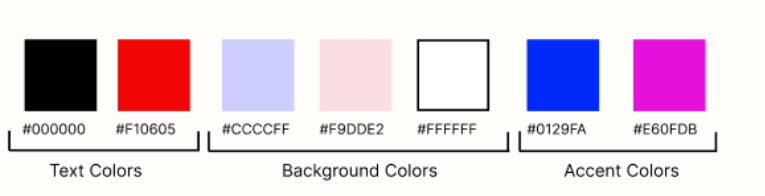
# EmpowRD Pathways

## Storyboard

| Course 1: Ditch the Numbers: Embrace Mindful Eating | |
|---|---|
| Block Styles:<br><br>• Title blocks:<br>  ○ Style: Custom – select the HEX color: ccccff<br>• Paragraph blocks:<br>  ○ Style: Light<br>• All other blocks:<br>  ○ Style: Light<br>• Will specify any tailored styles outside of this guide. | Colors<br><br><br><br><br>Authoring Notes:<br><br>• **Highlighted text** will be bold and used with HEX #fbc600.<br>• Hide the Author's name. |
| Font-family:<br><br>• Titles: Lato<br>• Content: Merriweather | Font-sizes:<br><br>Title blocks: 36px<br><br>Paragraph blocks: 17px |
| Paragraph below Course title | Listen to this page here.<br><br>Welcome to **Ditch the Numbers: Embrace Mindful Eating**, a course designed to help you break free from calorie counting and develop a more mindful relationship with food. In this course, you will explore the principles of intuitive eating, discover practical techniques to elevate those principles and further your **self-awareness**, and learn how to integrate mindful principles into your daily life.<br><br>By shifting the focus from numbers to nourishment, you'll gain the **confidence to listen** to your body's natural hunger cues and cultivate a sustainable approach to lifelong nutritional well-being. |

To support equity and accessibility, learners can access a **Key-Accessible Guide** here, which includes a glossary of keyboard navigation shortcuts for this course. Below are some commonly used functions for quick reference:

Programming Notes - Images cannot be entered into Articulate Rise360 on this page. Add a table using the + sign and input the content found below.

| Keys | Function | Example |
|---|---|---|
| Tab / Shift + Tab | To move from one object to the next. | Move from one lesson title to the next in the sidebar. Use Shift+Tab to return to the previous title in the sidebar. |
| Arrow Keys | To scroll through text, interact with media, and navigate between items throughout. | Use the arrow keys to cycle through answer choices during assessments. Use the Left and Right arrow keys to move between steps in a process. |
| Enter / Spacebar | To activate the selected object, similar to clicking with the mouse. | Click the spacebar to select a choice in a quiz question and to play or pause audio and video content. |

**MEDICAL DISCLAIMER**: EmpowRD Pathways is for informational purposes only and does not provide medical advice. It is not a substitute for professional medical guidance, diagnosis, or treatment. Always consult a qualified healthcare provider for any medical concerns or decisions regarding your health. Do not disregard professional medical advice based on information from EmpowRD Pathways. If you experience a medical emergency, call your doctor or dial 911 immediately.

**To begin the course, press the Mindful Eating 101 lesson below or the Start Course button above.**

**Course Settings:**

Theme: Rise

Course Image: *Course Image.jpg*




Alt text: A woman in a mustard-yellow cardigan enjoys a meal at a restaurant, smiling. The "EMPOWRD NUTRITION" logo is overlaid at the bottom of the image.

Layout: Split left image

Navigation:

- Type: Sidebar, Dark
- Navigation - On
- Restrict Navigation - Off
- Search - On
- Marking Lessons Complete - Off
- Video Playback Speed - On

Lesson Headers: Theme Tint

- Header Height: Large
- Lesson Count Labels: On
- Author Avatar: Off

Colors:

- Custom: ccccff
- Contrast: auto

Fonts: Lato (Merriweather is the body font for this font pairing)

Blocks:

- Block Entrance Animations: On

Programming notes:

1. Ensure the link is functional and goes to the accurate location.
2. Confirm that the tab function works for accessibility reasons.
3. When learners press “Start Course” it should automatically bring them to “Mindful Eating 101”.
4. If learners scroll down to view all lessons, Rise360 should automatically program it to where if they click a lesson, it takes them directly to that lesson (e.g., Mindful Eating Activities.

**Page 1 - Mindful Eating 101**

EMPOWRD NUTRITION

Title block -

What is Mindful Eating?

Paragraph Block -

Mindful eating is an approach to food that **encourages being fully present during meals** by increasing awareness of your thoughts, emotions, and senses before, during, and after meals.

Multimedia block -

Audio - what is mindful eating?.mp3
Script: Mindful eating is an approach to food that encourages being fully present during meals by increasing awareness of your thoughts, emotions, and senses before, during, and after meals. Scroll down, and play the video below to discover what an environment looks like without Mindful Eating.

Title block -
What does an environment look like *without* Mindful Eating?

Video block - created in AdobeExpress
File: C:\Users\laura\OneDrive\Learning Matters\Clients\Empowrd Nutrition\1 - EmpowRD Pathways\01 Course - Ditch the Numbers - Embrace Intuitive Eating\Page 01 - Mindful Eating 101\Mindful Eating - Empathy Video\03 - Rough Draft 3 (as of 03.02.2025)\Navigating Social Eating Situations

*Current YouTube Video Link here* *(Unlisted)*

*Link to Project in AdobeExpress Authoring Tool*

Below video: insert link with video transcript, saying, "Click here to access the video transcript"

Video Storyboard:
Show animated character(stage left) in a coffee shop (background with animated character is built-in) –



Script 1 - Nova (Aria): Hey! I'm Aria! Today, we'll be exploring different social eating environments, and how they may feel without applying the mindful eating techniques that you'll learn in this course.  Let's start with a familiar setting: a coffee shop, where you might meet friends, study alone, or simply enjoy a quiet moment.

Transition to White - 3 Seconds

Script 2 - Nova (Aria): Hey Myra! It's great to see you, but… I'm wondering why the people around me seem to be eating so much quicker than me.. Myra isn't eating much, is she doing okay? Oh shoot, I haven't checked my email in a few hours. Have I heard back from my hair stylist about moving my appointment? Oh, I need to be sure to grab a screenshot of what hairstyle I wanted. Hey Myra, how was the latte? I wanted one, but felt guilty about ordering one.

Next, produce an animated script of Myra in AdobeExpress with a transparent background. Open it in another AdobeExpress file, and copy/paste it over to this video.

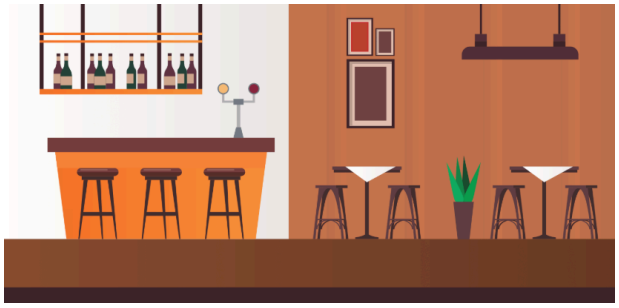


Script 3 - Shimmer (Myra): Hey Aria! You seem a little distracted. Let's enjoy our coffee and pastries together at this moment, and then we can tackle those items one at a time. The latte is delicious, and provides me warmth as it is a cold day outside! So, it makes me happy. Would you like a sip?

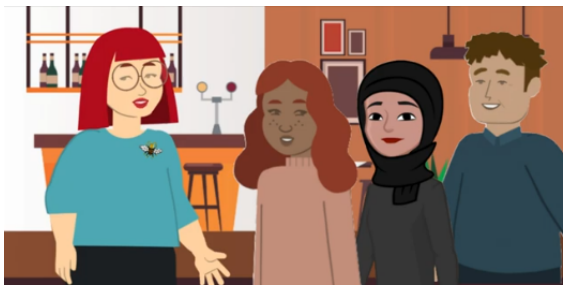
Script 3a - Nova (Aria) - No thanks, Myra! That sounds delicious, but I don't think I need any extra calories!

Transition to White - 3 Seconds

New scene - Background is now a restaurant (restaurant.jpg)



The steps continue where you utilize a transparent background in AdobeExpress to create this video. When narrated, add Rob, Zaya, and Tina on screen from right to left. A screenshot is below of their characters:



Script 4 - Nova (Aria): Now, let's think about how a restaurant environment could feel without mindful eating techniques. Hey Rob, Zaya, and Tina! It's so great to get together again.

Script 5 - onyx (Rob): Hey Aria! It really is great to get together again! We've missed hanging out. Want to share a few appetizers altogether?

Script 6 - Nova (Aria): Sure! Although I don't know if that's the best choice… I'm really hungry, but I ate tons of snacks earlier. I'm not sure how I am hungry. I don't think I will be eating much.

Script 7 - Alloy (Tina): That's okay, Aria. We are here for the great company, and we will share the food altogether, as a group.

Transition to White - 3 Seconds

Script 8 - Nova (Aria): Everyday meals can bring up anxiety and frustration, sometimes without us even realizing it. But with mindful eating, you can develop a more supportive and positive relationship with food. By practicing simple techniques, you can create a sense of redirection and ease during meals. Let's explore how to integrate these strategies into your daily life.

Image block -

Alt text: The logo reads: **"EMPOWRD NUTRITION"** in red capitals, featuring a red heart with a pink center and sprouting blue leaves above it, symbolizing health and growth.

Continue block

Programming notes:

5. Ensure the link to the video transcript is functional and goes to the accurate location.
    a. Video Transcript - Ditch the Numbers: Embrace Insuitive Eating, Video 1
    b. Required step: Prior to Review, confirm it is accurate with the most up-to-date version of the video as each review is vital for feedback.
6. Confirm that the tab function works for accessibility reasons.
7. When learners press "Continue" it should automatically bring them to the "Mindful Eating Principles" page.
8. When learners tab until the focus is on "Continue" then click enter, it should automatically bring them to "Mindful Eating Principles" page.

**Page 2 - Mindful Eating Principles**

EMPOWRD NUTRITION

Title Block -

Mindful Eating Principles

Bullet Point Block -

- Mindful eating is the practice of paying full attention to your thoughts and senses before, during, and after eating, helping you engage **more fully with your eating experience**.
- Research has shown that mindful eating supports well-being by improving digestion, reducing stress, and fostering a **positive relationship with food** (Kristeller & Wolever, 2011).
- By slowing down and tuning into the body's natural signals, individuals can develop a **sustainable approach** to balance and well-being.

**Instructions**: Click on each graphic to reveal its Mindful Eating Principle.

**Not in text in the Bullet point block: Cited sources here (Bullet point 2)

Multimedia block -

Audio - Mindful eating principles.mp3
Script: Let's explore a few mindful eating principles. You can click on each graphic to reveal its principle or listen along here. The principles will be presented from the top left corner, moving left to right.If you'd like to interact with the graphics at your own pace, pause the recording now. Otherwise, feel free to listen and keep the recording playing as you follow along. Principle 1: Mindful eating encourages eating at a natural pace. Principle 2: Mindful eating promotes an environment without guilt or judgment. Principle 3: Mindful eating discourages distractions like TV or phones. Principle 4: Mindful eating helps reduce anxiety and stress surrounding food, ultimately leading to improved digestion. Principle 5: Mindful eating improves satisfaction. Principle 6: Mindful eating focuses on hunger and fullness cues. Principle 7: Savoring taste and texture is encouraged in mindful eating. Principle 8: Mindful eating helps reduce emotional eating. And last but not least, principle 9: Mindful eating is the enjoyment of all food in moderation.

Flashcard Grid Activity Block -

*Box 1 Image:*




Box 1 Text: **Mindful eating encourages eating at a natural pace.**
*Alt Text: A round clock with a red border and a white face. The numbers 1 through 12 are marked in black around the clock face.*

*Box 2 Image:*



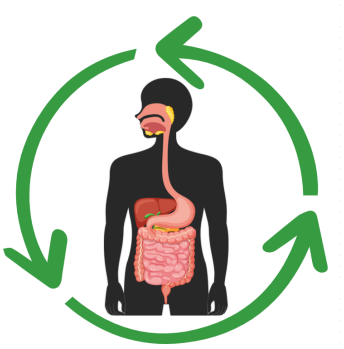
Box 2 Text: **Mindful eating promotes an environment without guilt or judgment.**
*Alt Text: Three people are sitting around a table with drinks and desserts. The person on the left is holding a drink with red fruit, the person in the middle is standing with a phone, and the person on the right is holding a drink with a straw. Various items are on the table, including a vase with a red flower, a cup of coffee, a bowl of food, a dessert plate, and a smartphone. Red shoes are on the floor next to the person on the left.*

*Box 3 Image:*



Box 3 Text: **Mindful eating discourages distractions like TV or phones.**
*Alt text: A woman sits comfortably in an armchair, eating a bowl of fruit while appearing relaxed. She is wearing red pants, a white sweater, and blue socks. A television with a large red "X" over it is placed on a table nearby, indicating a distraction-free environment. A potted plant and books are also present in the room.*

*Box 4 Image:*



Box 4 Text: **Mindful eating helps reduce anxiety and stress surrounding food, ultimately leading to improved digestion and satisfaction.**

*Alt text: Diagram of the human digestive system overlaid on a silhouette of a human body. The digestive organs, including the mouth, esophagus, stomach, liver, gallbladder, small intestine, and large intestine, are illustrated in detail. Surrounding the silhouette is a large green circular arrow, indicating a continuous process or cycle.*

*Box 5 Image:*



Box 5 Text: **Mindful eating improves satisfaction.**

*Alt Text: A person with teal hair, wearing a yellow suit, is sitting at a round table with a red chair. The person is eating a meal from a plate and has a red drink on the table. Above the person's head are yellow lines indicating excitement or satisfaction. A speech bubble next to the person contains five yellow stars and an exclamation mark, indicating a five-star rating.*

*Box 6 Image:*




Box 6 Text: **Mindful eating focuses on hunger and fullness cues.**

*Alt text: Two illustrations of a person with long hair wearing a red shirt. In the first, the person is thinking*

*about a hamburger and holding their stomach. In the second, the person is holding their stomach and a thought bubble says, "I'm feeling full." The image depicts the transition from hunger to feeling full.*

*Box 7 Image:*



Box 7 Text: **Savoring taste and texture is encouraged in mindful eating.**
*Alt Text: A wooden board with a variety of cheeses, meats, fruits, and crackers. The board includes a round wheel of cheese with a wedge cut out, a block of blue cheese, slices of salami, green olives, a fig cut in half, red grapes, almonds, and a small bowl of mustard. There are also several crackers and a few pieces of another type of cheese.*

*Box 8 Image:*



Box 8 Text: **Mindful eating helps reduce emotional eating.**
*Alt text: A distressed man sits cross-legged, holding his head in his hands, with a tangled scribble and question marks above him, symbolizing confusion or overwhelm.*

*Box 9 Image:*




Box 9 Text: **Mindful eating is the enjoyment of all food in moderation.**

*Alt text: A green circular badge with the word "ALL" in the center, surrounded by an arrow, symbolizing inclusivity or balance.*

Quote Block - Statement B -

"Not everything that is faced can be changed, but nothing can be changed **until it is faced.**"
--James Baldwin

Program notes:
Font: 30px
Bring "--James Baldwin" to bottom stage right of quote box

Paragraph Block -

**Instructions:** Drag each **mindful eating principle** onto the **True** block if it is a true statement, or the **False** block if it is a false statement. Alternatively, use **Tab** to select an item, **arrow keys** to choose a category, and **Enter** to submit.

Multimedia block -

Audio - Instructions for True/False.mp3
Script: True/False Activity Instructions: Drag each mindful eating principle onto the gray True block if it is a true statement, or the gray False block if it is a false statement. Alternatively, use Tab to select an item, arrow keys to choose a category, and Enter to submit.

Formative Assessment 1 - Sorting Activity Block - Drag and Drop True/False Activity -

**True**:
Mindful eating is the enjoyment of all food in moderation.
Mindful eating helps reduce emotional eating.
Savoring taste and texture is encouraged in mindful eating.
Mindful eating focuses on hunger and fullness cues.
Mindful eating leads to improved satisfaction.
Mindful eating leads to improved digestion.

**False**:
Mindful eating encourages distractions like TV or phones.
Mindful eating encourages eating quickly to save time.
Calorie counting is central to mindful eating.
Savoring taste and texture is discouraged in mindful eating.
Mindful eating must be practiced in silence.
Indulgent foods are avoided in mindful eating.

Title block -
So… *Now* what?

Paragraph Block -

Now that you understand ***what*** Mindful Eating is and its principles, what **strategies** can you use to *practice* it in your daily life?

Multimedia block -

Audio - So…now what?.mp3
Script: Now that you understand what Mindful Eating is and its principles, what strategies can you use to practice it in your daily life? Continue in the course to find out, by pressing or tabbing over to the purple continue button below.

Image block -



Continue block

Programming notes:

9. When the learner clicks on a flip card's graphic (e.g., the Clock) it turns and displays the text (e.g., **Mindful eating encourages eating at a natural pace.")**
10. Validate that the tab function for the Sorting Activity functions properly.
11. Add back buttons to go back to the professionals
12. When the learner clicks continue, it takes them to the "Mindful Eating Activities" Page.

13. When the learner clicks tab and the focus it on the Continue button, and they click the Enter key, it takes them to the "Mindful Eating Activities" Page.

**Page 3 - Mindful Eating Activities**

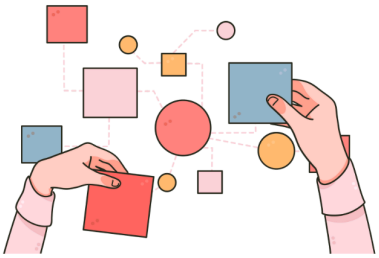
Title Block -

Mindful Eating Activities

Process Block - Introduction -

Title: Introduction

*Introduction Image:*



Paragraph: Mindful eating is about fully ***experiencing and enjoying your food***. By focusing on the present moment, you can develop an intuitive relationship with food and better understand your body's **natural** hunger and fullness cues.

**In this session, we'll explore practical strategies to help you practice mindful eating.**

These simple, actionable strategies will empower you to enjoy your meals, providing a daily positive impact.

Audio: Script 1 Intro.mp3
Script 1 Intro: Mindful eating is about fully experiencing and enjoying your food. By focusing on the present moment, you can develop an intuitive relationship with food and better understand your body's natural hunger and fullness cues. In this session, we'll explore practical strategies to help you practice mindful eating. These simple, actionable strategies will empower you to enjoy your meals, providing a daily positive impact.

Process Block - Step One -

Title: Strategy One: 10-Point Sensory Checklist

*Step One Image:*



Paragraph: **When eating a meal, ask yourself:**

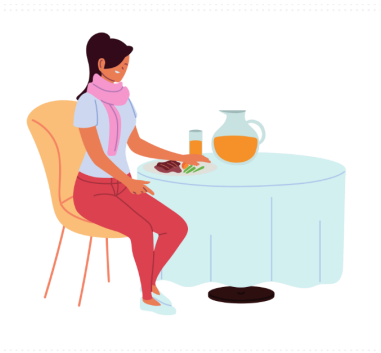
- Is the meal a hot, medium, or cold temperature?
    - E.g., is it a warm soup, or a cold tuna salad sandwich?
- Does the meal have a scent?
    - E.g., does your smoothie smell like citrus Caribbean flavors or a strawberry-banana smoothie?
- What is the texture like?
    - E.g., does it feel crunchy like chips or soft like pudding?
- How *many* textures are there?
- Does the food have a sound to it?
    - E.g., does eating an apple have a crunching sound? How about the snap of a chocolate bar when taking a bite?
- How does it taste?
    - E.g., it is good? Is it moderate? What do you think?
- What does it look like?
    - E.g., does it look appetizing?
- How many colors are on the plate?
    - E.g., using the rainbow, count the number of colors you see.
- Are there multiple sounds, scents, textures, or temperatures on the plate?

Audio: Script 1.mp3
Script 1: Shimmer - WHen eating a meal, use your senses to enhance your awareness and enjoyment using the ten point sensory checklist. When eating a meal, ask yourself: Is the meal a hot, medium, or cold temperature? For example, are you enjoying a warm bowl of soup or a chilled tuna sandwich? .....Does the meal have a scent?For instance, does your smoothie smell tropical with citrus notes, or does it have the sweet scent of strawberry and banana? .....What is the texture like? How does the food feel? Is it crunchy like chips or smooth like pudding? ..... How many textures are there? Are there multiple textures on your plate, such as creamy mashed potatoes paired with crispy chicken?..... --Does the food have a sound to it? For example, does your apple crunch as you bite into it, or does your chocolate bar snap when you break off a piece? --How does it taste? Ask yourself: Is it delicious, average, or disappointing? .....What does it look like? Does it look fresh and appetising?..... How many colors are on the plate? Using the rainbow, count the number of colors you see..... Are there multiple sounds, scents, textures, or temperatures on the plate?

Process Block - Step Two -

Title: Strategy Two: Put away all distractions

*Step Two Image:*



Paragraph: **Creating a distraction-free environment is key to mindful eating.**

- Start by putting your phone away or switching it to silent mode to stay focused on your meal.
- Turn off the TV and minimize background noise to allow your senses to fully engage with the eating experience.
- A clutter-free table helps you stay present, so clear unnecessary items and set up a calm, inviting space.
- Finally, take a moment to appreciate the flavors, textures, and aromas of your meal, enhancing satisfaction and reducing the urge to focus on numbers.

**These small changes can help you build an intuitive relationship with food.**

Audio: Script 2.mp3
Script 2: Shimmer - Strategy two: Put away all of your distractions. Begin by putting your phone away or switching it to silent mode to stay focused on your meal. Turn off the TV and minimize background noise to allow your senses to fully engage with the eating experience. This includes gaming devices, headsets and headphones, tablets, homework, and any other distractor. A clutter-free table helps you stay present, so clear unnecessary items and set up a calm, inviting space. These small changes can help you build an intuitive relationship with food.

Process Block - Step Three

Title: Strategy Three: Set an Intention Before the Meal

Step Three Image:



Paragraph: Before eating, set a clear, positive intention to ground yourself in the moment and bring purpose to your meal. Focus on gratitude, nourishment, or enjoyment.

For example, you might eat slowly, listen to hunger cues, or practice self-kindness. Express gratitude for the food, its preparation, or shared company.

This mindful approach reduces stress, enhances satisfaction, and fosters a more positive, fulfilling eating experience.

Audio: Script 3.mp3
Script 3: Shimmer - Strategy three: Set an intention for the meal. Before eating, set a clear, positive intention to ground yourself in the moment and bring purpose to your meal. Focus on gratitude, nourishment, or enjoyment. For example, you might eat slowly, listen to hunger cues, or practice self-kindness. Express gratitude for the food, its preparation, or shared company. This mindful approach reduces stress, enhances satisfaction, and fosters a more positive, fulfilling eating experience.

Process Block - Summary

Title: Summary

Step Three Image: *Summary.png*



Paragraph: Mindful eating is a powerful way to build an improved relationship with food. By using strategies like the 10-Point Sensory Checklist, removing distractions, and setting meal intentions, individuals can fully engage in the mindful eating experience.

Audio: Script 4.mp3
Script 4: Shimmer - Mindful eating is a powerful way to build an improved relationship with food. By using strategies like the 10-Point Sensory Checklist, removing distractions, and setting meal intentions, individuals can fully engage in the mindful eating experience.

Formative Assessment 2 - Multiple Select Block
Objective 1: By the end of the course, learners will identify and apply two mindful eating strategies to embrace intuitive eating.

