet prior to beginning the course.

The Learning Hierarchy

Instruction will be organized into a module/lesson/assessment structure. There will be four modules within the course. Per the original proposal for this project, the hierarchies of module content are displayed on the following two pages with a brief explanation of what will be presented. Information about each module's specific objectives, lessons (with lesson objectives), and topics is detailed in the *Module/Lesson Summaries* section of this document.
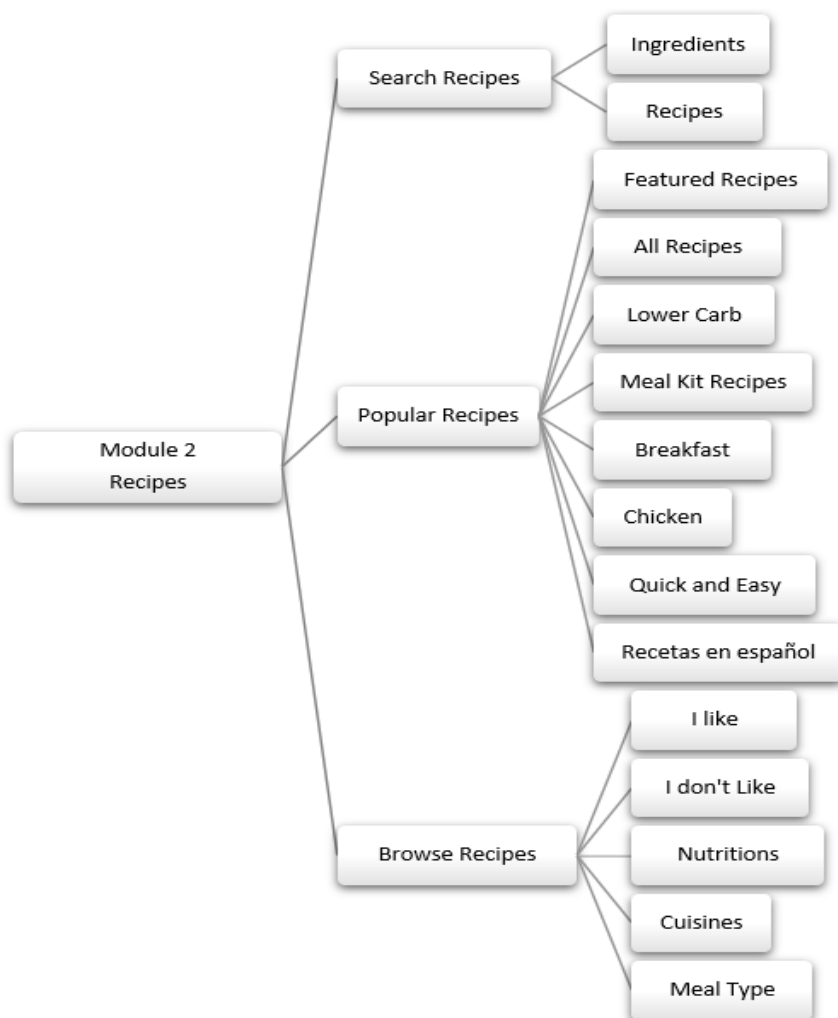
Module 1: Diabetes Food Hub

This module will introduce users to Diabetes Food Hub™, which is sponsored by the American Diabetes Association. The authoritative source of information and reference will be used to teach users about food in general and how to support healthy food choices by building meals and planning grocery lists. Participants will learn the importance of creating an account to retrieve data easily.

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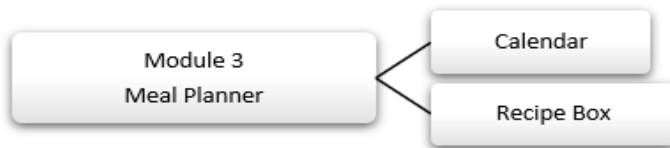
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Module 2: Recipes

In this training module, participants will learn about recipes using interactive features on Diabetes Food Hub™. They will find, browse, and save recipes.

```
Module 2          Search Recipes          Ingredients
Recipes                                    Recipes

                  Popular Recipes          Featured Recipes
                                           All Recipes
                                           Lower Carb
                                           Meal Kit Recipes
                                           Breakfast
                                           Chicken
                                           Quick and Easy
                                           Recetas en español

                  Browse Recipes           I like
                                           I don't Like
                                           Nutritions
                                           Cuisines
                                           Meal Type
```

Module 3: Meal Planner

In this module, participants will learn how to plan for meals with a calendar and saved recipes.

