

Screencast Transcript Module 2, Lesson 2 – Evaluating and Adjusting Nutrition Plans

Mastering Basic Human Nutrition, Module 2, Lesson 2: Evaluating and Adjusting Nutrition Plans

[Start]

### **Introduction: Assignment message from the instructor**

(Visual: Course title screen: Mastering Basic Human Nutrition, then transition to Module 2, Lesson 2 title)

#### **Narrator:**

Welcome to the last graded activity in this course. In this lesson, overcoming barriers to healthy nutrition, we focused on overcoming barriers and strategies to keep with nutrition goals by making strategic adjustments based on practical challenges.

Both parts of this graded activity will give you a chance to collaborate with your peers about developing strategies to maintain healthy eating habits in various real-world scenarios. In this overview, I outline how to access the assignment elements and what to do if you run into trouble. So, without further, let's get started.

### **Transition: Miro Whiteboard Overview & Engagement**

(Visual: Screencast of Miro demonstration)

**Narration:** Once you have learned about developing strategies for unexpected situations, continue on to the first part of the graded activity. Read the instructions and the expectations.

You can access the Miro board in three ways. You can click on the link here; you can click on the block in the middle of the page or you can pick up the link and copy and paste it into your browser.

To access it from the block in the middle of the page you can click here to see the board without expanding it. You can scroll in and scroll out for better visibility and to see what your peers have added, but if you want to start interacting, click in the left corner – MBHN101 link – and you can begin adding to the board.

Make sure you read the situation and then read how you need to contribute. If you want to add your emotion to this situation, go over here and find the emoji, and if this situation makes you happy – considering your dietary goals – then that's what you select and add it there. If you want to add what you think the content context to a social event is, click on a sticky note. Try to select a color that your peers have not, so you can stand out. Type in your response on the sticky note, click anywhere on the screen, and it is saved. Same thing for all of these categories, pick your sticky note, add it, respond. Once you are finished, all you have to do is click out of that [screen] and then you should go back to the view only screen and you can see that your responses are there.

### **Transition: Accessing the Rubric**

(Visual: Screencast of Rubric download)

**Narration:** It's important to note that there is a rubric for part one and part two of this assignment and you can access that rubric below the Miro assignment – in between part one and part two. You can download it here and see what is required and what you will be graded on.

Once you have finished contributing to the Miro board and viewed the rubric, move on to part two of this assignment, the discussion board.

**Transition: Discussion Board Reflection**

(Visual: Screencast of the discussion board platform)

Narration: Reflect on what the discussion was in the Miro board between you and your peers, read the instructions for contributing to the discussion board, then access the discussion board by either clicking here in the box or you can pick up the link and copy and paste it into your browser. If you have problems at any time, please reach out to the instructor – me – at [ltillc@outlook.com](mailto:ltillc@outlook.com) and I will respond promptly.

Now to access the discussion board. Click on the box or use your link and you will see what the assignment is - reflecting on the Miro board and discussing. To do so, click on the green circle in the right of the screen and you can begin typing your responses here. Once you type your response, you can hit publish and it will be added to the board. The assignment is to contribute a post of two to three hundred words and then respond to one of your peers' posts. There are several options here on what you can use to post in this discussion, but for this assignment, please only post your post here [in the box] with text. We really do not want to use any of these features for this assignment.

**Transition: Call to Action & Closing**

(Visual: Decorative image with grading reminders words being said is depicted on the screen)

Remember, this activity and discussion contribute 20% to your Module 2 grade, so active participation is key! If you have any questions or need assistance, reach out for support.

Let's get started—head over to the Miro whiteboard now and share your strategies!

[End]