Question: In this graphic, select all of the items and behaviors that **prevent** a mindful eating environment.
Graphic: *Formative Assessment 2.jpg*




- ☐ Rushed eating
- ☐ Distractions like the TV
- ☐ Eating a large amount of food

**The highlighted answers are correct.

Correct Feedback: Amazing job! You're exactly right. **Rushed eating and distractions can prevent a mindful eating environment from occurring.** Continue by scrolling down.
Incorrect Feedback: That's okay, processing new information can be difficult. **Click the arrow below the words: "Take Again" and give it another try!**

Programming notes:

- Require the correct answer to continue
- Unlimited amount of Retries

EMPOWRD NUTRITION

Formative Assessment 3 - Multiple-Select Question Block -

Objective 1: By the end of the course, learners will identify and apply two mindful eating strategies to embrace intuitive eating, and diminish calorie-counting habits.

Select all of the ways to **promote** a Mindful Eating environment.

- Eating while scrolling social media and watching TV
- Use the 10-Point Sensory Checklist
- Rushed eating, in a hurry
- Set an intention for the meal
- Follow hunger cues

**The highlighted answers are the correct answers.

Correct Feedback: Exactly! You're doing a great job. **Continue on in the course by scrolling down.**
Incorrect Feedback: That's okay, we're all learning. **Click the arrow below the words: "Take Again" and give it another try!**

Programming notes:

- Require the correct answer to continue
- Unlimited amount of Retries

Continue block

Programming notes

In Process Block, when a button is selected:

14. Next button directs learner to Next step
15. Previous button directs learner to previous step
16. 1 leads the learner to Process Block - Introduction
17. 2 leads the learner to Process Block - Step One
18. 3 leads the learner to Process Block - Step Two
19. 4 leads the learner to Process Block - Summary

EMPOWRD NUTRITION

**Page 4 - Reflection**

Text Block -
Title: Mindful Eating Reflection
Content: Take a moment to check in with yourself.

Mindful eating is about more than adding in a few behaviors—**it's about how you feel physically and emotionally before, during, and after a meal.**

**After selecting the "Play" button** (either by clicking on it or by tabbing through until it is focused and then pressing the "Enter" key), you will be prompted to reflect on your experiences with food, your body's signals, and your emotions.

There are no right or wrong answers—this is about being honest with yourself and becoming more self-aware.

Multimedia block -

Audio - Mindful eating reflection.mp3
Script: Take a moment to check in with yourself. During a reflection, there are no right or wrong answers—this is about being honest with yourself and becoming more self-aware.After scrolling down, the next activity will begin automatically with a video. If it does not begin, press the Play button, or tab to it, then press Enter to begin. During this activity, you will be prompted to reflect on your experiences with food, your body's signals, and your emotions.

Note Block -
Theme Tint
Font: 18px - HEX 553684

**During the activity below, press the Spacebar to pause the video. Additionally, press the c key on your keyboard to view closed captions.**

Articulate Storyline Block - Reflection Activity -

Objective: By the end of the course, learners will analyze their physical and emotional states to increase awareness of the benefits of mindful eating reflection before, during, and after a meal.

*In Articulate Storyline*:
Slide: Reflection 1
Type of Slide: Freeform Question
Set the Stage with #CCCCFF background
Stage left: Aliyah, positive pose (smile)
Stage right: Rectangle (#0129FA with White outline at 4px)

Text in the stage right rectangle at 32px:How do you physically feel right now?
Subtext at 23px: Describe the state of your body – whether its comfortable, stable, or uncomfortable, in your own words.
Bottom right hand corner: arrow (#0129FA) with circular hotspot layered above it
Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 1.mp3
Script 1: Let's take a moment together to check in and reflect. Mindful eating is about more than just how and what you eat—it's about how you feel physically and emotionally before, during, and after a meal. During this reflection, use the prompts to reflect on how you physically feel right now, your body's signals, and your emotions. There are no right or wrong answers—just honest self-awareness. Let's begin! How do you feel physically right now? Describe the state of your body – whether its comfortable, stable, or uncomfortable, in your own words. Taking your time, type your answer below, then press the next arrow or the right arrow key on your keyboard to continue.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her hands at her sides.
- Keyboard functions

Variables: PauseAudio - True/False - Set as False

Triggers:

- When the user presses the right arrow (on keyboard), it takes them to the next slide (Reflection 2).
- When the user clicks the circular hotspot (layered over #0129FA arrow in bottom righthand corner), it takes them to the next slide (reflection 2).
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: Reflection 2
Type of Slide: Freeform Question
Set the Stage with #CCCCFF background
Stage left: Aliyah, positive, thinking pose (hand to chin)

Stage right: Rectangle (#0129FA with White outline at 4px)
Text in the stage right rectangle at 32px: Does mindful eating play a role in your physical or emotional state?
Subtext at 23px: Remember, there's no wrong answer here.
Bottom right hand corner: arrow (#0129FA) with circular hotspot layered above it
Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 2.mp3
Script 2: Great reflection! Now, I want you to ask yourself: Does mindful eating play a role in your physical and emotional state? What thoughts or feelings come up for you? Take your time, type your answer below, then click the next arrow or the right arrow key on your keyboard to continue.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A pondering woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her hands at her chin, in a thinking position.
- Keyboard functions

Variables: No new variables

Triggers:

- When the user presses the left arrow (on keyboard), it takes them to the previous slide (Reflection 2).
- When the user presses the right arrow (on keyboard), it takes them to the next slide (Reflection 3).
- When the user clicks the circular hotspot (layered over #0129FA arrow in bottom right hand corner), it takes them to the next slide (Reflection 3).
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: Reflection 3
Type of Slide: Freeform Question
Set the Stage with #CCCCFF background
Stage left: Aliyah, positive, excited pose (hands to chest)
Stage right: Rectangle (#0129FA with White outline at 4px)

Text in the stage right rectangle at 32px: What emotions have been most present for you today?
Subtext at 23px: Be as specific as possible, within your comfort.
Bottom right hand corner: arrow (#0129FA) with circular hotspot layered above it
Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 3.mp3
Script 3: That was truly insightful, and I appreciate your courage in sharing. Reflection is a powerful tool for growth, and every step you take in self-awareness brings you closer to a healthier relationship with food and yourself. As we wrap up, take a moment to ask yourself: What emotions have been most present for you today? Your journey is unique, and every reflection is a step toward deeper understanding and self-compassion. Take your time, type your answer below, then click the next arrow or the right arrow key on your keyboard to continue.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: An excited woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her hands together at her chest, in an excited and enthusiastic position.
- Keyboard functions

Variables: No new variables

Triggers:

- When the user presses the left arrow (on keyboard), it takes them to the previous slide (Reflection 3).
- When the user presses the right arrow (on keyboard), it takes them to the next slide (Conclusion).
- When the user clicks the circular hotspot (layered over #0129FA arrow in bottom right hand corner), it takes them to the next slide (Conclusion).
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: Conclusion
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Aliyah, positive pose (pointing to screen)

Stage right: Image 1 -



@ 00:11 stagger entrance with pop-in animation: 14 Sticky Note icons with text on them (see below) Sticky note text boxes: Remove distractions; Eat at a natural pace; Enjoy the smell of the food; You got this!; Without guilt or judgement; Savor the Texture, Savor the Taste; Reflect each week; Utilize reframing techniques; There's no rush; Listen to hunger cues; Use step 1 & 2 strategy to feel calm; Enjoy the smell of the food
Circular exclamation icon: (#0129FA, no outline)
Bottom right hand corner: arrow (#0129FA) with circular hotspot layered above it
Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 4.mp3
Script 4: Great job reflecting on your journey! Reflection helps you grow, increasing your awareness and strengthening your relationship with food. Moving forward, remember that small, mindful eating strategies can greatly impact how you feel during a meal. Take a deep breath and ask yourself: What's one thing you want to carry with you from this reflection? Thank you for your time and honesty. Keep practicing self-compassion. and Remember, you are always growing and evolving. To continue, move your mouse outside of this window and scroll down to continue.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: An enthusiastic woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her left hand at her side, and her right hand pointing at the learner, congratulating you for your efforts.
- Keyboard functions

Variables: No new variables

Triggers:

- When the user presses the left arrow (on keyboard), it takes them to the previous slide (Reflection 3).
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide

        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Quote Block - Quote A -

*Image above content, avatar-format*:



Content: “If you don’t like the road you’re walking, start paving another one.”
- Dolly Parton

Program notes:
Font: 20px, centered

Multimedia block -

Audio, Dolly Parton quote.mp3
Script: Dolly Parton once said, “If you don’t like the road you’re walking, start paving another one.”

Image block -



Continue block

**Page 5 - Act it Out**

Paragraph Block -

Now that you've learned mindful eating principles and strategies, it's time to put them into action. In this simulation, you'll navigate real-world scenarios, applying what you've learned in an interactive way. Think critically, make mindful choices, and see how well you can adapt. Let's get started!

**Instructions**: Ensure your sound is at a comfortable volume. If the activity doesn't play automatically, press play or tab to it, then press Enter to begin.

Multimedia block -

Audio - Act it out.mp3
Script:Now that you've learned mindful eating principles and strategies, it's time to put them into action. During this simulation activity, you'll navigate real-world scenarios and apply what you've learned during this course. Trust yourself and see how well you can adapt. Let's get started! Ensure your sound is at a comfortable volume. If the activity doesn't play automatically, press play or tab to it, then press Enter to begin.

Note Block -

Theme Tint
Font: 18px - HEX #553684

**During the activity below, press the Spacebar to pause the video. Additionally, press the c key on your keyboard to view closed captions.**

Multimedia block -

Audio - Note text.mp3
Script: During the activity below, press the Spacebar to pause the video. Additionally, press the c key on your keyboard to view closed captions.

Articulate Storyline Block -

Objective 3: By the end of the course, learners will evaluate eating environments and distinguish elements that hinder mindful eating practices.

*In Articulate Storyline*:

Slide: 2.1 Selection Slide
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Aliyah, positive pose (smile)
Stage right: Three Rectangle (#0129FA with White outline at 4px) with the following Text (Font: Roboto Condensed Light, Bold, 36px, centered) in each box:
Text Box 1 - "AT HOME - 1"
Text Box 2 - "AT A FRIEND'S HOUSE - 2"
Text Box 3 - "AT A RESTAURANT - 3"
**Text boxes display via animation (slide in from stage right) at, "...click on an eating environment..".
Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 1.mp3
Script 1: Hi there! I'm June. And it's great to meet you. Now that you've learned the principles of mindful eating and how to put them into practice, it's your turn to find the ways of mindful eating during an activity! In this activity, you'll analyze an eating environment and identify the elements that hinder it from being a mindful eating space. To begin, click on an eating environment to analyze or press its corresponding number on your keyboard. Take your time and choose the environment that feels most relevant to you. Let's get started!

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her hands at her sides.
- Keyboard functions

Variables: PauseAudio - True/False - Set as False

Triggers:

- When the user clicks the "AT HOME-1" button, it takes them to the "2.2 At Home" Slide.
- When the user clicks the 1 key on their keyboard, it takes them to the "2.2 At Home" Slide.
- When the user clicks the "AT A FRIEND'S HOUSE-2" button, it takes them to the "2.3 At a Friend's house" Slide.

- When the user clicks the 2 key on their keyboard,, it takes them to the “2.3 At a Friend’s house” Slide.
- When the user clicks the “AT A RESTAURANT-3” button, it takes them to the “2.4  At a Restaurant” Slide.
- When the user clicks the 3 key on their keyboard, it takes them to the “2.4  At a Restaurant” Slide.
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: 2.2 At Home
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Aliyah, positive pose (hand to chin)
Stage right: Environment 1 - At Home.png



Add Speech bubble (Rectangle, #0129FA with White outline at 4px) with the following Text: “I shouldn’t eat dessert, I’ve eaten too many calories..” (Font: Roboto Condensed, 44px, centered). At “What else is hindering him..” A.dd circles with 1 number (#F12B7E with White outline at 4px) on the Juice, Cell phone, Television, and Speech box.  Add the following number (Roboto condensed, 40px) to the circle at that location:
1 - Speech box
2 - Cell phone
3 - Television
4 - Juice

Bottom right hand corner: Add back arrow with circular hotspot (layered over it) to allow learners to navigate back to the previous slide (2.1).

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 2.mp3
Script 2: Alright! This is Gene. He had a doctor's appointment, so his work sent him home with some files to review. They asked him to review them by tomorrow morning and 8AM. What else is hindering him from eating mindfully? Click on the items themselves, or press their corresponding numbers on your keyboard. When complete, click on the next arrow in the bottom right hand corner or the right arrow key on your keyboard to continue.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her hands at her sides.
    - Environment 1 - At Home.png: A man sits at a dining table, looking at his phone while eating a grilled cheese sandwich with orange juice. A TV is on in the background in a cozy home setting.
- Keyboard functions

Variables: No new variables

Triggers:

- When the user clicks on the Speech bubble rectangle, it takes them to the Guilt Layer.
- When the user clicks the 1 key on their keyboard, it takes them to the Guilt Layer.
    - Guilt Layer:
        - Stage left: Adds rectangle (#CCCCFF, no outline) over previous avatar (on base layer) and shows avatar (Aliyah, positive expression, pointing at learner)
        - Displays a green check mark on top of the Speech bubble rectangle
        - Plays audio recording check-83184.mp3
        - Then, plays audio Script 1 Guilt.mp3
            - Script 1 Guilt: You got it!! Gene's cell phone is a distraction, leading to disruption in his mindful eating experience.
                - Alt Text Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her right hand pointing to her brain.
- When the user clicks on the Cell phone, it takes them to the Cell Phone Layer.
- When the user clicks the 2 key on their keyboard, it takes them to the Cell Phone Layer.

- Cell Phone Layer:
  - Stage left: Adds rectangle (#CCCCFF, no outline) over previous avatar (on base layer) and shows avatar (Aliyah, positive expression, pointing at learner)
  - Displays a green check mark on top of the Cell phone
  - Plays audio recording check-83184.mp3
  - Then, plays audio Script 1 Cell Phone.mp3
    - Script 1 Cell phone: You got it!! Gene's cell phone is a distraction, leading to disruption in his mindful eating.
      - Alt text Aliyah: An enthusiastic woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her left hand at her side, and her right hand pointing at the learner, congratulating you for your efforts.

- When the user clicks on the Television, it takes them to the TV Layer.
- When the user clicks the 3 key on their keyboard, it takes them to the TV Layer.
  - TV Layer:
    - Stage left: Adds rectangle (#CCCCFF, no outline) over previous avatar (on base layer) and shows avatar (Aliyah, positive expression, pointing at learner)
    - Displays a green check mark on top of the television
    - Plays audio recording check-83184.mp3
      - Then, plays audio Script 1 TV.mp3
        - Script 1 TV: Correct! Gene's TV is a distraction, disrupting his mindful eating.
          - Alt Text Aliyah: A laughing woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her hands naturally flying by her sides.
- When the user clicks on the Juice, it takes them to the Juice Layer.
- When the user clicks the 4 key on their keyboard, it takes them to the Juice Layer.
  - Juice Layer:
    - Displays a red X on top of the Juice
    - Plays audio recording writing-with-pencil-290381.mp3
    - Then, plays audio Script 1 Juice.mp3
      - Script 1 Juice: Mindful eating embraces all foods and drinks in moderation, so Gene's juice isn't a concern.
        - Alt Text for Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background

with a relaxed posture, her left hand highlighting the left side of the screen.

Functionality Triggers:

- When the user clicks the left arrow hotspot, it takes them to the previous slide (2.1, Selection slide).
- When the user presses the left arrow key on their keyboard, it takes them to the previous slide (2.1, Selection slide).
- When the user clicks the right arrow hotspot, it takes them to the next slide (2.4, Conclusion slide).
- When the user presses the right arrow key on their keyboard, it takes them to the next slide (2.4, Selection slide).
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: 2.3 Choose another Environment
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Aliyah, positive pose (hand to chin)
Stage right: Environment 1 - At Home.png



Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 2.mp3
Script 2: Now, choose another environment to assess for factors that may prevent mindful

eating. To evaluate a setting where friends are eating together, click on it or press **1** on your keyboard. To assess a restaurant environment, click on it or press **2** on your keyboard. Or, To continue without selecting a new environment, click the **next arrow** in the bottom right corner or press the **right arrow key** on your keyboard.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her hands at her sides.
    - Environment 1 - At Home.png: A man sits at a dining table, looking at his phone while eating a grilled cheese sandwich with orange juice. A TV is on in the background in a cozy home setting.
- Keyboard functions

Variables: No new variables

Triggers:

- When the user clicks the At a Friends house button, it takes them to Slide 2.4 At a Friends house
- When the user clicks the At a Restaurant Button, it takes them to Slide 2.7 At a Restaurant Slide
- When the user clicks 1, it takes them to Slide 2.4 At A Friends House
- When the user clicks 2, it takes them to Slide 2.7 At a Restaurant
- When the timeline starts on this slide, set player.display.captions to true
- When the user presses c, toggle the variable player.display.captions
- When the user presses space bar, toggle PauseAudio and Pause timeline on this slide if PauseAudio=False. Resume Timeline if PauseAudio=True

Slide: 2.4  At a Friend's House
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Aliyah, positive pose (hand to chin)
Stage right: Environment 2 - At a Friends House.png



Add Speech bubble (Rectangle, #0129FA with White outline at 4px) with the following Text: “Oops! Since we were gaming, we only have 10 minutes to eat..” (Font: Roboto Condensed, 44px, centered).
At “What else is hindering him..” Add circles with 1 number (#F12B7E with White outline at 4px) on the Juice, Cell phone, Television, and Speech box. Add the following number (Roboto condensed, 40px) to the circle at that location:
1 - Speech box
2 - TV
3 - Coffee
4 - Phone (in boy’s hand, turquoise shirt)
5 - Notebook
6 - Laptop
7 - Fries
8 - Ice cream
9 - Gaming Device (in boy’s hand, yellow shirt)
Bottom right hand corner: Add back arrow with circular hotspot (layered over it) to allow learners to navigate back to the previous slide (2.2).

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 3.mp3
Script 3: Alright! This is Joe and Reich. They decided to have lunch before class. What is hindering them from eating mindfully? Click on the items themselves, or press their corresponding numbers on your keyboard. When complete, click on the next arrow in the bottom right hand corner or the right arrow key on your keyboard to continue.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A pondering woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender

background with a relaxed posture, with her right arm on her chin, in a thinking and wondering position.
    - Environment 2 - At a Friends House.png: Two friends sit on the floor eating pasta while using their phones and gaming. A cozy living room setting with ice cream, fries, other snacks, drinks, and an open notebook on the table.
- Keyboard functions

Variables: PauseAudio - No new variables

Triggers:

- When the user clicks on the Speech bubble rectangle, it takes them to the Rushed to Eat Layer.
- When the user clicks the 1 key on their keyboard, it takes them to the Rushed to Eat Layer.
    - Rushed to Eat Layer:
        - Stage left: Adds rectangle (#CCCCFF, no outline) over previous avatar (on base layer) and shows avatar (Aliyah, positive expression, pointing at learner)
        - Displays a green check mark on top of the Speech bubble rectangle
        - Plays audio recording check-83184.mp3
        - Then, plays audio Script 2 Rushed to Eat.mp3
            - Script 2 Rushed to Eat: Exactly! Mindful eating supports a natural pace, while rushing disrupts the process.
                - Alt text Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background pointing at her watch.
- When the user clicks on the TV, it takes them to the TV Layer.
- When the user clicks the 2 key on their keyboard, it takes them to the TV Layer.
    - TV Layer:
        - Stage left: Adds rectangle (#CCCCFF, no outline) over previous avatar (on base layer) and shows avatar (Aliyah, positive expression, pointing at learner)
        - Displays a green check mark on top of the Cell phone
        - Plays audio recording check-83184.mp3
        - Then, plays audio Script 2 TV.mp3
            - Script 2 TV: Correct! The TV is a distraction, disrupting their mindful eating experience.
                - Alt text Aliyah: An enthusiastic woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her left hand at her

side, and her right hand pointing at the learner, congratulating you for your efforts.

- When the user clicks on the Coffee, it takes them to the Incorrect - Coffee Layer.
- When the user clicks the 3 key on their keyboard, it takes them to the Incorrect - Coffee Layer.
    - Incorrect - Coffee Layer:
        - Displays a red X on top of the Coffee
        - Plays audio recording writing-with-pencil-290381.mp3
        - Then, plays audio Script 2 Incorrect Coffee .mp3
            - Script 2 Incorrect Coffee: Mindful eating embraces all foods and drinks in moderation, so coffee isn't a concern.
- When the user clicks on the Cell phone, it takes them to the Cell phone Layer.
- When the user clicks the 4 key on their keyboard, it takes them to the Cell phone Layer.
    - Cell phone Layer:
        - Stage left: Adds rectangle (#CCCCFF, no outline) over previous avatar (on base layer) and shows avatar (Aliyah, positive expression, pointing at learner)
        - Displays a green check mark on top of the television
        - Plays audio recording check-83184.mp3
        - Then, plays audio Script 2 Cell phone.mp3
            - Script 2 Cell phone: You're right!! Similar to gaming devices and TVs, cell phones distract us from eating and overall, reduce the mindful eating experience.
                - Alt text Aliyah: An enthusiastic woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with her fists tighted and in an excited and celebratory, "yes!" position.
- When the user clicks on the Notebook, it takes them to the Homework Layer.
- When the user clicks the 5 key on their keyboard, it takes them to the Homework Layer.
    - Homework Layer:
        - Stage left: Adds rectangle (#CCCCFF, no outline) over previous avatar (on base layer) and shows avatar (Aliyah, positive expression, pointing at learner)
        - Displays a green check mark on top of the Notebook
        - Plays audio recording check-83184.mp3
        - Then, plays audio Script 2 Homework.mp3
            - Script 2 Homework: Great catch! Working from home or doing homework can distract from savoring food and recognizing hunger cues, making mindful eating difficult.
                - Alt text Aliyah: An excited woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background

with a relaxed posture, her hands together at her chest, in an excited and enthusiastic position.

- When the user clicks on the Laptop, it takes them to the Laptop Layer.
- When the user clicks the 6 key on their keyboard, it takes them to the Laptop Layer.
    - Laptop Layer:
        - Stage left: Adds rectangle (#CCCCFF, no outline) over previous avatar (on base layer) and shows avatar (Aliyah, positive expression, pointing at learner)
        - Displays a green check mark on top of the Laptop
        - Plays audio recording check-83184.mp3
        - Then, plays audio Script 2 Laptop.mp3
            - Script 2 Laptop: Great detail! Similar to gaming devices, cell phones, and TVs, laptops distract from eating and reduce mindfulness.
                - Alt text Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her right hand pointing to her brain.
- When the user clicks on the Fries OR Ice Cream, it takes them to the Fries and Ice Cream Layer.
- When the user clicks the 7 or 8 key on their keyboard, it takes them to the “Fries and Ice Cream” Layer.
    - Fries and Ice Cream Layer:
        - Stage left: Adds rectangle (#CCCCFF, no outline) over previous avatar (on base layer) and shows avatar (Aliyah, positive expression, pointing at learner)
        - Displays a red X on top of the Ice Cream
        - Displays a red X on top of the Fries
        - Plays audio recording writing-with-pencil-290381.mp3
        - Then, plays audio Script 2 Fries-Ice Cream.mp3
            - Script 2 Fries-Ice Cream: Mindful eating embraces all foods and drinks in moderation, allowing you to enjoy them without guilt. Therefore, the addition of these foods create a mindful eating environment when desired.
- When the user clicks on the Gaming Unit, it takes them to the Gaming Unit Layer.
- When the user clicks the 9 key on their keyboard, it takes them to the Gaming Unit Layer.
    - Gaming Unit Layer:
        - Stage left: Adds rectangle (#CCCCFF, no outline) over previous avatar (on base layer) and shows avatar (Aliyah, positive expression, pointing at learner)
        - Displays a green check mark on top of the television
        - Plays audio recording check-83184.mp3
        - Then, plays audio Script 2 Gaming Unit.mp3

- Script 2 TV: Precisely! Similar to cell phones and TVs, gaming units distract from eating and reduce mindfulness.
    - Alt text Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a delighted posture, her hands welcoming you and opening for clapping.