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Module 4: Grocery List

This module will show user participants how to custom generate grocery lists based on meal plans.
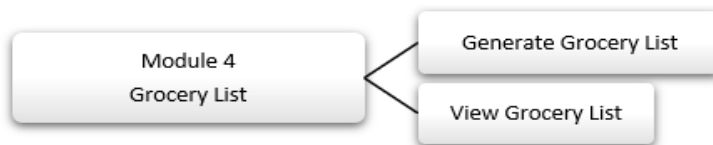
Instructional Delivery Methods

The *Let's talk about food! Learning and Supporting Healthy Food Choices with Meal Planning* is an on-line program. The training can be completed at one's leisure. It provides hands-on practice on nutrition and a healthy lifestyle.

The course is an educational and user-friendly tool available to organizations looking to promote wellness through nutritious foods with their audiences, including the general public, employees, families, patients and health professionals. The instructional format for designing the training will consist of demonstrations and assessments using Adobe Captivate and available to purchase for $300.

The curriculum course will be accessible on electronic devices with Internet access, including tablets, laptops, desktop, and mobile phones. T & C will review a submitted prototype and approve the interface and functionality of the course.

Training participants will be introduced to **Diabetes Food Hub**™ in *Module 1*, which provides the content for the curriculum. Approach and functionality for *Module 1* will elicit strategies to facilitate user instruction.

- The learner will understand the purpose of *Let's talk about food! Learning and Supporting Healthy Food Choices with Meal Planning*
- The learner will be aware of the training four segments modeled after **Diabetes Food Hub**™.
- The learner will create an account to log and optimize the experience for a healthy life with recipes, plan meals, and grocery lists.

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Training participants in *Module 2* will learn about *Recipes* on **Diabetes Food Hub**™. Approach and functionality for the module will elicit strategies to facilitate user instruction.
- The learner will browse recipes by ingredients or recipients using a search toolbar.
- The learner will browse the most popular recipes by content areas on the homepage, including featured recipes in magazines/shows, quick and easy, breakfast, meal kit, and Spanish recipes.
- The learner will browse recipes by filters, including nutrition, cuisine, and meal type, and ingredients one likes or dislikes.
- The learner will save, like, and print recipes.

Training participants in *Module 3* will learn about *Meal Planner* on **Diabetes Food Hub™**. Approach and functionality for the module will elicit strategies to facilitate user instruction.
- The learner will create weekly meal plans with saved and liked recipes.
- The learner will review nutrition facts for daily meal plans.
- The learner will print meal plans.

Training participants in *Module4* will learn about the Grocery *List* on **Diabetes Food Hub**™. Approach and functionality for the module will elicit strategies to facilitate user instruction.
- The learner will generate a grocery list from weekly meal plans.
- The learner will adjust recipe ingredients.
- The learner will print, email, and download grocery lists.

Assessment

The Adobe Captivate video will provide learners with audio steps to complete the training assessment of ***Let's talk about food! Learning and Supporting Healthy Food Choices with Meal Planning***. Participants will be instructed to pay close attention to the screen as some steps may auto-generate once certain actions are taken. The training video will feature three failure captions if the learner clicks in the wrong place, before slide transitions to the next screen. Participants are encouraged to make note of areas they felt unsure about to review at a later time.

In an endeavor to facilitate training, the Adobe Captivate video may feature a Table Of Content to help participants assess course progress. As they move along sections, a checkmark would automatically appear and display on the left band of the simulation.

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Evaluation

The evaluation of *Let's talk about food! Learning and Supporting Healthy Food Choices with Meal Planning* will be a Level II and take on the form of a video simulation/quiz to assess knowledge. Participants will run through various scenarios, including add new ingredients to a recipe and print a saved recipe. The simulation will instruct learners with interaction steps to save recipes, build meal plans, and generate grocery lists.

Learners will complete a Level I evaluation as well. At the end of the training, they will run through a Rating Scale (Likert) to assess the training, including learning objectives, content, and workflow. If scoring is low, then follow up training should be provided to the participant.