Functionality Triggers:

- When the user clicks the left arrow hotspot, it takes them to the previous slide (2.1, introduction slide).
- When the user presses the left arrow key on their keyboard, it takes them to the previous slide (2.1, Introduction slide).
- When the user clicks the right arrow hotspot, it takes them to the next slide (2.5, Conclusion slide).
- When the user presses the right arrow key on their keyboard, it takes them to the next slide (2.5, Conclusion slide).
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: 2.5 Choose another Environment
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Aliyah, positive pose (hand to chin)

Stage right: Environment 2 - At Friends house.png



Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 3a.mp3
Script 3a: Now, choose another environment to assess for factors that may prevent mindful eating. To evaluate a setting where someone is eating at home, click on that option or press 1 on your keyboard. To assess a restaurant environment, click on it or press 2 on your keyboard. Or, To continue without selecting a new environment, click the next arrow in the bottom right corner or press the right arrow key on your keyboard.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her hands at her sides.
    - Environment 2 - At A Friends House.png: A man sits at a dining table, looking at his phone while eating a grilled cheese sandwich with orange juice. A TV is on in the background in a cozy home setting.
- Keyboard functions

Variables: No new variables

Triggers:

- When the user clicks the At Home house button, it takes them to Slide 2.2 At Home Slide
- When the user clicks the At a Restaurant Button, it takes them to Slide 2.7 At a Restaurant Slide
- When the user clicks 1, it takes them to Slide 2.2 At Home Slide
- When the user clicks 2, it takes them to Slide 2.7 At a Restaurant Slide
- When the timeline starts on this slide, set player.display.captions to true

- When the user presses c, toggle the variable player.display.captions
- When the user presses space bar, toggle PauseAudio and Pause timeline on this slide if PauseAudio=False. Resume Timeline if PauseAudio=True

Slide: 2.7 At a Restaurant
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Aliyah, positive pose (hand to chin)
Stage right: Environment 3 - At a Restaurant.png



Add Speech bubble (Rectangle, #0129FA with White outline at 4px) with the following Text: "I shouldn't eat cake, I've eaten too many calories.." (Font: Roboto Condensed, 44px, centered).
At "What else is hindering him.." Add circles with 1 number (#F12B7E with White outline at 4px) on the TV, Cell phone(s), Speech box, and Cake. Add the following number (Roboto condensed, 40px) to the circle at that location:
1 - Television
2 - Speech bubble
3 - Cell phone (left, female)
4 - Cell phone (right, male)
4 - Cake
Bottom right hand corner: Add back arrow with circular hotspot (layered over it) to allow learners to navigate back to the previous slide (2.3).

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 4.mp3
Script 4: Welcome to the restaurant! You and a few friends decided to grab a celebratory lunch together. What is hindering this group from eating mindfully? Click on the items themselves, or press their corresponding numbers on your keyboard. When complete, click on the next arrow in the bottom right hand corner or the right arrow key on your keyboard to continue.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A pondering woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender

background with a relaxed posture, with her right arm on her chin, in a thinking and wondering position.
    - Environment 3 - At a Restaurant.png: A group of friends enjoys cake and desserts at a restaurant, laughing and taking photos. A festive atmosphere with a decorated cake at the center of the table.
- Keyboard functions - see triggers

Variables: PauseAudio - No new variables

Triggers:

- When the user clicks on the TV, it takes them to the TV Layer.
- When the user clicks the 1 key on their keyboard, it takes them to the TV Layer.
    - TV Layer:
        - Stage left: Adds rectangle (#CCCCFF, no outline) over previous avatar (on base layer) and shows avatar (Aliyah, positive expression, pointing at learner)
        - Displays a green check mark on top of the TV
        - Plays audio recording check-83184.mp3
        - Then, plays audio Script 3 TV.mp3
            - Script 3 TV: Correct! The TV is a distraction, disrupting their mindful eating experience.
                - Alt text Aliyah: An enthusiastic woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with her fists tighted and in an excited and celebratory, "yes!" position.
- When the user clicks on the Speech bubble, it takes them to the Judgement Layer.
- When the user clicks the 2 key on their keyboard, it takes them to the Judgement Layer.
    - Judgement Layer:
        - Stage left: Adds rectangle (#CCCCFF, no outline) over previous avatar (on base layer) and shows avatar (Aliyah, positive expression, pointing at learner)
        - Displays a green check mark on top of the Speech bubble
        - Plays audio recording check-83184.mp3
        - Then, plays audio Script 3 Judgement.mp3
            - Script 3 Judgement: Mindful eating encourages a judgment-free mindset. The waiter is likely focused on providing the best meal experience, not judging her choices.
                - Alt text Aliyah: An ecstatic woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with her right fist firmly right and above her head in an excited and celebratory, "yes!" position.

- When the user clicks on either the stage left or stage right (3 or 4) Cell phone, it takes them to the Cell Phone Layer.
- When the user clicks the 3 or 4 key on their keyboard, it takes them to the Cell Phone Layer.
    - Cell Phone Layer:
        - Stage left: Adds rectangle (#CCCCFF, no outline) over previous avatar (on base layer) and shows avatar (Aliyah, positive expression, pointing at learner)
        - Displays a green check mark on top of the Cell phone
        - Plays audio recording check-83184.mp3
        - Then, plays audio Script 3 Cell phone.mp3
            - Script 3 Cell phone: You're right!! Similar to gaming devices and TVs, cell phones distract us from eating and overall, reduce the mindful eating experience.
                - Alt text Aliyah: An enthusiastic woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her left hand at her side, and her right hand pointing at the learner, congratulating you for your efforts.
- When the user clicks on the Cake, it takes them to the Cake Layer.
- When the user clicks the 5 key on their keyboard, it takes them to the Cake Layer.
    - Cake Layer:
        - Displays a red X on top of the Coffee
        - Plays audio recording writing-with-pencil-290381.mp3
        - Then, plays audio Script 3 Cake.mp3
            - Script 3 Cake: Mindful eating embraces all foods and drinks in moderation, allowing you to enjoy them without guilt. Therefore, the addition of these foods create a mindful eating environment when desired.

Functionality Triggers:

- When the user clicks the left arrow hotspot, it takes them to the previous slide (2.1, introduction slide).
- When the user presses the left arrow key on their keyboard, it takes them to the previous slide (2.1, introduction slide).
- When the user clicks the right arrow hotspot, it takes them to the next slide (2.5, Conclusion slide).
- When the user presses the right arrow key on their keyboard, it takes them to the next slide (2.5, Conclusion slide).
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide

        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: 2.8 Choose another Environment
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Aliyah, positive pose (hand to chin)
Stage right: Environment 3 - At a Restaurant.png



Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 3b.mp3
Script 3b: Now, choose another environment to assess for factors that may prevent mindful eating. To evaluate a setting where someone is eating at home, click on that option or press 1 on your keyboard. To assess eating at a friend's house, click on it or press 2 on your keyboard. Or, To continue without selecting a new environment, click the next arrow in the bottom right corner or press the right arrow key on your keyboard.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her hands at her sides.
    - Environment 2 - At A Friends House.png: A man sits at a dining table, looking at his phone while eating a grilled cheese sandwich with orange juice. A TV is on in the background in a cozy home setting.
- Keyboard functions

Variables: No new variables

Triggers:

- When the user clicks the At Home house button, it takes them to Slide 2.2 At Home Slide
- When the user clicks the At a Restaurant Button, it takes them to Slide 2.7 At a Restaurant Slide
- When the user clicks 1, it takes them to Slide 2.2 At Home Slide
- When the user clicks 2, it takes them to Slide 2.7 At a Restaurant Slide
- When the timeline starts on this slide, set player.display.captions to true
- When the user presses c, toggle the variable player.display.captions
- When the user presses space bar, toggle PauseAudio and Pause timeline on this slide if PauseAudio=False. Resume Timeline if PauseAudio=True

Slide: 2.5 Conclusion
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Aliyah, positive pose (thumbs up)
Stage right: a small snippet (middle ⅓) of all three graphics, 250px in width by 720px in height:

- Environment 1 - *At Home.png*



- Environment 2 - *At a Friends House.png*



- Environment 3 - *At a Restaurant.png*



Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 5.mp3
Script 5: Outstanding work! No matter how many events you explored in this activity, you took a meaningful step in evaluating eating environments and identifying factors that impact mindful eating. This progress is something to be proud of, and you can feel confident applying these insights in your daily life. To continue, scroll down and select the Continue button, or tab to it and press Enter on your keyboard.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, giving a thumbs up.
    - Environment 1.jpg: A man sits at a dining table, looking at his phone while eating a grilled cheese sandwich with orange juice. A TV is on in the background in a cozy home setting.
    - Environment 2.jpg: Two friends sit on the floor eating pasta while using their phones and gaming. A cozy living room setting with ice cream, fries, other snacks, drinks, and an open notebook on the table.
    - Environment 3.jpg: A group of friends enjoys cake and desserts at a restaurant, laughing and taking photos. A festive atmosphere with a decorated cake at the center of the table.
- Keyboard functions - see triggers

Variables: PauseAudio - No new variables

Triggers:

- When the user clicks on the back arrow,  it takes them to 2.1 Selection Slide.

- When the user clicks on the right arrow key on their keyboard, it takes them to 2.1 Selection Slide.
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Image block -



Alt text: Red stylized hand holding a fork with pink motion lines, symbolizing eating or food-related activity.

Continue block

Programming notes

When a button is selected:

20. Content and photo appears
21. Pink Arrows where needed for passable color contrast
    a. According to https://webaim.org/resources/contrastchecker/
22. Blue arrows at bottom of screen to navigate

23. Layer Settings: Revisits - Reset to Initial State

**Page 6 - Assessment**

Title Screen

Title block -

In this Course, you have:

Bullet point block -

- Identified and applied the **principles and strategies of mindful eating.**
- Evaluated environments to **distinguish** elements that **hinder or promote mindful eating.**
- Analyzed your physical and emotional state during a **mindful eating reflection.**

Multimedia block -

Audio - In this course, you have.mp3
Script: In this course, you have Identified and applied the principles and strategies of mindful eating. You have Evaluated environments to distinguish elements that hinder or promote mindful eating. Lastly, you have analyzed your physical and emotional state during a mindful eating reflection.

Paragraph block -

**You've identified social eating settings, defined reframing techniques, and evaluated and applied reframing techniques to simulated social eating situations** – now it's time to recap on what you've learned! This recap will reinforce your understanding of social eating settings, reframing techniques, the benefits of using reframing techniques. Take your time, trust what you've learned, and remember—reframing techniques are about internal self-awareness and reflection, not perfection.

**Instructions**: Ensure your sound is at a comfortable volume. If the activity doesn't play automatically, press play or tab to it, then press Enter to begin. **Have fun!**

Multimedia block -

Audio - Recap final.mp3
Script:You've identified social eating settings, defined reframing techniques, and evaluated and applied reframing techniques to simulated social eating situations – now it's time to recap on what you've learned! This recap will reinforce your understanding of social eating settings, reframing techniques, the benefits of using reframing techniques. Take your time, trust what you've learned, and remember—reframing techniques are about internal self-awareness and reflection, not perfection. Ensure your sound is at a comfortable volume. If the activity doesn't play automatically, press play or tab to it, then press Enter to begin. Have fun!

Articulate Storyline Block -

*In Articulate Storyline -*

Slide: 6.1 Write your Name
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left:

- Aliyah (smiling) in a circle shape with a blue border (HEX #0129FA, 4px)
- Add traditional rectangle (HEX #0129FA with White outline at 4px) with the following Text: "**Enter your first and last name: _____**" (Font: Roboto Condensed Light, 44px, right aligned).
- Add a text box over the "_____" for a data entry.
    - Fill: HEX #0129FA
    - Fully transparent, 100%
    - Text: #FFC903, 44px, bold, Roboto Condensed Light
- Next Arrow
    - With circular hotspot
- Play Audio Script Write your Name,mp3:
    - Script Write your name: Hey!! It's me again --- June. Please type your first and last name in the box below by clicking or tabbing over to where it says, "type your name here." Then, click on the arrow in the bottom right hand corner or the enter key on your keyboard.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture.
- Keyboard functions - see triggers

Variables: PauseAudio - TextEntry44

Triggers:

- When the user clicks on the enter button - it takes them to the next slide

- When the user clicks on the right arrow - it takes them to the next slide
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True

- When the user presses c
    - Toggle Player.Display.Captions

Slide: 6.2  Question 1
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left:

- Aliyah (smiling) in a circle shape with a blue border (HEX #0129FA, 4px)
- Add traditional rectangle (HEX #0129FA with White outline at 4px) with the following Text: "**True or False:** Ainsley is creating a mindful eating environment." (Font: Roboto Condensed Light, 28px, right aligned). Ensure the "True or False:" section of the sentence is in bold.
- Add two buttons for "**True**" and "**False**" Answer options.
    - Fill: HEX#F12B7E
    - Border: White, 4px
    - Font: Roboto condensed, bold, 36px
    - Add a hotspot over both rectangles

Stage right:




Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script Q1.mp3
Script Q1: True or False: Ainsley is creating a mindful eating environment. Click on the True or False button, or click 1 for true, or 2 for false to submit your answer.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture.

        - Environment 3 - At a Restaurant.png: A group of friends enjoys cake and desserts at a restaurant, laughing and taking photos. A festive atmosphere with a decorated cake at the center of the table.
- Keyboard functions

Variables: PauseAudio - No new variables

Triggers:

- When the user clicks on the true button  it takes them to the Question 1 - Correct Layer.
- When the user clicks the 1 key on their keyboard,  it takes them to the Question 1 - Correct Layer.
    - Layers:
        - Correct Layer:
            - Stage left: Replace Aliyah Avatar with an excited pose (place a rectangle, HEX ##CCCCFF under Aliyah) to ensure the base layer version of Aliyah is not visible.
                - Display a green check mark on top of the True button (at start of the layer)
            - Stage right: remains the same as the base layer, except:
                - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner…" is narrated.
            - Audio elements:
                - Play audio recording check-83184.mp3 (at start of the slide)
                - Then, plays audio Script Q1 Correct TV.mp3
                    - Script Q1 Correct: You got it! As mindful eating is the enjoyment of all food in moderation, this is a true statement. Great job connecting this concept in a real-world example. Click on the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue.
            - Accessibility
                - Closed Captions
                - Alt text
                    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, hands to chest.
                    - Environment 3 - Remains from base layer
                - Keyboard functions
            - Triggers:
                - When the user clicks on the next arrow,  it takes them to the 6.2 Question 2 Slide.

- When the user clicks the right arrow key on their keyboard, it takes them to the 6.2 Question 2 Slide.
- When the user presses the spacebar:
  - Toggle PauseAudio
  - Pause timeline on this Slide
    - If PauseAudio value = False
  - Resume timeline on this Slide
    - If PauseAudio value = True
- When the user presses c
  - Toggle Player.Display.Captions

- Incorrect Layer:
  - Stage left: Replace Aliyah Avatar with a thinking pose (place a rectangle, HEX ##CCCCFF under Aliyah) to ensure the base layer version of Aliyah is not visible.
    - Display a blue X ontop of False button at the start of the layer (HEX # ___
  - Stage right: remains the same as the base layer, except:
    - At "...concept of listening to your..." Add in (swivel) screen capture of the hunger cues flashcard with this graphic on it:
      - Graphic: 
        
        - Swivel out at "before, during, and after..."
      - At "...and after eating, you can..." Add in (swivel) screen capture of the opposite side of the card (the text) – it is: **Mindful eating focuses on hunger and fullness cues.**
        - Swivel out right before, "When you're ready..."
    - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner..." is narrated.
  - Audio elements:
    - Play audio recording writing-with-pencil-290381.mp3 (at start of the slide)
    - Then, plays audio Script Q1 Incorrect TV.mp3
      - Script Q1 Incorrect: This is a true statement. Mindful eating encourages the enjoyment of all foods in moderation. Finding real-world connections to this concept can sometimes be challenging, but seeing an example often helps

bring it to life. Do you recall the concept of listening to your body's hunger and fullness cues? By paying attention to how your body feels before, during, and after eating, you can make choices that nourish you without guilt or restriction, which also leads to more satisfaction. When you're ready, click the next arrow in the bottom right corner or press the right arrow on your keyboard to move forward.

- Accessibility
  - Closed Captions
  - Alt text
    - Aliyah: A pondering woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture and her hands close to her chin.
    - Environment 3 - Remains from base layer
  - Keyboard functions
- Triggers:
  - When the user clicks on the next arrow, it takes them to the 6.2 Question 2 Slide.
  - When the user clicks the right arrow key on their keyboard, it takes them to the 6.2 Question 2 Slide.
  - When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
      - If PauseAudio value = False
    - Resume timeline on this Slide
      - If PauseAudio value = True
  - When the user presses c
    - Toggle Player.Display.Captions

Slide: 6.3 Question 2
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage top left:

- Aliyah (smiling) in a circle shape with a blue border (HEX #0129FA, 4px)

Stage center:

- Add traditional rectangle (HEX #0129FA with White outline at 4px) with the following Text: "**Select the benefit(s)** of completing a **Mindful Eating Reflection activity**." (Font: Roboto Condensed Light, 28px, right aligned).

- Add six buttons for the  Answer options.
    - Fill: HEX#F12B7E
    - Border: White, 4px
    - Font: Roboto condensed light, bold, 24px
    - Add Selectedd state to each Button
        - Invert the colors
            - Fill: white
            - Outline: HEX#F12B7, 4px
            - Text: HEX#F12B7E
- The answer selections:
    - Does the meal have a scent? - 1
    - What's the calorie count? - 2
    - What does it look like? - 3
    - What is the texture like? - 4
    - How does it taste? - 5
    - What is the temperature? - 6

****Correct answers are highlighted.**

- Add submit button
    - Shape: Rectangle
    - Fill: HEX #0000FF
    - Outline: White, 4px
    - Text: White, Roboto Condensed Light, bold, 36px

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script Q2.mp3
Script Q2: This is a multiple-select question. Choose all the items that are part of the 10-Point Sensory Checklist. Your answer options are: Does the meal have a scent? If yes, select this option or press 1 on your keyboard. What is the calorie count? If this is part of the checklist, select it or press 2 on your keyboard. What does it look like? If included in the checklist,  select it or press 3 on your keyboard. What is the texture like? If this applies, select it or press 4 on your keyboard. How does it taste? If this is on the checklist, select it or press 5 on your keyboard. What is the temperature? If included, select it or press 6 on your keyboard. Once you've made your selections, press the Submit button, or press s on your keyboard to submit your answer.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture.
- Keyboard functions

Variables: PauseAudio - Correct5 - True/False - False

Triggers:

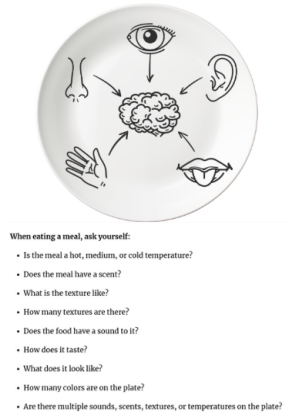
- When the state of all buttons is selected, set Correct5 to true, if What's the calorie count? - 2  button = Normal

- When the user clicks on the Does the meal have a scent? - 1  button, the state changes to selectedd.
- When the user presses the 1 key on their keyboard, the Does the meal have a scent? - 1 button's state  changes to selectedd.
- When the user clicks on the What's the calorie count? - 2  button, the state changes to selectedd.
- When the user presses the 2 key on their keyboard, the What's the calorie count? - 2 button's state changes to selectedd.
- When the user clicks on the What does it look like? - 3 button, the state changes to selectedd.
- When the user presses the 3 key on their keyboard, the What does it look like? - 3 button's state changes to selectedd.
- When the user clicks on the What is the texture like? - 4 button, the state changes to selectedd.
- When the user presses the 4 key on their keyboard, the What is the texture like? - 4's button's state changes to selectedd.
- When the user clicks on the How does it taste? - 5 button, the state changes to selectedd.
- When the user presses the 5 key on their keyboard, theHow does it taste? - 5 button's state changes to selectedd.
- When the user clicks on the What is the temperature? - 6  button, the state changes to selectedd.
- When the user presses the 6 key on their keyboard, the What is the temperature? - 6 button's  state changes to selectedd.
- When the user presses the Submit button, show layer correct IF the state of:
    - Does the meal have a scent? - 1  button is selectedd
    - What's the calorie count? - 2 is selectedd
    - What does it look like? - 3 button is selectedd
    - What is the texture like? - 4 button is normal
    - How does it taste? - 5 button is selectedd
    - What is the temperature? - 6 button is selectedd
    - Show layer correct if Correct5 = True
    - Show layer incorrect of Correct5 = False
- When the user presses the s button, show layer correct IF the state of:
    - Does the meal have a scent? - 1  button is selectedd
    - What's the calorie count? - 2 is selectedd
    - What does it look like? - 3 button is selectedd
    - What is the texture like? - 4 button is normal

- How does it taste? - 5 button is selectedd
- What is the temperature? - 6 button is selectedd
- Show layer correct if Correct5 = True
- Show layer incorrect of Correct5 = False
- Layers:
    - Correct Layer:
        - Stage left: Replace Aliyah Avatar with an excited pose (place a rectangle, HEX #CCCCFF under Aliyah) to ensure the base layer version of Aliyah is not visible.
            - Display five staggered  green check marks on top of the correct buttons (at start of the layer)
                - Ensure audio is synchronized with Checkmarks
        - Stage right: remains the same as the base layer, except:
            - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner..." is narrated.
        - Audio elements:
            - Play five rounds of audio recording check-83184.mp3 (at start of the slide)
            - Then, plays audio Script Q2 Correct.mp3
                - Script Q2 Correct: Great job! The 10-Point Sensory checklist is a valuable tool for practicing mindful eating. Keep using it to enhance your awareness and enjoyment of each meal. Click on the next arrow in the bottom right hand corner, or the right arrow on your keyboard to continue.
        - Accessibility
            - Closed Captions
            - Alt text
                - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, hands to chest.
                - Environment 3 - Remains from base layer
            - Keyboard functions
        - Triggers:
            - When the user clicks on the next arrow,  it takes them to the 6.3 Question 3.
            - When the user clicks the right arrow key on their keyboard,  it takes them to the 6.3 Question 3 Slide.
            - When the user presses the spacebar:
                - Toggle PauseAudio
                - Pause timeline on this Slide
                    - If PauseAudio value = False
                - Resume timeline on this Slide

- If PauseAudio value = True
- When the user presses c
  - Toggle Player.Display.Captions

- Incorrect Layer:
  - Stage left: Replace Aliyah Avatar with a thinking pose (place a rectangle, HEX ##CCCCFF under Aliyah) to ensure the base layer version of Aliyah is not visible.
    - Display a blue X ontop of False button at the start of the layer (HEX # ____
  - Stage right: remains the same as the base layer, except:
    - At "...concept of listening to your..." Add in (slide from stage right) this graphic:




      - Graphic:
        - Slide in at "here's a quick look..."
        - Stays onscreen to end of slide
    - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner..." is narrated.
  - Audio elements:
    - Play audio Script Q2 Incorrect.mp3
      - Script Q2 Incorrect: You're on the right track! The 10-Point Sensory Checklist helps you engage all your senses while eating. Senses like smelling your food, seeing your food,textures of your food, the temperature of your food, and more. It covers a lot.So, its okay if you missed some details. It takes time to take it all in. You can review it in full after the course. But here's a quick look for now. For easy access, consider taking a screenshot or saving a copy for quick reference during meals. When you're ready, click the next arrow in the bottom right corner or press the right arrow on your keyboard to move forward.
  - Accessibility

        - Closed Captions
        - Alt text
            - Aliyah: A pondering woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture and her hands close to her chin.
        - Keyboard functions
    - Triggers:
        - When the user clicks on the next arrow,  it takes them to the 6.3 Question 3 Slide.
        - When the user clicks the right arrow key on their keyboard,  it takes them to the 6.6 Certification Slide.
        - When the user presses the spacebar:
            - Toggle PauseAudio
            - Pause timeline on this Slide
                - If PauseAudio value = False
            - Resume timeline on this Slide
                - If PauseAudio value = True
        - When the user presses c
            - Toggle Player.Display.Captions

Slide: 6.4  Question 3
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left:  Aliyah (smiling) in a circle shape with a blue border (HEX #0129FA, 4px)

- Add traditional rectangle (HEX #0129FA with White outline at 4px) with the following Text: “In this graphic, select all of the items and behaviors that **prevent** a mindful eating environment.” (Font: Roboto Condensed Light, 28px, right aligned). Ensure the word “prevent” is in bold.
- Add six buttons for the answer selections with the following requirements:
    - Fill: HEX#F12B7E
    - Border: White, 4px
    - Font: Roboto condensed, bold, 24px
    - Add a custom state, “selectedd” to ensure usability success.
        - When user clicks the answer item, the item has a fill of White and outline of  HEX#F12B7E, text color of HEX#F12B7E.
    - Answer selections:
        - Calorie Counting -1
        - The popcorn -2
        - The TV -3
        - No intention -4

- ***The highlighted answers are the correct responses.

Stage right: *Summative Assessment 3.jpg*




Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script Q3.mp3
Script Q2: This is a multiple-select question. When looking at the graphic on the right side of the screen, choose all the items and behaviors that prevent a mindful eating environment from occuring. Your answer options are found on the left side of the screen, and are: Calorie counting—if this applies, select it or press 1 on your keyboard. The popcorn—if this applies, select it or press 2 on your keyboard. The TV—if this impacts mindfulness, select it or press 3 on your keyboard. No meal intentions—if there seems to be a lack of intentions for this meal, select this answer option or press 4 on your keyboard. Once you've made your selections, press the Submit button or press S on your keyboard to submit your answer.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture.
    - Summative Assessment 3: A group of friends enjoys popcorn and food in a living room surrounding a TV, laughing and conversing.
- Keyboard functions

Variables: PauseAudio - Correct3 (True/False - Set as **False**)

Triggers:

- When the user clicks on the Calorie Counting -1 answer option, it turns to a selectedd state
- When the user clicks the 1 key on their keyboard, the Calorie Counting -1 answer option turns to a selectedd state
- When the user clicks on the The popcorn -2 answer option, it turns to a selectedd state

- When the user clicks the 2 key on their keyboard, the The popcorn -2  answer option turns to a selectedd state
- When the user clicks on the The TV -3 answer option, it turns to a selectedd state
- When the user clicks the 3 key on their keyboard, the The TV -3  answer option turns to a selectedd state
- When the user clicks on the No intention-4 answer option, it turns to a selectedd state
- When the user clicks the 4 key on their keyboard, the No intention -4  answer option turns to a selectedd state
- When the state of all buttons is selectedd, set Correct3 to True, if option 2 = Normal
- When the user clicks the Submit button, Show layer correct if Correct3 = True
- When the user click the Submit button, Show layer incorrect if Correct3 = False
- When the user clicks the s button, show layer correct if Correct3 = True
- When the user clicks the s button, show layer incorrect if Correct3 = False
    - Layers:
        - Correct Layer:
            - Stage left: Replace Aliyah Avatar with an excited pose, hands at her mouth  (place a rectangle, HEX ##CCCCFF under Aliyah) to ensure the base layer version of Aliyah is not visible.
            - Stage right: remains the same as the base layer, except:
                - Display a green check mark on top of the four correct answers (staggered, at start of the layer)
                - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner…" is narrated.
            - Audio elements:
                - Play  audio recording check-83184.mp3 five times in synchrony with green check marks on screen at start of the slide
                - Then, plays audio Script Q2 Correct.mp3
                    - Script Q3 Correct:  You got it! Distractions like calorie counting, the TV, and a lack of intentions hinder us from experiencing mindful eating.  To continue, click on the next arrow in the bottom right hand corner or the right arrow on your keyboard.
            - Accessibility
                - Closed Captions
                - Alt text
                    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture and her hands close to her mouth, in a surprised and excited position.
                    - Summative Assessment 3.jpg - Same as base layer

        - Keyboard functions - See in Triggers
    - Triggers:
        - When the user clicks on the next arrow,  it takes them to the 6.4 Question 4 Slide.
        - When the user clicks the right arrow key on their keyboard,  it takes them to the 6.4 Question 4 Slide.
        - When the user presses the spacebar:
            - Toggle PauseAudio
            - Pause timeline on this Slide
                - If PauseAudio value = False
            - Resume timeline on this Slide
                - If PauseAudio value = True
        - When the user presses c
            - Toggle Player.Display.Captions

- Incorrect Layer:
    - Stage left: Replace Aliyah Avatar with a thinking pose (place a rectangle, HEX ##CCCCFF under Aliyah) to ensure the base layer version of Aliyah is not visible.
    - Stage right: remains the same as the base layer, except:
        - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner…" is narrated.
    - Audio elements:
        - Play audio recording writing-with-pencil-290381.mp3 (at start of the slide)
        - Then, plays audio Script Q3 Incorrect.mp3
            - Script Q3  Incorrect: You're on the right track! In this graphic, the comment about having too many calories today indicates calorie counting, which can take away from a mindful eating experience. The TV also adds multiple layers of distraction, from changing the channel to being absorbed in a show, all of which shift focus away from the meal. Lastly, there's no indication of an intention being set—there's no mention of gratitude for the meal, appreciation for who made it, or engagement in conversation. When you're ready, click the next arrow in the bottom right corner or press the right arrow on your keyboard to continue.
    - Accessibility
        - Closed Captions
        - Alt text
            - Aliyah: A pondering woman with dark hair pulled back, wearing a light-colored sweater over a

collared shirt and dark jeans. She stands against a lavender background with a relaxed posture and her hands close to her chin.
        - Summative Assessment 3.jpg - Same as base layer
    - Keyboard functions
- Triggers:
    - When the user clicks on the next arrow, it takes them to the 6.4 Question 4 Slide.
    - When the user clicks the right arrow key on their keyboard, it takes them to the 6.4 Question 4 Slide.
    - When the user presses the spacebar:
        - Toggle PauseAudio
        - Pause timeline on this Slide
            - If PauseAudio value = False
        - Resume timeline on this Slide
            - If PauseAudio value = True
    - When the user presses c
        - Toggle Player.Display.Captions

Slide: 6.5 Question 4
Type of Slide: Fill-in-the-Blank (Built-in Storyline Question, under Slides tab)
Set the Stage with #CCCCFF background
Stage left:

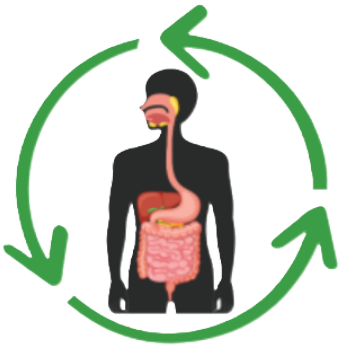
- Aliyah (smiling) in a circle shape with a blue border (HEX #0129FA, 4px)
- The built-in text box that displays needs to have the following details:
    - Font: Roboto condensed, bold, 32px
    - Color: HEX #0000FF
    - Fill: White
    - Border: HEX #0000FF

Stage Center / Upper:

- Add traditional rectangle (HEX #0129FA with White outline at 4px) with the following Text: "**Fill in the Blank:** Mindful eating helps reduce anxiety and stress surrounding food, leading to _____ digestion.." (Font: Roboto Condensed Light, 32px, right aligned). Ensure the "**Fill in the Blank:**" section of the sentence is in bold.

Stage right:

- Graphic: *Assessment 4.jpg*



- Acceptable answers:
  - Improved
  - Better
  - Good
  - Great
  - Elevated
  - Improve
  - Smooth
  - Sustained
  - Greater
  - Increased
- Add a Submit button:
  - Fill: HEX #0129FA
  - Border: White outline at 4px
  - Text: Roboto Condensed Light, Bold, 36px
  - Add a rectangular hotspot over it

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script Q4.mp3
Script Q4: Fill in the Blank: Fill in the blank: Mindful eating helps reduce anxiety and stress surrounding food, leading to blank digestion. Click or tab over to the box labeled “Type your text here.” Enter your answer, then press the submit button, or the enter key on your keyboard to submit your answer.

Accessibility

- Closed Captions
- Alt text
  - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture.
  - Assessment 4.jpg: Illustration of the human digestive system with a green circular arrow, symbolizing digestion and metabolism.
- Keyboard functions - see triggers

Programming: ensure the Submit button hotspot is the Submit button.

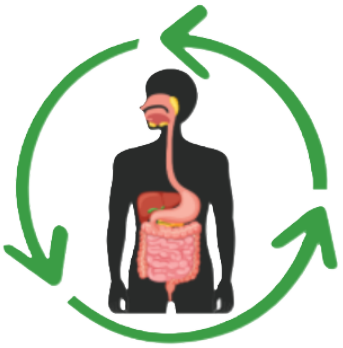
Variables: None - these are built-in

Triggers:

- When the user clicks the Submit hotspot, it submits the Fill in the Blank question
- When the TextEntry loses focus, Set TextEntry4 equal to the typed value
- When the user clicks Submit (the hotspot), it submits the Fill in the Blank
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

    - Layers:
        - Correct Layer:
            - Set the Stage with #CCCCFF background–fill the entire slide. Cover the built-in Correct Layer. You will NOT use the built-in correct layer.
                - Stage left:
                    - Same as Base layer – Aliyah (smiling) in a circle shape with a blue border (HEX #0129FA, 4px)
                    - Same as Base layer – The built-in text box that displays needs to have the following details:
                        - Font: Roboto condensed, bold, 32px
                        - Color: HEX #0000FF
                        - Fill: White
                        - Border: HEX #0000FF
                - Same as Base layer - Stage Center / Upper:
                    - Add traditional rectangle (HEX #0129FA with White outline at 4px) with the following Text: "**Fill in the Blank:** Mindful eating helps reduce anxiety and stress surrounding food, leading to [text box with "%textentry4%"] digestion.."
                        - Font: Roboto Condensed Light, 32px, right aligned.
                - Same as Base layer - Stage Center:

- Graphic: *Assessment 4.jpg*

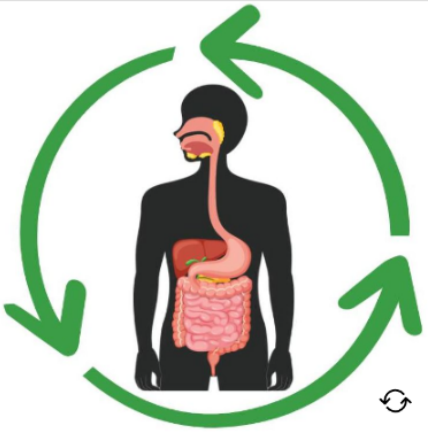


- Spin the outer arrows
  - Counter Clockwise
- Body stays stagnant

- Stage bottom right: remains the same as the base layer, except:
  - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner..." is narrated.
- Audio elements:
  - Play audio recordingQ4 Correct audience-clapping-03-99963.mp3 at the start of Layer
  - Then, plays audio Script Q4 Correct.mp3
    - Script Q4 Correct: Exactly! Mindful eating helps reduce anxiety and stress surrounding food, ultimately leading to **improved** digestion! Click on the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue.
- Accessibility
  - Closed Captions
  - Alt text
    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture and her hands close to her mouth, in a surprised and excited position.
  - Keyboard functions - See in Triggers
- Triggers:
  - When the user clicks on the next arrow, it takes them to the 6.5 Question 5 Slide.
  - When the user clicks the right arrow key on their keyboard, it takes them to the 6.3 Question 3 Slide.
  - When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
      - If PauseAudio value = False

        - Resume timeline on this Slide
            - If PauseAudio value = True
    - When the user presses c
        - Toggle Player.Display.Captions

- Incorrect Layer:
    - Set the Stage with #CCCCFF background–fill the entire slide. Cover the built-in Correct Layer. You will NOT use the built-in correct layer.
    - Stage left: Replace Aliyah Avatar with a thinking pose
    - Stage right:
        - At "...this flip card..." show Assessment4 incorrect a.
            - Swivel in
            - Graphic: *Assessment 4 incorrect a.jpg*



- When the learner clicks on *Assessment 4 incorrect a.jpg*, swivel it out, and reveal *Assessment 4 incorrect b.jpg*.




- 
    - Swivel out at "before, during, and after..."
- At "...and after eating, you can..." Add in (swivel) screen capture of the opposite side of the card (the

text) – it is: **Mindful eating focuses on hunger and fullness cues.**
- Swivel out right before, “When you’re ready…”

- Add in right arrow + circular hotspot when, “...Click the next arrow in the bottom right hand corner…” is narrated.

- Audio elements:
  - Play audio recording writing-with-pencil-290381.mp3 (at start of the slide)
  - Then, plays audio Script Q4 Incorrect.mp3
    - Script 4 Incorrect a: This was a tricky one! Do you recall seeing this flip card in the Mindful Eating Principles section? Click directly on it, or press the f key on your keyboard to flip it to reveal its principle.
    - Script 4 Incorrect b: The card reveals to us that Mindful eating helps reduce anxiety and stress surrounding food, ultimately leading to improved digestion. When we eat mindfully, we engage our senses, slow down, and fully experience each bite, which allows the body to properly activate digestive processes. This not only enhances nutrient absorption but also reduces digestive discomfort, making meals more enjoyable and satisfying. When you're ready, click the next arrow in the bottom right corner or press the right arrow on your keyboard to move forward.
    - Script 4c Incorrect:  When you're ready, click the next arrow in the bottom right corner or press the right arrow on your keyboard to move forward.
- Accessibility
  - Closed Captions
  - Alt text
    - Aliyah: A pondering woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture and her hands close to her chin.
    - Environment 3 - Remains from base layer
  - Keyboard functions
- Triggers:
  - When the user clicks on the next arrow,  it takes them to the 6.2 Question 2 Slide.

- When the user clicks the right arrow key on their keyboard, it takes them to the 6.2 Question 2 Slide.
- When the user presses the spacebar:
  - Toggle PauseAudio
  - Pause timeline on this Slide
    - If PauseAudio value = False
  - Resume timeline on this Slide
    - If PauseAudio value = True
- When the user presses c

Toggle Player.Display.Captions

Slide: 6.6 Question 5
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage top left:

- Aliyah (smiling) in a circle shape with a blue border (HEX #0129FA, 4px)

Stage center:

- Add traditional rectangle (HEX #0129FA with White outline at 4px) with the following Text: "**Select the benefit(s)** of completing a **Mindful Eating Reflection activity**." (Font: Roboto Condensed Light, 28px, right aligned).
- Add six buttons for the Answer options.
  - Fill: HEX#F12B7E
  - Border: White, 4px
  - Font: Roboto condensed light, bold, 24px
  - Add Selectedd state to each Button
    - Invert the colors
      - Fill: white
      - Outline: HEX#F12B7, 4px
      - Text: HEX#F12B7E
- The answer selections:
  - Increased self-awareness - 1
  - Healthier relationship with food - 2
  - Apply insights to future meals - 3
  - Requires strict food planning -4
  - Encourages self-compassion - 5
  - Has no wrong answers - 6

****Correct answers are highlighted.**

- Add submit button
  - Shape: Rectangle
  - Fill: HEX #0000FF
  - Outline: White, 4px

    - Text: White, Roboto Condensed Light, bold, 36px

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script Q5.mp3
Script Q5: This is a multiple-select question. Select the benefits of completing a Mindful Eating Reflection activity. Your answer options are: Increased self awareness. If yes, select this option or press 1 on your keyboard. A Healthier relationship with food. If this is a benefit, select it or press 2 on your keyboard. If being able to apply insights to future meals is a benefit, select it or press 3 on your keyboard. If requiring strict food planning is a benefit of the mindful eating reflection activity, select it or press 4 on your keyboard. If a benefit of the activity is that it encourages self-compassion, select it or press 5 on your keyboard. Lastly, if a benefit of the activity is that it has no wrong answers, select it or press 6 on your keyboard. Once you've made your selections, press the Submit button, or press the s key on your keyboard to submit your answer.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture.
- Keyboard functions

Variables: PauseAudio - Correct5 - True/False - False

Triggers:

- When the state of all buttons is selected, set Correct5 to true, if Requires strict food planning -4 button = Normal

- When the user clicks on the Increased self-awarness-1 button, the state changes to selectedd.
- When the user presses the 1 key on their keyboard, the Increased self-awareness button's state changes to selectedd.
- When the user clicks on the Healthier relationship with food-2 button, the state changes to selectedd.
- When the user presses the 2 key on their keyboard, the Healthier relationship with food-2 button's state changes to selectedd.
- When the user clicks on the Apply insights to future meals - 3 button, the state changes to selectedd.
- When the user presses the 3 key on their keyboard, the Apply insights to future meals - 3 button's state changes to selectedd.
- When the user clicks on the Requires strict food planning -4 button, the state changes to selectedd.

- When the user presses the 4 key on their keyboard, the Requires strict food planning -4's button's state changes to selectedd.
- When the user clicks on the Encourages self-compassion - 5 button, the state changes to selectedd.
- When the user presses the 5 key on their keyboard, the Encourages self-compassion - 5 button's state changes to selectedd.
- When the user clicks on the Has no wrong answers - 6 button, the state changes to selectedd.
- When the user presses the 6 key on their keyboard, theHas no wrong answers - 6 button's state changes to selectedd.
- When the user presses the Submit button, show layer correct IF the state of:
    - Increased self-awarness-1 button is selectedd
    - Healthier relationship with food-2 is selectedd
    - Apply insights to future meals - 3 button is selectedd
    - Requires strict food planning -4 button is normal
    - Encourages self-compassion - 5 button is selectedd
    - Has no wrong answers - 6 button is selectedd
    - Show layer correct if Correct5 = True
    - Show layer incorrect of Correct5 = False
- When the user presses the s button, show layer correct IF the state of:
    - Increased self-awareness-1 button is selectedd
    - Healthier relationship with food-2 is selectedd
    - Apply insights to future meals - 3 button is selectedd
    - Requires strict food planning -4 button is normal
    - Encourages self-compassion - 5 button is selectedd
    - Has no wrong answers - 6 button is selectedd
    - Show layer correct if Correct5 = True
    - Show layer incorrect of Correct5 = False
    - Layers:
        - Correct Layer:
            - Stage left: Replace Aliyah Avatar with an excited pose (place a rectangle, HEX #CCCCFF under Aliyah) to ensure the base layer version of Aliyah is not visible.
                - Display five staggered green check mark on top of the correct buttons (at start of the layer)
                - Ensure audio is synchronized with Checkmarks
            - Stage right: remains the same as the base layer, except:
                - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner..." is narrated.
            - Audio elements:
                - Play five rounds of audio recording check-83184.mp3 (at start of the slide)
                - Then, plays audio Script Q5 Correct.mp3

        - Script Q5 Correct: You did it! A Mindful Eating Reflection helps build self-awareness, encourages self-compassion, and supports a healthier relationship with food. It also allows you to apply insights to future meals freely, **without** pressures to be "right" or "wrong." Click on the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue forward to view and download your Mindful Eating Certificate.
    - Accessibility
        - Closed Captions
        - Alt text
            - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, hands to chest.
            - Environment 3 - Remains from base layer
        - Keyboard functions
    - Triggers:
        - When the user clicks on the next arrow,  it takes them to the 6.6 Certification Slide.
        - When the user clicks the right arrow key on their keyboard,  it takes them to the 6.6 Certification Slide.
        - When the user presses the spacebar:
            - Toggle PauseAudio
            - Pause timeline on this Slide
                - If PauseAudio value = False
            - Resume timeline on this Slide
                - If PauseAudio value = True
        - When the user presses c
            - Toggle Player.Display.Captions

- Incorrect Layer:
    - Stage left: Replace Aliyah Avatar with a thinking pose (place a rectangle, HEX #CCCCFF under Aliyah) to ensure the base layer version of Aliyah is not visible.
        - Display blue circles (grow animation) on top of each correct option as they are narrated in Script Q5 Incorrect. No fill, outline is HEX #0000FF, 8px
    - Stage right: remains the same as the base layer, except:
        - Add in rectangle over the Submit button that is HEX #CCCCFF to prevent someone from resubmitting.

    - Add in right arrow (HEX #0000FF) + circular hotspot when, "...Click the next arrow in the bottom right hand corner…" is narrated.
- Audio elements:
    - Plays audio Script Q5 Incorrect.mp3
        - Script Q5 Incorrect: Almost there! Remember, mindful eating reflections help build self-awareness, encourages self-compassion, and supports a healthier relationship with food. They also allow you to apply insights to future meals freely, without pressures to be "right" or "wrong." Click on the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue forward to view and download your Mindful Eating Certificate.
- Accessibility
    - Closed Captions
    - Alt text
        - Aliyah: A pondering woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture and her hands close to her chin.
    - Keyboard functions
- Triggers:
    - When the user clicks on the next arrow,  it takes them to the 6.6 Certification Slide.
    - When the user clicks the right arrow key on their keyboard,  it takes them to the 6.6 Certification Slide.
    - When the user presses the spacebar:
        - Toggle PauseAudio
        - Pause timeline on this Slide
            - If PauseAudio value = False
        - Resume timeline on this Slide
            - If PauseAudio value = True
    - When the user presses c
        - Toggle Player.Display.Captions

Slide 6.7 Certification Slide
Type of Slide: Results Slide (Custom)
Set the Stage with #CCCCFF background

Stage center:




- Add the following text boxes with the text entries:
    - Text box: Social Eating: Navigating Food in Social Situations
    - Next line: “Awarded to:”
    - Next line: Match the text entry from the Name entry on Slide 1
    - Next line: “on”
    - Next line: %CurrentDate%
        - JavaScript from ChatGPT:
            - var player = GetPlayer();
            - var today = new Date();
            -
            - // Format the date (Example: February 21, 2025)
            - var options = { year: 'numeric', month: 'long', day: 'numeric' };
            - var formattedDate = today.toLocaleDateString('en-US', options);
            -
            - // Set the variable in Storyline
            - player.SetVar("CurrentDate", formattedDate);

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script Q5.mp3
Script Q5: Congratulations on earning your Certificate of Completion! You’ve done an outstanding job, and this achievement is truly commendable. Next, I encourage you to take a screenshot to keep your certificate on file, and share it with your dietitian. Just use your device’s screenshot feature. Then, attach it to an email to share your achievement. To download a simplified, plain version of your certificate, just click on it, and it will be saved to your device. Now, let’s wrap up the course! Scroll down and press “Continue” to review what you’ve learned and explore the next steps. Congratulations again on this accomplishment!