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Module/Lesson Summaries

Module 1: Diabetes Food Hub	
Module Introduction	**(10 minutes)**
Instructional Objectives	**Content/Topics**
● None	● Introduction to *Let's talk about food! Learning and Supporting Healthy Food Choices with Meal Planning* - Rationale - Audience - Requirements - Accessibility
Lesson 1: Modules	**(5 minutes)**
Instructional Objectives	**Content/Topics**
● The learner will receive an overall breakdown of the training curriculum	● Diabetes Food Hub™ ● Recipes ● Meal Planner ● Grocery List
Lesson 2: Account	**(15 minutes)**
Instructional Objectives	**Content/Topics**
● The learner will know the benefits of a Diabetes Food Hub™ account.	● Personalized experience and access to features - My Recipes - Meal Planner - Grocery Lists
● The learner will create a new account for Diabetes Food Hub™.	● A first-time user process (brief steps only) - Login - Register - Registration information - Welcome Page - Logged in session - Terms and conditions - Password change
● The learner will log out from Diabetes Food Hub™. ●	● Homepage (brief steps only) - Menu - Logout

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Module 1Assessment: **Account**	(15 minutes)
Instructional Objectives	**Content /Topics**
● The learner will create an account on Diabetes Food Hub™ to optimize training experience.	● New registration ● Account logout

Module 2: **Recipes**	
Module Introduction	(5 minutes)
Instructional Objectives	**Content /Topics**
● None	● Module 2 overview - Several ways to find recipes
Lesson 1: Search toolbar	(15 minutes)
Instructional Objectives	**Content /Topics**

● The learner will browse recipes by ingredients or recipients.	● Search filters
	   - Ingredients
	   - Recipes

● The learner will review recipes	● Recipes information
	   - Nutrition
	   - Ingredients
	   - Directions
	   - Social

● The learner will like, save, and print recipes.	● Recipes output actions
	   - Like
	   - Save
	   - Print

Lesson 2: Popular Recipes	(20 minutes)
Instructional Objectives	**Content/ Topics**

● The learner will browse homepage most popular recipes by content areas	● Popular Recipes
	   - Featured Recipes
	   - All Recipes
	   - Lower Carb
	   - Meal Kit Recipes
	   - Breakfast
	   - Chicken
	   - Quick and Easy
	   - Recetas en español

● The learner will review recipes	● Recipes information
	   - Nutrition
	   - Ingredients
	   - Directions
	   - Social

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● The learner will like, save, and print recipes.	● Recipes output actions
	  - Like
	  - Save
	  - Print

Lesson 3: **Browse recipes**	(15 minutes)
Instructional Objectives	**Content /Topics**

● The learner will browse recipes from homepage tab	● Browse Recipes filters
	  - I like
	  - I don't like
	  - Nutrition's
	  - Cuisines
	  - Meal Type

● The learner will review recipes	● Recipes information
	  - Nutrition
	  - Ingredients
	  - Directions
	  - Social

● The learner will like, save, and print recipes.	● Recipes output actions
	  - Like
	  - Save
	  - Print

Module 2 Assessment: **Search toolbar**	(15 minutes)
Instructional Objectives	**Content /Topics**
● The learner will create an account on Diabetes Food Hub™ to optimize training experience.	● Recipe Search by ingredient ● Recipe like ● Recipe printout

Module 3: **Meal Planner**	
Module Introduction	(5 minutes)
Instructional Objectives	**Content /Topics**
● None	● Module 3 overview
Lesson 1: **Meal Planner**	(15 minutes)
Instructional Objectives	**Content /Topics**

● The learner will build a weekly meal plan	● Recipe Box
	  - Recipes I liked
	  - Saved All Recipes
	
	● Calendar
	  - Dates
	  - Meal Plan timeframe
	  - Drag and drop recipes

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	- Nutrition facts
	• Printout options
● The learner will know how to print a Meal plan.	- Nutrition facts
	- Recipe details
	- Grocery list

Module 3 Assessment: **Meal Plan**	(15 minutes)
Instructional Objectives	**Content/Topics**
● The learner will create and print a 3-day Meal plan.	● Breakfast
	● Lunch
	● Dinner

Module 4: **Grocery List**	
Module Introduction	(5 minutes)
Instructional Objectives	**Content/Topics**
● None	● Module 4 overview
Lesson 1: **Grocery List**	(15 minutes)
Instructional Objectives	**Content/Topics**
● The learner will generate and modify a grocery list.	● Measurement
	● Ingredients
	- Fresh Produce
	- Baking & Spices
	- Canned Food
	- Oils/Fats
● The learner will learn about the output for sharing the grocery list.	● Sharing output for a Grocery list
	- Download
	- Email
	- Print
Module 4 Assessment: **Grocery List**	
Instructional Objectives	**Content/Topics**
● The learner will add new ingredients to a Grocery list.	● New ingredient
	- 1 cilantro bunch
	- 2 large tomatoes

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