Accessibility

- Closed Captions
- Alt text

    - Certificate: A digital certificate of completion with a light blue border. The text "Certificate of Completion" is written in orange at the top. A gold seal with a blue ribbon is in the bottom left corner, and a black signature is on the bottom right.
- Keyboard functions

Triggers:

- When the user clicks on the certificate, the Javascript begins
    - Javascript to download:
        - ```
          var player = GetPlayer();
          var learnerName = player.GetVar("TextEntry43"); // Gets the learner's name from Storyline
          // Create a new window with the certificate content
          var certificateWindow = window.open('', '_blank');
          certificateWindow.document.write('<html><head><title>Certificate</title></head><body>');
          certificateWindow.document.write('<h1>Certificate of Completion</h1>');
          certificateWindow.document.write(' Congratulations, ' + learnerName + '! ');
          certificateWindow.document.write(' You have successfully completed the course. ');
          certificateWindow.document.write('</body></html>');
          certificateWindow.document.close();
          certificateWindow.print(); // Opens the print dialog (can be saved as PDF)
          ```
- When the user clicks the d key, the Javascript begins
    - Javascript to download: [identical to above].
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Image block
          ```



Alt text: Two pink location markers connected by a dashed blue line, symbolizing navigation, a journey, or a route between two points.

Continue block

Programming notes:

No additional notes.

**Page 7 - Summary**

Title block -

Key Takeaways & Next Steps

Content block -

Congratulations on completing the **Ditch the Numbers: Embrace Mindful Eating Course!** You've explored mindful eating principles, practical strategies, and even distinguished environments to create an elevated mindful eating experience.

Multimedia block -

Audio - Key takeaways next steps.mp3
Script:Congratulations on completing the Ditch the Numbers: Embrace Mindful Eating Course! You've explored mindful eating principles, practical strategies, and even distinguished environments to create an elevated mindful eating experience.

Title block -

What you've learned

Paragraph block -
Note: Font @ 22px

Throughout this course, you:

List block -

- ☐ **Identified and applied multiple mindful eating strategies** to embrace intuitive eating.
- ☐ **Analyzed your physical and emotional state through reflection** by giving self-compassion, resulting in enhanced self-awareness.
- ☐ **Evaluated eating environments** and distinguished what was hindering each person from embracing **a mindful eating experience.**

- ☐ **Demonstrated your understanding of mindful eating** by accurately answering a variety of questions in a summative assessment.

Multimedia block -

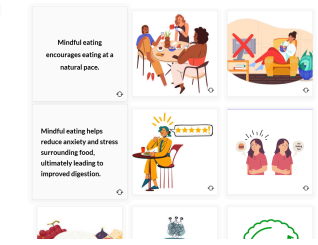
Audio - What you've learned.mp3
Script: Throughout this course, you identified and applied multiple mindful eating strategies to embrace intuitive eating. You analyzed your physical and emotional state through reflection by giving self-compassion, resulting in enhanced self-awareness. You evaluated eating environments and distinguished what was hindering each person from embracing a mindful eating experience. Lastly, you demonstrated your understanding of mindful eating by accurately answering a variety of questions in a summative assessment.

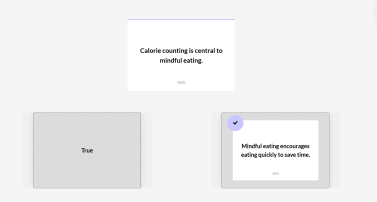
Paragraph block -
Note: Font @ 22px

Activities you've completed:

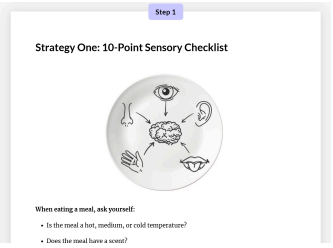
Accordion block -

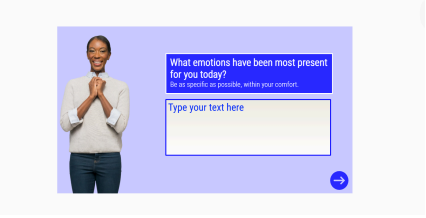
Activities you've completed:

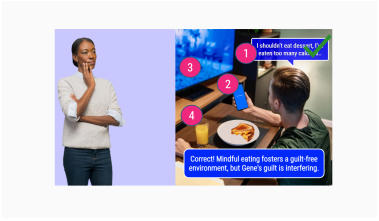
- Card Flip Activity
  - Content: You **identified** the Nine Principles of Mindful Eating.
  - Image: pg*6image1.jpg*
  - 

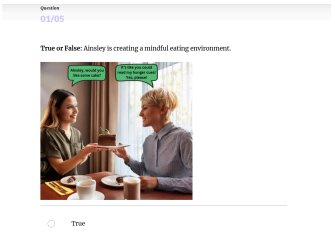
        - *This is a placeholder. Replace with final image as needed.*
- True/False Quiz
    - Content: You **correlated and sorted** the Nine Principles of Mindful Eating.
    - Image:pg6*image2.jpg*
    - 

        - *This is a placeholder. Replace with final image as needed.*
- Matching Activities
    - Content: You **matched** mindful eating principles and activities with mindful vs. non-mindful behaviors and environments.
    - Image: pg6*image3.jpg*
    - 

        - *This is a placeholder. Replace with final image as needed.*
- 10-Point Sensory Checklist
    - Content: You **identified and applied** the 10-Point Sensory Checklist and its relevance to mindful eating.
    - Image: pg6*image4.jpg*
    - 

    - *This is a placeholder. Replace with final image as needed.*
- Reflection Exercise
    - Content: You **practiced self-compassion and reflected** on your physical and emotional state, **increasing your self-awareness** and the ability to take notes forward from meal to meal, without seeking perfection.
    - Image: pg6*image5.jpg*
    - 

        - *This is a placeholder. Replace with final image as needed.*
- Mindful Eating Environment Evaluation
    - Content: You **assessed** an eating environment and **distinguished** the items and behaviors that was hindering the mindful eating setting.
    - Image: pg6*image6.jpg*
    - 

        - *This is a placeholder. Replace with final image as needed.*
- Course Recap
    - Content: You **verified** your mindful eating knowledge, **demonstrating** your ability to apply principles, strategies, and real-life scenarios to evaluation.
    - Image: pg6*image7.jpg*
    - 

        - *This is a placeholder. Replace with final image as needed.*

<u>Multimedia block -</u>

Audio - Activities you've completed.mp3
Script: Throughout this course, you've completed many activities, including a card flip activity to **identify** the Nine Principles of Mindful Eating, a true false quiz to correlate and sort those Principles of Mindful Eating, and multiple assessment activities to **select** the ways that environments **promoted or prevented** mindful eating environments. You **identified and applied** the 10-Point Sensory Checklist and its relevance to mindful eating. You **practiced self-compassion and reflected** on your physical and emotional state, **increasing your self-awareness** and the ability to take notes forward from meal to meal, without seeking perfection. You **assessed** an eating environment and **distinguished** the items and behaviors that were hindering the mindful eating setting. You **verified** your mindful eating knowledge, **demonstrating** your ability to apply principles, strategies, and real-life scenarios to evaluation.

<u>Title block -</u>

Moving Forward

<u>Content block -</u>

Daily nutrition is a journey, not a destination. In the forum board below, share **what you learned and one key idea you'll take with you.** Write your thoughts and check out your peers' reflections—**you might find something useful!**

Multimedia Block -

Audio - Next Steps.mp3
Script: Mindful eating is a journey, not a destination. In the forum board below, share what you learned and one key idea you'll take with you. Write your thoughts and check out your peers' reflections—you might find something useful! Below the forum board, you'll find a purple button labelled "my dashboard"" which will take you directly back to the Empowered Nutrition LMS, where you can view the remainder of your assigned courses, your earned certificates, your badges earned, as well as your profile and other details. Congratulations, again!

Image block -



Alt text: The logo reads: **"EMPOWRD NUTRITION"** in red capitals, featuring a red heart with a pink center and sprouting blue leaves above it, symbolizing health and growth.

Multimedia block -

- Link to Mindful Eating Padlet:
  - https://padlet.com/lauralawsonmt/MindfulEating_EmpowRDPathways

Button block -

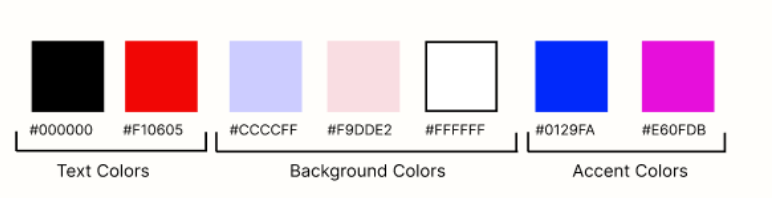
- **Content:**
  - **EmpowRD Nutrition LMS Dashboard**
    - Click the purple button to return to **your EmpowRD Nutrition Dashboard**, where you can access your courses, track progress, and review completed courses.
- Link: https://empowrdnutrition.talentlms.com/plus/dashboard
- Link text: MY DASHBOARD

Programming notes:

No additional notes.

EMPOWRD NUTRITION

# Course 2: Social Eating: Navigating Food in Social Settings

| | |
|---|---|
| Block Styles:<br><br>• Title blocks:<br>  ○ Style: Custom – select the HEX color: ccccff<br>• Content blocks:<br>  ○ Style: Light<br>• All other blocks:<br>  ○ Style: Light<br>• Will state any specific styles otherwise outside of this guide. | Colors:<br><br><br><br><br>Authoring Notes:<br><br>• **Highlighted text** will be bold and used with HEX #fbc600.<br>• Hide the Author's name. |
| Font-family:<br><br>• Titles: Lato<br>• Content: Merriweathe | Font-sizes:<br><br>Titles: 36px<br><br>Content: 17px |
| Paragraph below Course title | Listen to this page here.<br><br>Welcome to **Social Eating: Navigating Food in Social Settings.** This course is designed to equip you with evidence-based strategies to navigate social eating situations with confidence and ease. You will explore **practical techniques** to enhance your dining experiences, ensuring they are enjoyable and aligned with your well-being. Through interactive simulations and hands-on practice, you'll develop personalized reframing techniques that can be **applied to real-life social eating scenarios.** By the end of this course, you will feel **empowered to engage in social meals** while maintaining a ***positive*** relationship with food. Let's get started!<br><br>To support equity and accessibility, learners can access a **Key-Accessible Guide** here, which includes a glossary of keyboard navigation shortcuts for this course. Below are some commonly used functions for quick reference: |

Programming Note - Images cannot be entered into Articulate Rise360 on this page. Add a table using the + sign and input the content found below.

| Keys | Function | Example |
|---|---|---|
| Tab / Shift + Tab | To move from one object to the next. | Move from one lesson title to the next in the sidebar. Use Shift+Tab to return to the previous title in the sidebar. |
| Arrow Keys | To scroll through text, interact with media, and navigate between items throughout. | Use the arrow keys to cycle through answer choices during assessments. Use the Left and Right arrow keys to move between steps in a process. |
| Enter / Spacebar | To activate the selected object, similar to clicking with the mouse. | Click the spacebar to select a choice in a quiz question and to play or pause audio and video content. |

**MEDICAL DISCLAIMER**: EmpowRD Pathways is for informational purposes only and does not provide medical advice. It is not a substitute for professional medical guidance, diagnosis, or treatment. Always consult a qualified healthcare provider for any medical concerns or decisions regarding your health. Do not disregard professional medical advice based on information from EmpowRD Pathways. If you experience a medical emergency, call your doctor or dial 911 immediately.

**To begin the course, press the Social Eating 101 lesson below or the Start Course button above.**

**Course Settings:**

Theme: Rise

Course Image: *Course Image.jpg*




Alt text: A joyous celebration of a mid-age lady's birthday with her diverse and loving family. She sits at the center of a table adorned with a chocolate cake topped with lit candles, as her family

surrounds her with smiles and laughter. The EmpowRD Nutrition logo is centered in the lower section of the photo.

Layout: Split left image

Navigation:

- Type: Sidebar, Dark
- Navigation - On
- Restrict Navigation - Off
- Search - On
- Marking Lessons Complete - Off
- Video Playback Speed - On

Lesson Headers: Theme Tint

- Header Height: Large
- Lesson Count Labels: On
- Author Avatar: Off

Colors:

- Custom: ccccff
- Contrast: auto

Fonts: Lato (Merriweather is the body font for this font pairing)

Blocks:

- Block Entrance Animations: On

Programming notes:

24. Ensure the link is functional and goes to the accurate location.
25. Confirm that the tab function works for accessibility reasons.
26. When learners press “Start Course” it should automatically bring them to “Social Eating 101”.
27. If learners scroll down to view all lessons, Rise360 should automatically program it to where if they click a lesson, it takes them directly to that lesson (e.g., Social Eating Activities.

**Page 1 - Social Eating 101**

Title block -

What do we mean by *Social* Eating?

Paragraph block -

**Instructions:** Click on the + signs to reveal the different aspects of social eating.

Multimedia block -

Audio - instructions.mp3
Script: Instructions: Click on the + signs to reveal the different aspects of social eating.

Interactive (Labeled Graphic) block -

Image: *Social eating environment examples.jpg*



Marker Style: 1, 2, 3, 4
Media: None
Audio: Marker 1 gets Script 1.mp3 - Marker 2 gets Script 2.mp3, Marker 3 gets Script 3.mp3, Marker 4 gets Script 4.mp3. See scripts below.

- Marker 1: A family dinner to celebrate a holiday
    - This may include birthdays, holidays, weekly get togethers, or other family traditions.
    - Script 1: Shimmer - Family dinners with loved ones to celebrate an upcoming or current holiday. This may include birthdays, holidays, weekly get togethers, or other family traditions.
- Marker 2: A restaurant meal with friends
    - This includes coffee shop stops, birthday celebrations, and any other restaurant-hosted events.
    - Script 2: Shimmer - A restaurant dinner with friends to enjoy a meal altogether. This includes coffee shop stops, birthday celebrations, and any other restaurant-hosted events.
- Marker 3: A community dinner to celebrate an upcoming holiday
    - This includes non-profit events, any religious community meals, school-affiliated meal activities, sport-related meal activities, and any community food-related activities.
    - Script 3: Shimmer - A community meal to celebrate an upcoming holiday, cause, or event. This includes non-profit events, any religious community meals, school-affiliated meal activities, sport-related meal activities, and any community food-related activities.
- Marker 4: A meal surrounded by strangers in any setting
    - This situation arises when dining with unfamiliar people, such as during a work lunch, a school outing, or while traveling. It can also happen when meeting someone new or experiencing life transitions, like moving to a new place or starting a new job.

- Script 4: Shimmer - A meal surrounded by strangers in any setting, whether it be a restaurant during a work lunch, in a family home, a community center, or any other communal eating setting with strangers. It can also happen when meeting someone new or experiencing life transitions, like moving to a new place or starting a new job.

Title block -

The Impact of Social Eating Challenges: Hear their Stories

Content block -

Explore different social eating experiences through the perspectives of **Gina, Rylan, Dodie,** and **Quinn**. In the section below, click on each person to hear their story and gain insight into their unique challenges and approaches to navigating food in social settings. You may find that you relate to one or all of them!

Multimedia block -

Audio - Hear their stories.mp3
Script:This section explores different social eating experiences through the perspectives of **Gina, Rylan, Dodie,** and **Quinn**. In the section below, click on each person to hear their story and gain insight into their unique challenges and approaches to navigating food in social settings. You may find that you relate to one or all of them!

Note Block -
Theme Tint
Font: 18px - HEX 553684

**During the activity below, press the Spacebar to pause the video. Additionally, press the c key on your keyboard to view closed captions. Scroll down to begin.**

Multimedia Block -

Audio - note text.mp3
Script: During the activity below, press the Spacebar to pause the video. Additionally, press the c key on your keyboard to view closed captions. Scroll down to begin.

Storyline Block -

*In Articulate Storyline*:

Slide: 4.1 Selection Slide
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage top: “Select a Character:”

–Roboto Condensed, 80px, Bold
–Location = x: 128 px / y:56 px
Stage center: Add the following built-in Storyline characters in this order: Ginnie-casual, Thomas-casual and Tonya-casul, Quin - Casual
–All characters should be cropped to the chest and up
–Reshaped to be a circle
–Add a border of Hex #0000FF with weight of 8px
–All characters must have a nametag below their name
**This is a white box with 4px outline (Hex #0000FF)
**With their names in Roboto Black 32px, Hex F12B7E in all caps, e.g., "**GINA-1**"
–Add a hotspot over the Character and their Nametag (size should be around 340 x 400)
Stage right: Three Rectangle (#0129FA with White outline at 4px) with the following Text (Font:
Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 1.mp3
Script 1: Alloy - Hey!! I'm Taya..! It's great to meet you! Today, we're going to hear insights into individual's stories behind navigating diverse social eating experiences -- specifically from Gina, Rylan, Dodie, and Quinn. Each of their stories offers insight into their personal and unique challenges when they navigated eating in social settings. After listening to a story, you can return to this screen by clicking the back button onscreen or pressing the right arrow on your keyboard to hear another person's perspective! Click on any of the characters, or their corresponding number to begin. Take your time and reflect on how these experiences connect to your own. Let's take a listen!

Accessibility

- Closed Captions
- Alt text
    - Ginnie: A smiling woman with short dark hair, wearing a light blue shirt with white trim, sits with her arms crossed. Her image is framed within a blue circle. Below the circle, a pink and white label reads "GINA-1." The background is a light purple color.
    - Thomas: A smiling man with a white, gray, and black colored beard, wearing a light gray sweater over a collared shirt, is framed within a blue circle. Below the image, a pink label with bold text reads "RYLAN-2." The background is a solid light purple.
    - Tonya: A smiling woman wearing a blue V-neck scrub top is framed within a blue circle. Below the image, a pink label with bold text reads "DODIE-3." The background is a solid light purple.
    - Quinn: A smiling man with a black button-up shirt, is framed within a blue circle. Below the image, a pink label with bold text reads "QUINN-4." The background is a solid light purple.
- Full keyboard functionality
- High color contrast

Variables: PauseAudio - True/False - Set as False

Triggers:

- When the user clicks the Gina hotspot, it takes them to the 4.2 Gina Slide.
- When the user clicks the 1 key on their keyboard, it takes them to the 4.2 Gina Slide.
- When the user clicks the Rylan hotspot, it takes them to the 4.3 Rylan Slide.
- When the user clicks the 2 key on their keyboard, it takes them to the 4.3 Rylan Slide.
- When the user clicks the Dodie hotspot, it takes them to the 4.4 Dodie Slide.
- When the user clicks the 3 key on their keyboard, it takes them to the 4.4 Dodie Slide.
- When the user clicks the Quin Hotspot, it takes them to the 4.5 Quinn Slide.
- When the user clicks the 4 key on their keyboard, it takes them to the 4.5 Quinn Slide.
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: 4.2 Gina
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage Center: Maintain all character positions, but place a rectangle over Rylan, Dodie, and Quinn (#CCCCFF, 7% transparency). Gina's Audio script (Script 2), fade out the rectangle to reveal Rylan, Dode, and Quinn and their hotspots.
–Maintain all character details from slide 4.1 Selection Slide
Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 2.mp3
Script 2: Nova -Hey! I'm Gina!!! Before learning strategies for navigating social eating situations, I had a lot of uncomfortable experiences. But the one setting I struggled with the most was eating at restaurants. Every time I dined out, I felt like people were watching me—judging my order, how much I was eating, and even how I was enjoying my food. This constant worry created a cycle of anxiety, making me feel conflicted and self-conscious. The more I overthought it, the more distracted I became, and the people I was with would start asking, "Are you okay?"—which only made me feel worse. You know how, the more people ask if you're okay, the less okay you feel? That's exactly what happened every time I ate at a restaurant. Eventually, I started avoiding restaurants altogether. I would only go when I absolutely had to—for example, celebratory lunches, holiday meals, or birthdays. But when my best friend opened a restaurant and I promised I'd be there for the grand opening, I just couldn't do it. No matter how much I wanted to show up for her, my anxiety wouldn't let me. She was hurt, and it put a strain on our friendship. That's when I realized how much I needed help.

Accessibility

- Closed Captions
- Alt text
- Full keyboard functionality
- High color contrast

Variables: PauseAudio - True/False - Set as False

Triggers:

- When the user clicks the back arrow, it takes them to the 4.1 Selection Slide Slide.
- When the user clicks the right arrow key on their keyboard, it takes them to the 4.1 Selection Slide Slide.
- When the user clicks the Rylan hotspot, it takes them to the 4.3 Rylan Slide.
- When the user clicks the 2 key on their keyboard, it takes them to the 4.3 Rylan Slide.
- When the user clicks the Dodie hotspot, it takes them to the 4.4 Dodie Slide.
- When the user clicks the 3 key on their keyboard, it takes them to the 4.4 Dodie Slide.
- When the user clicks the Quinn hotspot, it takes them to the 4.5 Quinn Slide.
- When the user clicks the 4 key on their keyboard, it takes them to the 4.5 Quinn Slide.
- When the user clicks the next arrow, it shows the error layer.
    - If they have not visited all Gina, Rylan, Dodie, and Quinn.
- When the user clicks the right arrow key on their keyboard.
    - If they have not visited Gina, Rylan, Dodie, and Quinn.
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

- Error layer:
    - Add a blue (HEX #0000FF) that states: You must select all characters before moving on to the next step. Select another character.
        - Typography: Roboto condensed light, 36px, bold
    - Play Script 1a Error.mp3
        - Script 1a (Alloy) - You must select all characters before moving on to the next step. Please select another character.

Slide: 4.3 Rylan
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage Center: Maintain all character positions, but place a rectangle over Gina, Dodie, and Quinn

(#CCCCFF, 7% transparency). Rylan's Audio script (Script 3), fade out the rectangle to reveal Gina, Dode, and Quinn and their hotspots.
–Maintain all character details from slide 4.1 Selection Slide
Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 3.mp3
Script 3: Onyx - Hi! I'm Rylan—nice to meet you. Before seeking support from Empowered Nutrition, I struggled with eating around social settings that gathered around my large family, like holiday gatherings, where they insisted on overfilling a plate of food, finishing it, and going back for seconds and thirds. If you did not do this, they would bring judgement. For example, at Thanksgiving, family members would comment on how much empty space was left on my plate, implying that I wasn't eating enough. These comments made me feel pressured to eat more than I wanted, just to fit in. Over time, this led to physical discomfort, headaches, and stress around the holidays. I felt like I didn't belong unless I ate the same way as everyone else. Trying to conform, I forced myself to eat beyond my comfort level, which not only left me feeling physically unwell, but also led to deeper insecurities about my body. In some cases, I even became physically ill afterward. It was a cycle that left me dreading what should have been a time of celebration.

Accessibility

- Closed Captions
- Alt text
- Keyboard functions
- High color contrast

Variables: PauseAudio - True/False - Set as False

Triggers:

- When the user clicks the back arrow, it takes them to the "4.1 Selection Slide" Slide.
- When the user clicks the right arrow key on their keyboard, it takes them to the "4.1 Selection Slide" Slide.
- When the user clicks the Gina hotspot, it takes them to the 4.2 Gina Slide.
- When the user clicks the 1 key on their keyboard, it takes them to the 4.2 Gina Slide.
- When the user clicks the Dodie hotspot, it takes them to the 4.4 Dodie Slide.
- When the user clicks the 3 key on their keyboard, it takes them to the 4.4 Dodie Slide.
- When the user clicks the Quinn hotspot, it takes them to the 4.5 Quinn Slide.
- When the user clicks the 4 key on their keyboard, it takes them to the 4.5 Quinn Slide.
- When the user clicks the next arrow, it shows the error layer.
    - If they have not visited all Gina, Rylan, Dodie, and Quinn.
- When the user clicks the right arrow key on their keyboard.
    - If they have not visited Gina, Rylan, Dodie, and Quinn.
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False

        - Resume timeline on this Slide
            - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

- Error layer:
    - Add a blue (HEX #0000FF) that states: You must select all characters before moving on to the next step. Select another character.
        - Typography: Roboto condensed light, 36px, bold
    - Play Script 1a Error.mp3
        - Script 1a (Alloy) - You must select all characters before moving on to the next step. Please select another character.

Slide: 4.4 Dodie
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage Center: Maintain all character positions, but place a rectangle over Gina, Rylan, and Quinn (#CCCCFF, 7% transparency). Dodie's Audio script (Script 4), fade out the rectangle to reveal Gina, Rylan's, and Quinn and their hotspots.
–Maintain all character details from slide 4.1 Selection Slide
Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 4.mp3
Script 4: Fable - Hello there! I'm Dodie—I hope you're having a great day. Before discovering Empowered Nutrition, I struggled with social eating, especially in one-on-one settings. For example, when I went to lunch with a friend, I felt much more exposed than in larger groups. I constantly worried that they were silently judging my food choices—what I ate, how much I ate, or even what I drank. This anxiety made me defensive in conversations, sometimes leading me to react in ways I didn't intend. My close friends would check in and ask, "Are you okay? What's going on?" But others simply stopped inviting me to eat with them. Over time, this led to feelings of isolation. When I moved from the UK to the United States, the transition became even harder—I struggled to make and maintain friendships, and social meals felt more stressful than enjoyable.

Accessibility

- Closed Captions
- Alt text
- Keyboard functions
- High color contrast

Variables: PauseAudio - True/False - Set as False

Triggers:
- When the user clicks the back arrow, it takes them to the 4.1 Selection Slide Slide.

- When the user clicks the right arrow key on their keyboard, it takes them to the 4.1 Selection Slide Slide.
- When the user clicks the Gina hotspot, it takes them to the 4.2 Gina Slide.
- When the user clicks the 1 key on their keyboard,  it takes them to the 4.2 Gina Slide.
- When the user clicks the Rylan hotspot, it takes them to the 4.3 Rylan Slide.
- When the user clicks the 2 key on their keyboard, it takes them to the 4.3 Rylan Slide.
- When the user clicks the Quinn hotspot, it takes them to the 4.5  Quinn Slide.
- When the user clicks the 4 key on their keyboard, it takes them to the 4.5  Quinn Slide.
- When the user clicks the next arrow, it takes them to the error layer.
    - If they have not visited Gina, Rylan, Dodie, and Quinn.
- When the user clicks the right arrow key, it takes them to the error layer.
    - If they have not visited Gina, Rylan, Dodie, and Quinn.
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

- Error layer:
    - Add a blue (HEX #0000FF) that states: You must select all characters before moving on to the next step. Select another character.
        - Typography: Roboto condensed light, 36px, bold
    - Play Script 1a Error.mp3
        - Script 1a (Alloy) - You must select all characters before moving on to the next step. Please select another character.

Slide: 4.5 Quinn
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage Center: Maintain all character positions, but place a rectangle over Gina, Rylan,, and Dodie(#CCCCFF, 7% transparency). Quinn's Audio script (Script 5), fade out the rectangle to reveal Gina, Rylan, and Dodie and their hotspots.
–Maintain all character details from slide 4.1 Selection Slide
Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 5.mp3
Script 5: Echo-Hey! I'm Quinn! Before I learned strategies for navigating social eating, I struggled a lot with casual hangouts—especially when it came to ordering dessert at dinner with friends. It always felt like a spotlight was on me when the server asked, "Any room for dessert?" My friends would glance at each other, debating whether to indulge, while I overanalyzed every possible reaction to my decision. If I said yes, would they think I was overeating? If I said no, would they think I was being restrictive? And what if I really wanted the dessert but no one else did? Would I

seem weird for ordering alone? These thoughts would spiral until I either awkwardly passed or half-heartedly agreed—neither of which left me feeling good. One night, after a long week, my friends and I went out to celebrate a big work win. When the dessert menu came around, everyone hesitated, so I automatically said, "I'm good!"—even though I had been eyeing the chocolate lava cake since we sat down. But then my best friend spoke up: "I kind of want something sweet. Quinn, wanna split one?" I panicked. I wanted to say yes, but I had already said no. Would changing my mind seem weird? After a beat, I forced a laugh and said, "Nah, I'm full." I immediately regretted it. The moment passed, and dessert was skipped altogether. I spent the rest of the night feeling frustrated with myself for letting my thoughts take over instead of just enjoying the moment. That's when I knew something had to change. Social meals weren't meant to feel like tests—I wanted to feel present, comfortable, and confident in my choices, no matter what they were. So, I started working on strategies to reframe my thinking, and over time, I learned how to reframe my thoughts to let go of that pressure and actually enjoy these moments with my friends.

Accessibility

- Closed Captions
- Alt text
- Full keyboard functionality
- High color contrast

Variables: PauseAudio - True/False - Set as False

Triggers:

- When the user clicks the back arrow, it takes them to the 4.1 Selection Slide.
- When the user clicks the right arrow key on their keyboard, it takes them to the 4.1 Selection Slide.
- When the user clicks the Rylan hotspot, it takes them to the 4.3 Rylan Slide.
- When the user clicks the 2 key on their keyboard, it takes them to the 4.3 Rylan Slide.
- When the user clicks the Dodie hotspot, it takes them to the 4.4 Dodie Slide.
- When the user clicks the 3 key on their keyboard, it takes them to the 4.4 Dodie Slide.
- When the user clicks the next arrow, it takes them to the error layer.
    - If they have not visited Gina, Rylan, Dodie, and Quinn.
- When the user clicks the right arrow key, it takes them to the error layer.
    - If they have not visited Gina, Rylan, Dodie, and Quinn.
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c

    - Toggle Player.Display.Captions

- Error layer:
    - Add a blue (HEX #0000FF) that states: You must select all characters before moving on to the next step. Select another character.
        - Typography: Roboto condensed light, 36px, bold
    - Play Script 1a Error.mp3
        - Script 1a (Alloy) - You must select all characters before moving on to the next step. Please select another character.

Slide: 4.6 Conclusion
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage Center: Taya
Stage middle/bottom: Display all characters
Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 5.mp3
Script 6: Alloy - Wow—what a journey. Each of these stories highlights just how personal and complex social eating can be. If any of these experiences resonated with you, know that you're not alone. Navigating social meals can be challenging, but with the right tools and mindset, you can create a more comfortable and enjoyable experience for yourself.No matter where you are in your journey, you have the power to grow, adapt, and find confidence in your choices. It's okay to set boundaries, honor your needs, and redefine what social eating looks like for you.Take a moment to reflect on what you've learned, and when you're ready, press the Continue button to move forward. You've got this!

Variables: SlidesVisited - Number - Set to 0

Accessibility

- Closed Captions
- Alt text - Should continue from Slide 7.1
- Keyboard functions - see triggers
- High color contrast

Variables: PauseAudio - True/False - Set as False

Triggers:
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c

- Toggle Player.Display.Caption

Image block -




Alt text: The logo reads: **"EMPOWRD NUTRITION"** in red capitals, featuring a red heart with a pink center and sprouting blue leaves above it, symbolizing health and growth.

Continue block

Programming notes:

No additional notes.

**Page 2 - Reframing Techniques**

Objective: Learners will identify and correlate emotional responses to reframing techniques that assist in managing discomfort in social eating situations.

Title Block -

Reframing Techniques: Defined

Statement B Block -

**Reframing techniques** change how we think about a situation to see it in a more positive or balanced way. Research shows that reframing can lower stress, improve emotions, and help people solve problems (Gross, 2015).

**Reframing can make social meals feel less stressful by focusing on the people and the experience instead of worrying about food or judgment** (Cardi et al., 2016).

**References** (Not to be shown in the Statement B Block)
Cardi, V., Esposito, M., Clarke, A., Turton, R., & Treasure, J. (2016). The impact of social stress on eating behaviors in patients with eating disorders and the general population. *Appetite, 107*, 43–49. https://doi.org/10.1016/j.appet.2016.07.037

Gross, J. J. (2015). Emotion regulation: Current status and future prospects. *Psychological Inquiry, 26*(1), 1–26. https://doi.org/10.1080/1047840X.2014.940781

Multimedia block -

Audio - Reframing Techniques_Defined Section.mp3

Script: Reframing techniques change how we think about a situation to see it in a more positive or balanced way. Research shows that reframing can lower stress, improve emotions, and help people solve problems (Gross, 2015).

Reframing can make social meals feel less stressful by focusing on the people and the experience instead of worrying about food or judgment (Cardi et al., 2016).

Title Block -

Examples of Everyday Reframing Techniques

Flashcard Block -

Card 1:
**Instead of thinking:** "*I keep making mistakes at work.*"
**Reframe it as:** *"Each mistake is a chance and opportunity to learn and improve."*

Card 2:
**Instead of thinking:** *"I lost the game, so I failed."*
***Reframe it as:*** *"This loss is an opportunity to grow and come back stronger the next game."*

Card 3:
**Instead of thinking:** "*My painting looks terrible.*"
**Reframe it as:** *"Every piece I create helps me grow as an artist and refine my skills."*

Multimedia block -

Audio recording -Examples of Everyday Reframing Techniques.mp3
Script: Examples of everyday reframing techniques are: Example 1: Instead of thinking: I keep making mistakes at work, Reframe it as: "Each mistake is a chance and opportunity to learn and improve.". Example 2: Instead of thinking: I lost the game, so I failed. Reframe it as: "This loss is an opportunity to grow and come back stronger the next game." Example 3: Instead of thinking: "My painting looks terrible." Reframe it as: "Every piece I create helps me grow as an artist and refine my skills." Scroll down or press the down arrow key to continue.

Title Block -

Reframing Techniques for Social Eating

Paragraph block -

**Instructions:** Click on the plus signs in the image below to reveal the individual's emotions during a meal, and how reframing techniques can build a bridge to navigate social eating situations.

Multimedia block -

Audio - Instructions - Reframing Techniques for Social Eating .mp3
Script: Instructions: Click on the plus signs in the image below to reveal the individual's emotions during a meal, and how reframing techniques can build a bridge to navigate social eating situations.

Labeled Graphic block -

Image: *Reframing techniques.jpg*



**Item 1** will be located on the top of the caucasian male's hair.

- Card title: "I feel like people are staring at me."
    - Card content: This experience is common, as our brains are naturally sensitive to how others perceive us. However, Geoffrey practiced a reframing technique, reminding himself, "While my brain insists everyone is watching me, that's not true. I need to focus on myself and make myself a priority." By shifting his perspective, he centered on his well-being, allowing himself to feel comfortable and confident throughout his meal.
    - Marker Style: +

    - Media: None
    - Recorded Audio: Script 1.mp3
        - Script 1: Shimmer - Geoffrey feels uneasy and that others are watching him during dinner. This experience is common, as our brains are naturally sensitive to how others perceive us. However, Geoffrey practiced a reframing technique, reminding himself, "While my brain insists everyone is watching me, that's not true. I need to focus on myself and make myself a priority." By shifting his perspective, he centered on his well-being, allowing himself to feel comfortable and confident throughout his meal.

**Item 2** will be located on the top of the middle female's head, in the center of the two windows.

- Card title: "I feel like people are judging me."
    - Card Content: Feeling judged while eating is common. You may worry that others are silently criticizing your food choices, portions, or habits, making meals stressful or even avoiding them. One way to manage these feelings is to **reframe your thoughts** by reminding yourself that you do not know what others are thinking. It does not matter what others believe, as long as you are doing what you need to do for yourself to honor a peaceful relationship with food. Through this reframing technique, Anita found peace during her meal and thoroughly enjoyed connecting with her loved ones.
    - Marker Style: +
    - Media: None
    - Recorded Audio: Script 2.mp3
        - Script 2: Shimmer - Anita feels like she's being judged during dinner. Feeling judged while eating is common. You may worry that others are silently criticizing your food choices, portions, or habits, making meals stressful or even avoiding them. One way to manage these feelings is to reframe your thoughts by reminding yourself that you do not know what others are thinking. It does not matter what others believe, as long as you are doing what you need to do for yourself to honor a peaceful relationship with food. Through this reframing technique, Anita found peace during her meal and thoroughly enjoyed connecting with her loved ones.

**Item 3** will be located on the top of the right female's head, smiling on the upper right side of the screen, with the maroon shirt.

- Card title: Katrina: "I'm analyzing people's pace of eating."
    - Card Content:  Analyzing others' pace of eating in social settings is a common habit. However, focusing too much on these differences can create anxiety and make meals feel like a performance instead of a time for connection. Instead, try this **reframing technique:** "Everyone has their own relationship with food. It is not my concern what others do with food. I need to focus on myself and my needs."

Katrina found this reframing technique helps her embrace the meal and connect, and we all deserve to connect with those around us.
    - Marker Style: +
    - Media: None
    - Recorded Audio: Script 3.mp3
        - Script 3: Shimmer -Katrina feels like she's analyzing others' pace of eating during dinner. This is a common habit, However, focusing too much on these differences can create anxiety and make meals feel like a performance instead of a time for connection. Instead, try this reframing technique: "Everyone has their own relationship with food. It is not my concern what others do with food. I need to focus on myself and my needs." Katrina found this reframing technique helps her embrace the meal and connect, and we all deserve to connect with those around us.

**Item 4** will be located on the top of the female's head right next to Katrina (elderly).

- Card title: Shiela: "I analyze others' portion sizes"
    - Card Content: This is common but can be distracting and take away from the dining experience. Using **reframing techniques**—such as reminding herself that other peoples' needs are different from her own, as nutrition is individualized, helped Sheila. Sheila reframed this by thinking, "I need to focus on my own nutritional needs and make myself a priority." By embracing these differences, she created a more enjoyable meal experience.
    - Marker Style: +
    - Media: None
    - Recorded Audio: Script 4.mp3
        - Script 4: Shimmer - Sheila often finds herself analyzing others' portion sizes during meals, and again during dinner tonight. This is common but can be distracting and take away from the dining experience. Using reframing techniques—such as reminding herself that other peoples' needs are different from her own, as nutrition is individualized, helped Sheila. Sheila reframed this by thinking, "I need to focus on my own nutritional needs and make myself a priority." By embracing these differences, she created a more enjoyable meal experience.

<u>Knowledge Check block - Multiple Response -</u>

Formative Assessment 1
Require correct answer to continue - **Yes**

Question: What are the benefits of reframing techniques?

A. Reduce stress
B. They are easy to do
C. Enhance emotional well-being

D. Help people solve problems

**The correct answers are highlighted.

Correct feedback:**Way to go!** Research shows that reframing techniques can reduce stress, enhance emotional well-being, and help people solve problems (Gross, 2015).
Incorrect feedback: That's okay! **There are lots of benefits to reframing techniques.** Consider scrolling to the top of the page to review the material, then return to this question. **Click the "Take Again" arrow and give it another try!**

Matching activity block -

Formative Assessment 2

Q: Match the Reframing Technique on the **left** to the emotion on the **right**.

Answers:

My brain is convincing me that everyone is focused on me, but that's not true. I need to focus on myself and make myself a priority. → I'm feeling watched at this meal."

I do not know what others are thinking. It does not matter what others believe, as long as I am doing what I need to do for myself and to honor a peaceful relationship with food. → "I'm feeling judged at this meal."

Everyone has their own relationship with food. It is not my concern what others do with food. I need to focus on myself and my needs. → "I'm analyzing other people's paces of eating during this meal."

Other peoples' needs are different from my own. Nutrition is individualized. I need to focus on meeting my own nutritional needs and make myself a priority. → "I'm analyzing other people's eating portions during this meal."

Correct feedback: Amazing job! Great insight today. **I recommend taking a screenshot of this activity as a direct snapshot view of go-to reframing techniques to utilize during meals.**
Incorrect feedback: **This is a tricky one! Click the "Take Again" arrow and give it another try!**
Feel free to scroll to the top of the page to review the material and utilize for this activity.

**Requires the correct answer to continue.

Image block -



Continue block

Programming notes:

No additional notes.

**Page 3 - Social Eating Activities**

Title block -

Social Eating Activities

Paragraph block -

Now that you understand *how and which* reframing techniques can be used when feelings of judgment and discomfort arise during meals, let's focus on how to apply and integrate strategies for more detailed environments during a simulated activity.

**Instructions**: Ensure your sound is at a comfortable volume. If the activity doesn't play automatically, press play or tab to it, then press Enter to begin.

Multimedia block -

Audio - Instructions - Social Eating Activities.mp3
Script:Now that you understand how and which reframing techniques can be used when feelings of judgment and discomfort arise during meals, let's focus on how to apply and integrate strategies for more detailed environments during a simulated activity.Instructions: Ensure your sound is at a comfortable volume. If the activity doesn't play automatically, press play or tab to it, then press Enter to begin.

Note Block -
Theme Tint
Font: 18px - HEX 553684

**During the activity below, press the Spacebar to pause the video. Additionally, press the c key on your keyboard to view closed captions. Scroll down to begin.**

Multimedia block -

Audio - Note text.mp3
Script: During the activity below, click on or tab into the video and press the Spacebar to pause the video. Additionally, press the c key on your keyboard to toggle the closed captions.

Articulate Storyline box - Simulation Activity
This wireframe is in Twine.

Image block -



Continue block

Programming notes:

No additional notes.

This space is intentional for document formatting consistency.

**Page 4 - Act it Out**

Title block -

Now it's your turn!

Content block -

In this interactive activity, you'll implement your learning by evaluating and applying reframing strategies to enhance social eating situations. You'll practice reframing social eating interactions through guided scenarios, reinforcing your skills learned during this course. You'll also reflect on your progress with a self-report confidence scale to see how your comfort has grown. Let's dive in!

**Instructions**: Ensure your sound is at a comfortable volume. If the activity doesn't play automatically, press play or tab to it, then press Enter to begin.

Multimedia block -

Audio - Now its your turn.mp3
Script: In this interactive activity, you'll implement your learning by evaluating and applying reframing strategies to enhance social eating situations. You'll practice reframing social eating interactions through guided scenarios, reinforcing your skills learned during this course. You'll also reflect on your progress with a self-report confidence scale to see how your comfort has grown. Let's dive in! Instructions: Ensure your sound is at a comfortable volume. If the activity doesn't play automatically, press play or tab to it, then press Enter to begin.

Note Block -
Theme Tint
Font: 18px - HEX 553684

**During the activity below, press the Spacebar to pause the video. Additionally, press the c key on your keyboard to view closed captions. Scroll down to begin.**

Multimedia block -

Audio - Note text.mp3
Script: During the activity below, click on or tab into the video and press the Spacebar to pause the video. Additionally, press the c key on your keyboard to toggle the closed captions.

Articulate Storyline Block -
Objective: Learners will evaluate and apply strategies to enhance their comfort in social eating experiences followed by a self-report increase in confidence.

*In Articulate Storyline -*

Slide: 5.1 Introduction
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Aliyah (Standing with arms crossed, positive, smiling)
Stage right:

- Let's begin button
- Keyboard
    - With rectangle around the b key (Fill: transparent; Border: HEX #___, 8px)

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 1.mp3
Script 1: Shimmer- Hey! I'm June—---it's great to see you again! You've done an amazing job in this course, learning how to reframe uncomfortable social eating situations. So far, you've explored the emotions tied to these experiences, matched them with effective techniques, and even developed your own reframing techniques for real-life use. In this activity, you'll watch a social eating scene on the right side of the screen, where someone is feeling watched, judged, or they're analyzing others' eating paces or portion sizes. After the scene, put yourself in their shoes and create a reframing technique they can use. Once you've written your response, press the submit button to continue. To begin, press the "Let's Begin" button or the "B" key on your keyboard.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her hands crossed.
- Keyboard functions
- High color contrast

Variables: PauseAudio - True/False - Set as False

Triggers:

- When the user clicks the Lets Begin hotspot, it takes them to the "5.2 Question 1" Slide.
- When the user clicks the b key on their keyboard, it takes them to the "5.2 Question 1" Slide.
- When the user presses the spacebar,

    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: 5.2 Selection Slide
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Aliyah (Standing with arms crossed, positive, smiling)
Stage right:
Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 1a.mp3
Script 1a: Shimmer:  Alright! One quick question: What social eating environment were you most focused on today? Were you most focused on a larger setting, like a restaurant? If so, click on that option or click 1 on your keyboard. Or, were you more focused on a holiday setting? If so, click on that option or click 2 on your keyboard. Or, were you more focused on meals with specific people? If so, click on that or press 3 on your keyboard.

Accessibility

- Closed Captions
- Alt text
    - Aliyah:  A woman in a pondering position with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her hands at her chin, in a thinking position.
- Keyboard functions
- High color contrast

Variables: PauseAudio - True/False -  Set as False

Triggers:
- When the user clicks the  Restaurant hotspot, it takes them to the “5.3 Question 1” Slide.
- When the user clicks the  Holiday hotspot, it takes them to the “5.5 Question 1” Slide.
- When the user clicks the  Holiday hotspot, it takes them to the “5.3 Question 1” Slide.
- When the user clicks the b key on their keyboard,  it takes them to the “5.2 Question 1” Slide.
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide

        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: 5.5 Question 1 - Holiday with Family
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Aliyah (Standing with arms crossed, positive, smiling)

- At "What's a reframing technique?"
    - The "Your reframing technique:" box enters the stage

Stage right:
Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 1.mp3 + Script 2 - Tom (Dad).mp3 + Script 3 - Shiela (Daughter).mp3
Script 1 - Shimmer: So, you're celebrating your birthday with your family, and they're treating you to a meal in their home. You just finished your meal, and your dad makes a statement.
Script 2 - Tom (Dad): Onyx- Hunny, you don't seem to be eating much today. Surely you would like to eat some more food, right?
Script 3 - Shimmer: What's a reframing technique you could use in this situation? Remember, there's no wrong answer here, but rather, a change in how we think about a situation to see it in a more positive or balanced way. Take your time, Type your response in the box below, then press the submit button or the enter key on your keyboard.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A woman in a pondering position with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her hands at her chin, in a thinking position.
- Keyboard functions
- High color contrast

Variables: PauseAudio - True/False - Set as False

Triggers:
- When the user clicks the Lets Begin hotspot, it takes them to the "5.2 Question 1" Slide.
- When the user clicks the b key on their keyboard, it takes them to the "5.2 Question 1" Slide.
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False

    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

- Layer: Correct

    - All aspects remain the same as the base layer, except:

        - Add the green check mark on the correct option (Option 1)

        - Play audio recording check-83184.mp3 (at start of the slide)

        - Then, plays audio Script Q1 Correct TV.mp3
            - Script Q1 Correct:  Amazing reframing technique!! Great job. Click on the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue.
- Layer: Enter something
    - All aspects remain the same as the base layer, except:

        - Add blue box ontop of stage right that states, “Please enter a response before continuing."

        - Play audio Script 9a.mp3: For an optimal experience, please select atleast one option before continuing.

- Layer: Incorrect great!
    - All aspects remain the same as the base layer, except:

        - Add the green check mark on the correct option (Option 1)

        - Play audio recording check-83184.mp3 (at start of the slide)

        - Plays audio Script Q1 Incorrect TV.mp3
            - Script Q1 Incorrect great!:  Amazing reframing technique! Let’s keep going. Click on the right arrow in the bottom righthand corner or the right arrow key on your keyboard to continue.

Slide: 5.3 Question 1 - Restaurant
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Aliyah (Standing with arms crossed, positive, smiling)
Stage right:
Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 1 Restaurant.mp3 + Script 2 - Gina.mp3
Script 1 Restaurant - Shimmer: So, you’re at a restaurant with your friends, and your friend, Gina, makes a statement.
Script 2 - Gina:  Why are you eating so much food? Didn’t you just have fries on the way here
Script 3 - Shimmer: You’re feeling very judged in this moment. What is the best reframing

response? Is it that It does not matter what others believe, as long as you are doing what you need to do for yourself to honor a peaceful relationship with food? If so, click on that option or click the 1 key on your keyboard. Or is a good reframing technique, “Everyone has their own relationship with food. It is not my concern what others do with food”? If so, click directly on option 2 or click the 2 key on your keyboard.

Accessibility

- Closed Captions
- Alt text
    - Aliyah:  A woman in a pondering position with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her hands at her chin, in a thinking position.
- Keyboard functions
- High color contrast

Variables: PauseAudio - True/False -  Set as False

Triggers:

- When the user clicks the Lets Begin hotspot, it takes them to the “5.2 Question 1” Slide.
- When the user clicks the b key on their keyboard,  it takes them to the “5.2 Question 1” Slide.
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: 5.3 Question 1 - Restaurant
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Aliyah (Standing with arms crossed, positive, smiling)
Stage right:
Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 1 Restaurant.mp3 + Script 2 - Gina.mp3
Script 1 Restaurant - Shimmer: So, you’re at home eating lunch with your brother, Tim, and he makes a statement.
Script 2 - Tim - onyx: You’re not eating any carbs, dude. Why? What’s the deal?
Script 3 - Shimmer: You’re feeling very judged in this moment. What is the best reframing response? Is it that It does not matter what others believe, as long as you are doing what you need to do for yourself to honor a peaceful relationship with food? If so, click on that option or

click the 1 key on your keyboard. Or is a good reframing technique, “Everyone has their own relationship with food. It is not my concern what others do with food”? If so, click directly on option 2 or click the 2 key on your keyboard.

Accessibility

- Closed Captions
- Alt text
    - Aliyah:  A woman in a pondering position with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her hands at her chin, in a thinking position.
- Keyboard functions
- High color contrast

Variables: PauseAudio - True/False -  Set as False

Triggers:

- When the user clicks the Lets Begin hotspot, it takes them to the “5.2 Question 1” Slide.
- When the user clicks the b key on their keyboard,  it takes them to the “5.2 Question 1” Slide.
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: 5.3 Self-Report Confidence Scale
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Aliyah (Standing with arms crossed, positive, smiling)
Stage right:
Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 4.mp3; Script 2 - Shiela (Daughter).mp3
Script 4: Shimmer- Wow! Amazing job today. It’s inspiring to hear your perspectives and see your progress. On a scale from 1 to 5, how confident do you feel in applying your new skills to navigate social eating situations? Click and drag your rating with your mouse, or press Tab and Shift together, then use the left or right arrow keys on your keyboard to move along the scale. Remember, there are no wrong answers!

Accessibility

- Closed Captions
- Alt text
    - Aliyah:  A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her hands crossed.
- Keyboard functions
- High color contrast

Variables: PauseAudio - True/False -  Set as False

Triggers:

- When the user clicks the Restart hotspot, it takes them to the "5.2 Question 1" Slide.
- When the user clicks the back key on their keyboard,  it takes them to the "Slide: 5.3 Self-Report Confidence Scale.
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: 5.4 Slider is 1
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Aliyah (Standing with arms crossed, positive, smiling)
Stage right: As narrated, show the following with confidence scales below them (rated at 4s or 5s)

- Serena Williams
- Musician (Army field band)
- Vincent van Gough
- Restart button (typical button)
- At "..Of course not." Show their confidence scales at 1s or 2s

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 5.mp3
Script 5: Shimmer- It is entirely alright not to feel confident yet! Do you think professional tennis players, musicians, or artists started out feeling confident? Of course they didn't. Learning something new and applying takes time and risk, and it's completely healthy to start with a level of hesitance and fear. Everyone moves at their own pace, and growth happens step by step. The important thing is that you're here, building awareness and skills. Keep going, and with practice, you'll feel more confident navigating social eating situations. You've got this!

Accessibility

- Closed Captions
- Alt text
    - Aliyah:  A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her hands flailing and opening for a hug.
- Keyboard functions
- High color contrast

Variables: PauseAudio - True/False -  Set as False

Triggers:

- When the user clicks the Restart hotspot, it takes them to the "5.2 Question 1" Slide.
- When the user clicks the back key on their keyboard,  it takes them to the "Slide: 5.3 Self-Report Confidence Scale.
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: 5.5 Slider is 2 or 3
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Aliyah (Standing with arms crossed, positive, smiling)
Stage right: Restart button (typical button)
Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 6.mp3
Script 6: Shimmer- You're making great progress! Feeling somewhat confident means you're starting to build comfort with these skills, and that's a big step forward. Growth happens gradually, and every attempt you make strengthens your ability to navigate social eating situations. Keep practicing, be kind to yourself, and trust that confidence will continue to grow. You're on the right track!

Accessibility

- Closed Captions
- Alt text
    - Aliyah:  A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her hands at her sides.

- Keyboard functions
- High color contrast

Variables: PauseAudio - True/False - Set as False

Triggers:

- When the user clicks the Restart hotspot, it takes them to the "5.2 Question 1" Slide.
- When the user clicks the back key on their keyboard, it takes them to the "Slide: 5.3 Self-Report Confidence Scale.
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: 5.6 Slider is 4 or 5
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Aliyah (Standing with arms crossed, positive, smiling)
Stage right: Restart button (typical button)
**Considering clapping here
Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 7.mp3
Script 7: Shimmer- Hats off to you!!! Its fantastic to hear that your confidence has increased. It shows that you've embraced these skills and are ready to apply them in real-life settings. Keep building on this momentum—every experience will reinforce your confidence even more. Trust yourself, and enjoy the journey!

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her hands at her sides.
- Keyboard functions
- High color contrast

Variables: PauseAudio - True/False - Set as False

Triggers:

- When the user clicks the Restart hotspot, it takes them to the "5.2 Question 1" Slide.

- When the user clicks the back key on their keyboard,  it takes them to the “Slide: 5.3 Self-Report Confidence Scale.
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: 5.__ Question 2 - Holiday with Friends (Watched)
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Aliyah (Standing with arms crossed, positive, smiling)

- At “What’s a reframing technique?”
    - The “Your reframing technique:” box enters the stage

Stage right:



Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 3 Watched.mp3 + Script 3 Watched Travismp3 + Script 3 watched Audio 3.mp3 - Shiela (Daughter).mp3
Script 3 Watched: You’re at a Thanksgiving meal with your friends, and you're really looking forward to the good times and the good food! You just put some food on your plate. But then, your friend, Travis, makes a statement.
Script 3 watched travis: Hey, are you really going to finish all of that?
Script 3 watched Audio 3: You’re feeling very watched in this moment.

Accessibility

- Closed Captions
- Alt text

    - Aliyah:  A woman in a pondering position with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her hands at her chin, in a thinking position.
- Keyboard functions
- High color contrast

Variables: PauseAudio - True/False -  Set as False

Triggers:

- When the user clicks the Lets Begin hotspot, it takes them to the "5.2 Question 1" Slide.
- When the user clicks the b key on their keyboard,  it takes them to the "5.2 Question 1" Slide.
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

- Layer: Correct

    - All aspects remain the same as the base layer, except:

        - Add the green check mark on the correct option (Option 1)

        - Play audio recording check-83184.mp3 (at start of the slide)

        - Then, plays audio Script Q1 Correct TV.mp3
            - Script Q1 Correct:  Amazing reframing technique!! Great job. Click on the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue.
- Layer: Enter something
    - All aspects remain the same as the base layer, except:

        - Add blue box ontop of stage right that states, "Please enter a response before continuing."

        - Play audio Script 9a.mp3: For an optimal experience, please select atleast one option before continuing.

- Layer: Incorrect great!
    - All aspects remain the same as the base layer, except:

        - Add the green check mark on the correct option (Option 1)

- Play audio recording check-83184.mp3 (at start of the slide)

- Plays audio Script Q1 Incorrect TV.mp3
  - Script Q1 Incorrect great!:  Amazing reframing technique! Let's keep going. Click on the right arrow in the bottom righthand corner or the right arrow key on your keyboard to continue.

Slide: 5.__ Question 2 - Restaurant with Friends (Watched)
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Aliyah (Standing with arms crossed, positive, smiling)

- At "What's a reframing technique?"
  - The "Your reframing technique:" box enters the stage

Stage right:



Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 3 Watched.mp3 + Script 3 Watched Travismp3 + Script 3 watched Audio 3.mp3 - Shiela (Daughter).mp3
Script 4 Watched: So, you're at a restaurant with your coworkers, and someone who you frequently work with, Gene, asks:
Script 3 watched travis: Hey, are you really going to finish all of that?
Script 3 watched Audio 3: You're feeling very watched in this moment.

Accessibility

- Closed Captions
- Alt text
  - Aliyah:  A woman in a pondering position with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her hands at her chin, in a thinking position.
- Keyboard functions

- High color contrast

Variables: PauseAudio - True/False - Set as False

Triggers:

- When the user clicks the Lets Begin hotspot, it takes them to the "5.2 Question 1" Slide.
- When the user clicks the b key on their keyboard, it takes them to the "5.2 Question 1" Slide.
- When the user presses the spacebar,
  - Toggle PauseAudio
  - Pause timeline on this Slide
    - If PauseAudio value = False
  - Resume timeline on this Slide
    - If PauseAudio value = True
- When the user presses c
  - Toggle Player.Display.Captions

- Layer: Correct
  - All aspects remain the same as the base layer, except:
    - Add the green check mark on the correct option (Option 1)
    - Play audio recording check-83184.mp3 (at start of the slide)
    - Then, plays audio Script Q1 Correct TV.mp3
      - Script Q1 Correct: Amazing reframing technique!! Great job. Click on the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue.
- Layer: Enter something
  - All aspects remain the same as the base layer, except:
    - Add blue box ontop of stage right that states, "Please enter a response before continuing."
    - Play audio Script 9a.mp3: For an optimal experience, please select atleast one option before continuing.

- Layer: Incorrect great!
  - All aspects remain the same as the base layer, except:
    - Add the green check mark on the correct option (Option 1)
    - Play audio recording check-83184.mp3 (at start of the slide)
    - Plays audio Script Q1 Incorrect TV.mp3
      - Script Q1 Incorrect great!: Amazing reframing technique! Let's keep going. Click on the right arrow in the bottom righthand corner or the right arrow key on your keyboard to continue.

Slide: 5.__ Question 2 - At home with a friend (Watched)
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Aliyah (Standing with arms crossed, positive, smiling)

- At “What’s a reframing technique?”
    - The “Your reframing technique:” box enters the stage

Stage right:



Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 3 Watched.mp3 + Script 3 Watched Travismp3 + Script 3 watched Audio 3.mp3 - Shiela (Daughter).mp3
Script 4 Watched: So, you’re at home with your sister, Sheeshang, and she asks:
Script 3 watched travis: Hey, are you really going to finish all of that?
Script 3 watched Audio 3: You’re feeling very watched in this moment.

Accessibility

- Closed Captions
- Alt text
    - Aliyah:  A woman in a pondering position with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, her hands at her chin, in a thinking position.
- Keyboard functions
- High color contrast

Variables: PauseAudio - True/False -  Set as False

Triggers:

- When the user clicks the Lets Begin hotspot, it takes them to the “5.2 Question 1” Slide.

- When the user clicks the b key on their keyboard,  it takes them to the “5.2 Question 1” Slide.
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

- Layer: Correct

    - All aspects remain the same as the base layer, except:

        - Add the green check mark on the correct option (Option 1)

        - Play audio recording check-83184.mp3 (at start of the slide)

        - Then, plays audio Script Q1 Correct TV.mp3
            - Script Q1 Correct:  Amazing reframing technique!! Great job. Click on the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue.
- Layer: Enter something
    - All aspects remain the same as the base layer, except:

        - Add blue box ontop of stage right that states, “Please enter a response before continuing."

        - Play audio Script 9a.mp3: For an optimal experience, please select atleast one option before continuing.

- Layer: Incorrect great!
    - All aspects remain the same as the base layer, except:

        - Add the green check mark on the correct option (Option 1)

        - Play audio recording check-83184.mp3 (at start of the slide)

        - Plays audio Script Q1 Incorrect TV.mp3
            - Script Q1 Incorrect great!:  Amazing reframing technique! Let’s keep going. Click on the right arrow in the bottom righthand corner or the right arrow key on your keyboard to continue.

Image block -



Alt text: Red stylized hand holding a fork with pink motion lines, symbolizing eating or food-related activity.

Continue block

Programming notes:

No additional notes.

**Page 5 - Assessment**

Title block -

Navigating Social Eating Settings  Recap - Objective: Learners will evaluate and apply strategies to enhance their comfort in social eating experiences followed by a self-report increase in confidence.

Bullet point block -

- Identified and correlated **emotional responses to reframing techniques** to manage discomfort in social eating situations.
- Demonstrated and **composed reframing techniques** through application during role-playing simulation activities.
- Evaluated and **applied reframing techniques to enhance your comfort** in social eating experiences followed by a **self-report** increase in confidence.

Multimedia block -

Audio - .mp3
Script: In this course, you have identified and correlated **emotional responses to reframing techniques** to manage discomfort in social eating situations. You have demonstrated and **composed reframing techniques** through application during role-playing simulation activities. And finally, you have evaluated and **applied reframing techniques to enhance your comfort** in social eating experiences followed by a **self-report** increase in confidence.

Paragraph block -

**Now it's time to recap on what you've learned!**

This recap will **reinforce your understanding of social eating settings, reframing techniques, the benefits of using reframing techniques.** Take your time, trust what you've learned, and remember—reframing techniques are about internal self-awareness and reflection, not perfection.

**Instructions: Ensure your sound is at a comfortable volume. If the activity doesn't play automatically, press play or tab to it, then press Enter to begin. Have fun!**

Articulate Storyline Block -

*In Articulate Storyline -*

Slide: 8.1 Write your Name
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left:

- Aliyah (smiling) in a circle shape with a blue border (HEX #0129FA, 4px)
- Add traditional rectangle (HEX #0129FA with White outline at 4px) with the following Text: "**Enter your first and last name: _____**" (Font: Roboto Condensed Light, 44px, right aligned).
- Add a text box over the "_____" for a data entry.
    - Fill: HEX #0129FA
    - Fully transparent, 100%
    - Text: #FFC903, 44px, bold, Roboto Condensed Light
- Next Arrow
    - With circular hotspot
- Play Audio Script Write your Name,mp3:
    - Script Write your name: Hey!! It's me again --- June. Please type your first and last name in the box below by clicking or tabbing over to where it says, "type your

name here." Then, click on the arrow in the bottom right hand corner or the enter key on your keyboard.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture.
- Keyboard functions - see triggers

Variables: PauseAudio - TextEntry44

Triggers:

- When the user clicks on the enter button - it takes them to the next slide

- When the user clicks on the right arrow - it takes them to the next slide
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: 8.2  Question 1
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left:

- Aliyah (smiling) in a circle shape with a blue border (HEX #0129FA, 4px)
- Add traditional rectangle (HEX #0129FA with White outline at 4px) with the following Text: "**True or False:** Reframing techniques change how we think about a situation to see it in a more positive or balanced way. " (Font: Roboto Condensed Light, 28px, right aligned). Ensure the "True or False:" section of the sentence is in bold.
- Add two buttons for "**True**" and "**False**" Answer options.
    - Fill: HEX#F12B7E
    - Border: White, 4px
    - Font: Roboto condensed, bold, 36px
    - Add a hotspot over both rectangles

Stage right: *Q1jpg*



Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script Q1.mp3
Script Q1:**True or False:** Reframing techniques change how we think about a situation to see it in a more positive or balanced way. Click on the True or False button, or click 1 for true, or 2 for false to submit your answer.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture.
    - Q1: A multigenerational family gathers around a beautifully set Thanksgiving table, sharing smiles and laughter. A golden-brown roasted turkey sits at the center, surrounded by an array of side dishes like greens, mashed potatoes, and cornbread. Children excitedly point at their plates while adults serve food and engage in conversation. Warm sunlight streams through large windows, illuminating the cozy atmosphere. A woman in a burgundy sweater carries a platter of food, while an elderly woman beside her laughs. The scene reflects warmth, togetherness, and the joy of sharing a festive meal with loved ones.
- Keyboard functions

Variables: PauseAudio - No new variables

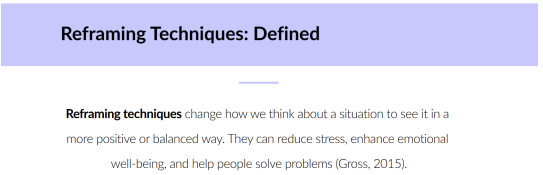
Triggers:

- When the user clicks on the true button  it takes them to the Question 1 - Correct Layer.
- When the user clicks the 1 key on their keyboard,  it takes them to the Question 1 - Correct Layer.
    - Layers:
        - Correct Layer:

- Stage left: Replace Aliyah Avatar with an excited pose (place a rectangle, HEX #CCCCFF under Aliyah) to ensure the base layer version of Aliyah is not visible.
    - Display a green check mark on top of the True button (at start of the layer)
- Stage right: remains the same as the base layer, except:
    - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner…" is narrated.
- Audio elements:
    - Play audio recording check-83184.mp3 (at start of the slide)
    - Then, plays audio Script Q1 Correct TV.mp3
        - Script Q1 Correct: Fantastic job! When defining reframing techniques, research from Gross in 2015 found that reframing techniques change how we think about a situation to see it in a more positive or balanced way. Click on the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue.
- Accessibility
    - Closed Captions
    - Alt text
        - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, hands to chest.
        - Q1 - Remains from base layer
    - Keyboard functions
- Triggers:
    - When the user clicks on the next arrow, it takes them to the 6.2 Question 2 Slide.
    - When the user clicks the right arrow key on their keyboard, it takes them to the 6.2 Question 2 Slide.
    - When the user presses the spacebar:
        - Toggle PauseAudio
        - Pause timeline on this Slide
            - If PauseAudio value = False
        - Resume timeline on this Slide
            - If PauseAudio value = True
    - When the user presses c
        - Toggle Player.Display.Captions

- Incorrect Layer:

- Stage left: Replace Aliyah Avatar with a thinking pose (place a rectangle, HEX #CCCCFF under Aliyah) to ensure the base layer version of Aliyah is not visible.
    - Display a blue X ontop of False button at the start of the layer (HEX # ___
- Stage right: remains the same as the base layer, except:
    - At "...concept of listening to your..." Add in (swivel) screen capture of the hunger cues flashcard with this graphic on it:
        - Graphic:




    - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner..." is narrated.
- Audio elements:
    - Play audio recording writing-with-pencil-290381.mp3 (at start of the slide)
    - Then, plays audio Script Q1 Incorrect TV.mp3
        - Script Q1 Incorrect: This statement is true. James Gross found that reframing techniques help us change how we think about a situation, allowing us to see it in a more positive or balanced way. In other words, we reframe situations by shifting our perspective to make them more constructive for us. For example, if you frequently make small mistakes at work and feel discouraged, you can reframe your thinking. Instead of saying, *"I keep making mistakes,"* you could think, *"Each mistake is a chance to learn and improve."* Reframing is a skill you've likely used throughout your life without even realizing it. When you're ready, click the next arrow in the bottom right corner or press the right arrow on your keyboard to continue.
- Accessibility
    - Closed Captions
    - Alt text
        - Aliyah: A pondering woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture and her hands close to her chin.
        - Environment 3 - Remains from base layer

        - Keyboard functions
    - Triggers:
        - When the user clicks on the next arrow,  it takes them to the 6.2 Question 2 Slide.
        - When the user clicks the right arrow key on their keyboard, it takes them to the 6.2 Question 2 Slide.
        - When the user presses the spacebar:
            - Toggle PauseAudio
            - Pause timeline on this Slide
                - If PauseAudio value = False
            - Resume timeline on this Slide
                - If PauseAudio value = True
        - When the user presses c
            - Toggle Player.Display.Captions

Slide: 8.3  Question 2
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left:  Aliyah (smiling) in a circle shape with a blue border (HEX #0129FA, 4px)

- Add traditional rectangle (HEX #0129FA with White outline at 4px) with the following Text: “Select the environments below considered to be a social eating environment.” (Font: Roboto Condensed Light, 28px, right aligned).
- Add six buttons for the  Answer options.
    - Fill: HEX#F12B7E
    - Border: White, 4px
    - Font: Roboto condensed light, bold, 24px
    - Add Selectedd state to each Button
        - Invert the colors
            - Fill: white
            - Outline: HEX#F12B7, 4px
            - Text: HEX#F12B7E
    - Answer selections:
        - A holiday meal with family - 1
        - Dining alone at home -2
        - A restaurant meal with friends- 3
        - A banquet dinner - 4
            - ***The highlighted answers are the correct responses.

**Correct answers are highlighted.

- Add submit button
    - Shape: Rectangle
    - Fill: HEX #0000FF

    - Outline: White, 4px
    - Text: White, Roboto Condensed Light, bold, 36px

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script Q2.mp3
Script Q2: This is a multiple-select question. Select all of the items below considered to be a social eating environment. Your answer options are: A holiday meal with the family. If that's a social eating environment, select this option or press 1 on your keyboard. Dining alone at home. If that's a social eating environment, select it or press 2 on your keyboard. A restaurant meal with friends. If that's a social eating environment, select it or press 3 on your keyboard. Lastly, a banquet dinner. If that's a social eating environment, select it or press 4 on your keyboard. Once you've made your selections, press the Submit button, or press s on your keyboard to submit your answer.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture.
- Keyboard functions

Variables: PauseAudio - Correct5 - True/False - False

Triggers:

- When the state of all buttons is selected, set Correct5 to true, if What's the calorie count? - 2 button = Normal

- When the user clicks on the A holiday meal with family - 1 button, the state changes to selectedd.
- When the user presses the 1 key on their keyboard, the A holiday meal with family - 1 button's state changes to selectedd.
- When the user clicks on the Dining alone at home -2 button, the state changes to selectedd.
- When the user presses the 2 key on their keyboard, the Dining alone at home -2 button's state changes to selectedd.
- When the user clicks on the A restaurant meal with friends- 3 button, the state changes to selectedd.
- When the user presses the 3 key on their keyboard, the A restaurant meal with friends- 3 button's state changes to selectedd.
- When the user clicks on the A banquet dinner - 4 button, the state changes to selectedd.
- When the user presses the 4 key on their keyboard, the A banquet dinner - 4's button's state changes to selectedd.

- When the user presses the Submit button, show layer correct IF the state of:
    - Does the meal have a scent? - 1  button is selectedd
    - What's the calorie count? - 2 is selectedd
    - What does it look like? - 3 button is selectedd
    - What is the texture like? - 4 button is normal
    - Show layer correct if Correct5 = True
    - Show layer incorrect of Correct5 = False
- When the user presses the s button, show layer correct IF the state of:
    - Does the meal have a scent? - 1  button is selectedd
    - What's the calorie count? - 2 is selectedd
    - What does it look like? - 3 button is selectedd
    - What is the texture like? - 4 button is normal
    - Show layer correct if Correct5 = True
    - Show layer incorrect of Correct5 = False
    - Layers:
        - Correct Layer:
            - Stage left: Replace Aliyah Avatar with an excited pose (place a rectangle, HEX #CCCCFF under Aliyah) to ensure the base layer version of Aliyah is not visible.
                - Display three staggered  green check marks on top of the correct buttons (at start of the layer)
                    - Ensure audio is synchronized with Checkmarks
            - Stage right: remains the same as the base layer, except:
                - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner…" is narrated.
            - Audio elements:
                - Play three rounds of audio recording check-83184.mp3 (at start of the slide)
                - Then, plays audio Script Q2 Correct.mp3
                    - Script Q2 Correct: Fantastic job! Social eating environments can occur everywhere, but occur when others are eating around us. Click on the next arrow in the bottom right hand corner, or the right arrow on your keyboard to continue.
            - Accessibility
                - Closed Captions
                - Alt text
                    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, hands to chest.
                    - Environment 3 - Remains from base layer
                - Keyboard functions
            - Triggers:

- When the user clicks on the next arrow, it takes them to the 8.4 Question 3.
- When the user clicks the right arrow key on their keyboard, it takes them to the 8.4 Question 3 Slide.
- When the user presses the spacebar:
  - Toggle PauseAudio
  - Pause timeline on this Slide
    - If PauseAudio value = False
  - Resume timeline on this Slide
    - If PauseAudio value = True
- When the user presses c
  - Toggle Player.Display.Captions

- Incorrect Layer:
  - Stage left: Replace Aliyah Avatar with a thinking pose (place a rectangle, HEX ##CCCCFF under Aliyah) to ensure the base layer version of Aliyah is not visible.
    - Display a blue X ontop of False button at the start of the layer (HEX # ___
  - Stage right: remains the same as the base layer, except:
    - At "...concept of listening to your..." Add in (slide from stage right) this graphic:
      - Graphic:




      - Slide in at "Here's a quick reference..."
      - Stays onscreen to end of slide
    - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner..." is narrated.
  - Audio elements:
    - Play audio Script Q2 Incorrect.mp3
      - Script Q2 Incorrect: You're on the right track! Think back to the beginning of the course, where we defined Social eating environments. Here's a quick reference for easy review. Notice that in all the

environments, there are multiple people in the environment. Social eating environments require multiple people to be present. Individual eating environments occur when you're eating by yourself, but social eating environments occur when other individuals are surrounding you. When you're ready, click the next arrow in the bottom right corner or press the right arrow on your keyboard to move forward.

- Accessibility
  - Closed Captions
  - Alt text
    - Aliyah: A pondering woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture and her hands close to her chin.
  - Keyboard functions
- Triggers:
  - When the user clicks on the next arrow, it takes them to the 6.3 Question 3 Slide.
  - When the user clicks the right arrow key on their keyboard, it takes them to the 6.3 Question 3 Slide.
  - When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
      - If PauseAudio value = False
    - Resume timeline on this Slide
      - If PauseAudio value = True
  - When the user presses c
    - Toggle Player.Display.Captions

Slide: 8.4 Question 3
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Aliyah (smiling) in a circle shape with a blue border (HEX #0129FA, 4px)

- Add traditional rectangle (HEX #0129FA with White outline at 4px) with the following Text: "Reframe this situation.." (Font: Roboto Condensed Light, 28px, right aligned).
- Add six buttons for the Answer options.
  - Fill: HEX#F12B7E
  - Border: White, 4px
  - Font: Roboto condensed light, bold, 24px
  - Add Selectedd state to each Button

        - Invert the colors
            - Fill: white
            - Outline: HEX#F12B7, 4px
            - Text: HEX#F12B7E
    - Answer selections:
        - Others have various nutritional needs based on many outside factors, so I should focus on my own. - 1
        - I can't know what others think, and it doesn't matter—as long as I honor my own peaceful relationship with food. - 2
            - ***The highlighted answers are the correct responses.

**Correct answers are highlighted.

- Add submit button
    - Shape: Rectangle
    - Fill: HEX #0000FF
    - Outline: White, 4px
    - Text: White, Roboto Condensed Light, bold, 36px

Stage right:



Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script Q3.mp3
Script Q3 Intro: Observe the interaction occurring at this restaurant between Catie and the waitress, and then reframe the situation. Once you've made your reframing technique selection, press the Submit button, or press s on your keyboard to submit your answer.
Script Q3 - Catie: Hi, can I order the cheese fries?
Scrip Q3 - Waitress: Absolutely! Would you like bacon and sour cream?
Script Q3 - Catie2: Yes please. —---- Wait…is the waitress judging me for ordering that? Is she thinking I'm overeating? What if she thinks I'm crazy? I guess I feel judged right now.

Accessibility

- Closed Captions
- Alt text

    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture.
- Keyboard functions

Variables: PauseAudio - Correct2 - True/False - False

Triggers:

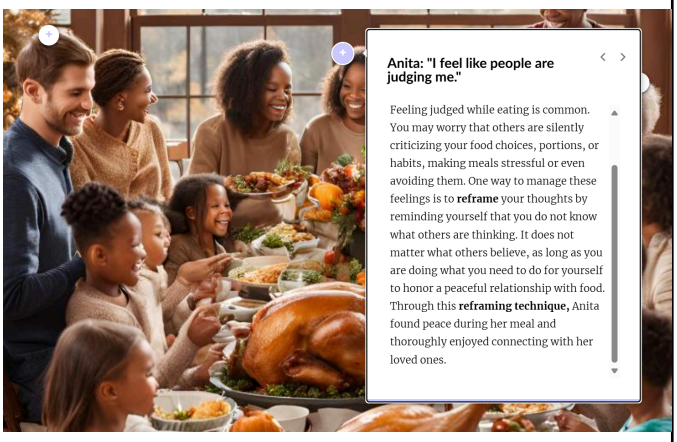
- When the state of Others have various nutritional needs based on many outside factors, so I should focus on my own. - 1 is normal and I can't know what others think, and it doesn't matter—as long as I honor my own peaceful relationship with food. - 2 is set to selectedd , set Correct2 to true

- When the user clicks on the Others have various nutritional needs based on many outside factors, so I should focus on my own. - 1 button, the state changes to selectedd.
- When the user presses the 1 key on their keyboard, the Others have various nutritional needs based on many outside factors, so I should focus on my own. - 1 button's state changes to selectedd.
- When the user clicks on the I can't know what others think, and it doesn't matter—as long as I honor my own peaceful relationship with food. - 2 button, the state changes to selectedd.
- When the user presses the 2 key on their keyboard, the I can't know what others think, and it doesn't matter—as long as I honor my own peaceful relationship with food. - 2 button's state changes to selectedd.
- When the user presses the Submit button, show layer correct IF the state of:
    - Others have various nutritional needs based on many outside factors, so I should focus on my own. - 1 button is normal
    - it doesn't matter—as long as I honor my own peaceful relationship with food. - 2 is selectedd
    - Show layer correct if Correct2 = True
    - Show layer incorrect of Correct2 = False
- When the user presses the s button, show layer correct IF the state of:
    - Others have various nutritional needs based on many outside factors, so I should focus on my own. - 1 button is normal
    - it doesn't matter—as long as I honor my own peaceful relationship with food. - 2 is selectedd
    - Show layer correct if Correct2 = True
    - Show layer incorrect if Correct2 = False
    - Layers:
        - Correct Layer:
            - Stage left: Replace Aliyah Avatar with an excited pose (place a rectangle, HEX #CCCCFF under Aliyah) to ensure the base layer version of Aliyah is not visible.

        - Display 1  green check marks on top of the correct buttons (at start of the layer)
            - Ensure audio is synchronized with Checkmarks
    - Stage right: remains the same as the base layer, except:
        - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner…" is narrated.
    - Audio elements:
        - Play audio recording check-83184.mp3 (at start of the slide)
        - Then, plays audio Script Q3 Correct.mp3
            - Script Q2 Correct: Great reframing technique! Click on the next arrow in the bottom right hand corner, or the right arrow on your keyboard to continue.
    - Accessibility
        - Closed Captions
        - Alt text
            - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, hands to chest.
            - Environment 3 - Remains from base layer
        - Keyboard functions
    - Triggers:
        - When the user clicks on the next arrow,  it takes them to the 8.5 Question 4.
        - When the user clicks the right arrow key on their keyboard, it takes them to the 8.5 Question 4 Slide.
        - When the user presses the spacebar:
            - Toggle PauseAudio
            - Pause timeline on this Slide
                - If PauseAudio value = False
            - Resume timeline on this Slide
                - If PauseAudio value = True
        - When the user presses c
            - Toggle Player.Display.Captions

- Incorrect Layer:
    - Stage left: Replace Aliyah Avatar with a thinking pose (place a rectangle, HEX ##CCCCFF under Aliyah) to ensure the base layer version of Aliyah is not visible.
        - Display a blue X ontop of False button at the start of the layer (HEX # ___
    - Stage right: remains the same as the base layer, except:

- At "...concept of listening to your..." Add in (slide from stage right) this graphic:
  - Graphic:




    - Slide in at "Here's a quick reference..."
    - Stays onscreen to end of slide
  - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner..." is narrated.
- Audio elements:
  - Play audio Script Q3 Incorrect.mp3
    - Script Q3 Incorrect: You're on the right track! Think back to the beginning of the course, where we reviewed Anita's reframing technique when she felt that people were judging her. She used this exact technique, and found that it led her to a more positive experience overall. When you're ready, click the next arrow in the bottom right corner or press the right arrow on your keyboard to move forward.
- Accessibility
  - Closed Captions
  - Alt text
    - Aliyah: A pondering woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture and her hands close to her chin.
  - Keyboard functions
- Triggers:
  - When the user clicks on the next arrow, it takes them to the 6.3 Question 3 Slide.
  - When the user clicks the right arrow key on their keyboard, it takes them to the 6.3 Question 3 Slide.
  - When the user presses the spacebar:

        - Toggle PauseAudio
        - Pause timeline on this Slide
            - If PauseAudio value = False
        - Resume timeline on this Slide
            - If PauseAudio value = True
    - When the user presses c
        - Toggle Player.Display.Captions
        -

Slide: 8.5 Question 4
Type of Slide: Fill-in-the-Blank (Built-in Storyline Question, under Slides tab)
Set the Stage with #CCCCFF background
Stage left:

- Aliyah (smiling) in a circle shape with a blue border (HEX #0129FA, 4px)
- The built-in text box that displays needs to have the following details:
    - Font: Roboto condensed, bold, 32px
    - Color: HEX #0000FF
    - Fill: White
    - Border: HEX #0000FF

Stage Center:

- Add traditional rectangle (HEX #0129FA with White outline at 4px) with the following Text: "**Fill in the Blank:** Reframing can make social meals feel less stressful by focusing on the people and the experience instead of worrying about ___ or judgment (Cardi et al., 2016).." (Font: Roboto Condensed Light, 32px, right aligned). Ensure the "**Fill in the Blank:**" section of the sentence is in bold.
    - Acceptable answers:
        - food
        - plate
        - nutrition
        - Cuisine
        - Dish
        - diet
        - Nourishment
        - Snack
        - Sustenance
        - Ingredients
    - Add a Submit button:
        - Fill: HEX #0129FA
        - Border: White outline at 4px

        - Text: Roboto Condensed Light, Bold, 36px
        - Add a rectangular hotspot over it

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script Q4.mp3
Script Q4: Fill in the Blank: Reframing can make social meals feel less stressful by focusing on the people and the experience instead of worrying about blank or judgement. Click or tab over to the box labeled “Type your text here.” Enter your answer, then press the submit button, or the enter key on your keyboard to submit your answer.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture.
    - Assessment 4.jpg: Illustration of the human digestive system with a green circular arrow, symbolizing digestion and metabolism.
- Keyboard functions - see triggers

Programming: ensure the Submit button hotspot is the Submit button.

Variables: None - these are built-in

Triggers:

- When the user clicks the Submit hotspot, it submits the Fill in the Blank question
- When the user clicks the Enter key on their keyboard, it submits the Fill in the Blank question
- When the TextEntry loses focus, Set TextEntry19 equal to the typed value
- When the user clicks Submit (the hotspot), it submits the Fill in the Blank
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

    - Layers:
        - Correct Layer:
            - Set the Stage with #CCCCFF background–fill the entire slide. Cover the built-in Correct Layer. You will NOT use the built-in correct layer.

- Stage left:
  - Same as Base layer – Aliyah (smiling) in a circle shape with a blue border (HEX #0129FA, 4px)
  - Same as Base layer – The built-in text box that displays needs to have the following details:
    - Font: Roboto condensed, bold, 32px
    - Color: HEX #0000FF
    - Fill: White
    - Border: HEX #0000FF
- Same as Base layer - Stage Center / Upper:
  - Add traditional rectangle (HEX #0129FA with White outline at 4px) with the following Text: "**Fill in the Blank:** Reframing can make social meals feel less stressful by focusing on the people and the experience instead of worrying about [text box with "%textentry19%"] or judgement (Cardi et al., 2016)."
    - Font: Roboto Condensed Light, 32px, right aligned.
- Same as Base layer - Stage Center:
  - Graphic: *Assessment 4.jpg*
    - Spin the outer arrows
      - Counter Clockwise
    - Body stays stagnant

- Stage bottom right: remains the same as the base layer, except:
  - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner…" is narrated.
- Audio elements:
  - Play audio recordingQ4 Correct audience-clapping-03-99963.mp3 at the start of Layer
  - Then, plays audio Script Q4 Correct.mp3
    - Script Q4 Correct: Great job! Research by Cardi et al. (2016) found that reframing can make social meals feel less stressful by focusing on the people and the experience instead of worrying about *food* or judgement. When you're ready, click the next arrow in the bottom right corner or press the right arrow on your keyboard to continue.
- Accessibility
  - Closed Captions
  - Alt text
    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared

shirt and dark jeans. She stands against a lavender background with a relaxed posture and her hands close to her mouth, in a surprised and excited position.

- Keyboard functions - See in Triggers

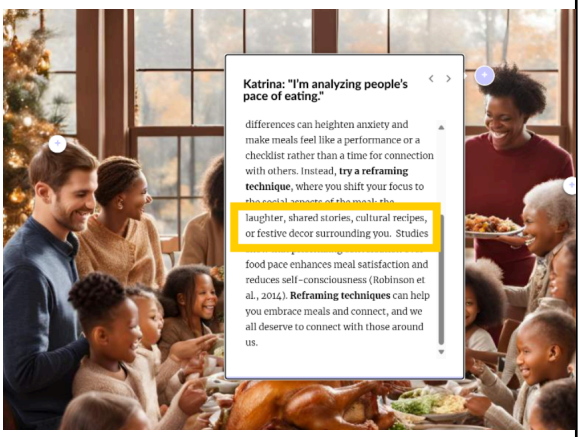
- Triggers:
  - When the user clicks on the next arrow, it takes them to the 6.5 Question 5 Slide.
  - When the user clicks the right arrow key on their keyboard, it takes them to the 6.3 Question 3 Slide.
  - When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
      - If PauseAudio value = False
    - Resume timeline on this Slide
      - If PauseAudio value = True
  - When the user presses c
    - Toggle Player.Display.Captions

- Incorrect Layer:
  - Set the Stage with #CCCCFF background–fill the entire slide. Cover the built-in Correct Layer. You will NOT use the built-in correct layer.
  - Stage left: Replace Aliyah Avatar with a thinking pose
  - Stage right:
    - At "...this flip card..." show Assessment4 incorrect a.
      - Swivel in
      - Graphic: Graphic: *Assessment 4a.jpg*



      -
        - When the learner clicks on *Assessment 4 incorrect a.jpg* will turn into *Assessment 4 incorrect b.jpg*.

- Graphic: *Assessment 4b.jpg*




- 
    - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner…" is narrated.
- Audio elements:
    - Play audio Script Q4 Incorrect.mp3
        - Script 4 Incorrect a: This was a tricky one! Do you recall hearing from Katrina earlier during this course, when she felt like she was analyzing others' pace of eating? This section showed one example of a reframing technique where she emphasized the people around her, instead of the food. Click directly on it to reveal the example,  or press the f key on your keyboard.
        - Script 4 Incorrect b: The card reveals an important insight: Katrina actively redirected her attention to the external aspects of her environment—focusing on the laughter, stories, décor, and cultural dishes around her. This aligns with research by Cardi et al. (2016), which found that reframing can make social meals feel less stressful by shifting focus to the people and the experience, rather than worrying about food or judgment. When you're ready, click the next arrow in the bottom right corner or press the right arrow on your keyboard to continue.

- Accessibility
    - Closed Captions
    - Alt text
        - Aliyah: A pondering woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a

lavender background with a relaxed posture and her hands close to her chin.
    - Keyboard functions
- Triggers:
    - When the user clicks on the next arrow, it takes them to the 8.8 Question 5 Slide.
    - When the user clicks the right arrow key on their keyboard, it takes them to the 8.5 Question 5 Slide.
    - When the user presses the spacebar:
        - Toggle PauseAudio
        - Pause timeline on this Slide
            - If PauseAudio value = False
        - Resume timeline on this Slide
            - If PauseAudio value = True
    - When the user presses c
    - Toggle Player.Display.Captions

Slide: 8.6 Question 5
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage top left:

- Aliyah (smiling) in a circle shape with a blue border (HEX #0129FA, 4px)

Stage center:

- Add traditional rectangle (HEX #0129FA with White outline at 4px) with the following Text: "**Select the benefit(s)** of Reframing Techniques." (Font: Roboto Condensed Light, 28px, right aligned).
- Add six buttons for the Answer options.
    - Fill: HEX#F12B7E
    - Border: White, 4px
    - Font: Roboto condensed light, bold, 24px
    - Add Selectedd state to each Button
        - Invert the colors
            - Fill: white
            - Outline: HEX#F12B7, 4px
            - Text: HEX#F12B7E
- The answer selections:
    - Reduce stress - 1
    - They are easy to do - 2
    - Enhance emotional well-being - 3
    - Help people solve problems - 4

**Correct answers are highlighted.

- Add submit button
    - Shape: Rectangle
    - Fill: HEX #0000FF
    - Outline: White, 4px
    - Text: White, Roboto Condensed Light, bold, 36px

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script Q5.mp3
Script Q5: This is a multiple-select question. Select the benefits of reframing techniques. Your answer options are: Reduced Stress. If yes, select this option or press 1 on your keyboard. They are easy to do. If this is a benefit, select it or press 2 on your keyboard. If they enhance emotional well being, select it or press 3 on your keyboard. And Lastly, if they help people solve problems, select it or press 4 on your keyboard. Once you've made your selections, press the Submit button, or press the enter key on your keyboard to submit your answer.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture.
- Keyboard functions

Variables: PauseAudio - Correct3a - True/False - False

Triggers:

- When the state of all buttons is selected, set Correct5 to true, if Requires strict food planning -4 button = Normal

- When the user clicks on the Reduce stress-1 button, the state changes to selectedd.
- When the user presses the 1 key on their keyboard, the Reduce stress-1 button's state changes to selectedd.
- When the user clicks on the They are easy to do-2 button, the state changes to selectedd.
- When the user presses the 2 key on their keyboard, the They are easy to do-2 button's state changes to selectedd.
- When the user clicks on the Enhance emotional well being-3 button, the state changes to selectedd.
- When the user presses the 3 key on their keyboard, theEnhance emotional well being-3 button's state changes to selectedd.
- When the user clicks on the Help people solve problems-4 button, the state changes to selectedd.
- When the user presses the 4 key on their keyboard, the Help people solve problems-4's button's state changes to selectedd.

- When the user clicks on the Encourages self-compassion - 5 button, the state changes to selectedd.
- When the user presses the 5 key on their keyboard, the Encourages self-compassion - 5 button's state changes to selectedd.
- When the user clicks on the Has no wrong answers - 6 button, the state changes to selectedd.
- When the user presses the 6 key on their keyboard, theHas no wrong answers - 6 button's state changes to selectedd.
- When the user presses the Submit button, show layer correct IF the state of:
    - Reduce stress - 1 is selectedd
    - They are easy to do - 2 or normal
    - Enhance emotional well-being - 3 is selectedd
    - Help people solve problems - 4 is selectedd
    - Show layer correct if Correct3a = True
    - Show layer incorrect of Correct3a = False
- When the user presses the s button, show layer correct IF the state of:
    - Reduce stress - 1 is selectedd
    - They are easy to do - 2 or normal
    - Enhance emotional well-being - 3 is selectedd
    - Help people solve problems - 4 is selectedd
    - Show layer correct if Correct3a = True
    - Show layer incorrect of Correct3a = False
    - Layers:
        - Correct Layer:
            - Stage left: Replace Aliyah Avatar with an excited pose (place a rectangle, HEX #CCCCFF under Aliyah) to ensure the base layer version of Aliyah is not visible.
                - Display five staggered green check mark on top of the correct buttons (at start of the layer)
                - Ensure audio is synchronized with Checkmarks
            - Stage right: remains the same as the base layer, except:
                - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner..." is narrated.
            - Audio elements:
                - Play five rounds of audio recording check-83184.mp3 (at start of the slide)
                - Then, plays audio Script Q5 Correct.mp3
                - Script Q5 Correct: You did it! Great job identifying the benefits of reframing techniques! Click on the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue forward to view, share, and download your Course 2: Navigating Social Eating Settings Certificate.
            - Accessibility
                - Closed Captions

        - Alt text
            - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, hands to chest.
            - Environment 3 - Remains from base layer
        - Keyboard functions
    - Triggers:
        - When the user clicks on the next arrow,  it takes them to the 8.7 Certification Slide.
        - When the user clicks the right arrow key on their keyboard, it takes them to the 8.7 Certification Slide.
        - When the user presses the spacebar:
            - Toggle PauseAudio
            - Pause timeline on this Slide
                - If PauseAudio value = False
            - Resume timeline on this Slide
                - If PauseAudio value = True
        - When the user presses c
            - Toggle Player.Display.Captions

- Incorrect Layer:
    - Stage left: Replace Aliyah Avatar with a thinking pose (place a rectangle, HEX #CCCCFF under Aliyah) to ensure the base layer version of Aliyah is not visible.
        - Display blue circles (grow animation) ontop of each correct option as they are narrated in Script Q5 Incorrect. No fill, outline is HEX #0000FF, 8px
    - Stage right: remains the same as the base layer, except:
        - Add in rectangle over the Submit button that is HEX #CCCCFF to prevent someone from resubmitting.
        - Add in right arrow (HEX #0000FF) + circular hotspot when, “...Click the next arrow in the bottom right hand corner…” is narrated.
    - Audio elements:
        - Plays audio Script Q5 Incorrect.mp3
            - Script Q5 Incorrect: Almost there! Remember, reframing techniques benefit us by reducing stress, enhance our emotional well being, and also help us solve problems. Whether it be during our meals, during a game, or in our everyday workplace. They allow you to apply insights to future meals freely, without pressures to be "right" or "wrong." Click on the next arrow in the bottom right hand corner or

the right arrow on your keyboard to continue forward to view and download your Course 2: Navigating Social Eating Settings Certificate.

- Accessibility
  - Closed Captions
  - Alt text
    - Aliyah: A pondering woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture and her hands close to her chin.
  - Keyboard functions
- Triggers:
  - When the user clicks on the next arrow, it takes them to the 6.6 Certification Slide.
  - When the user clicks the right arrow key on their keyboard, it takes them to the 6.6 Certification Slide.
  - When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
      - If PauseAudio value = False
    - Resume timeline on this Slide
      - If PauseAudio value = True
  - When the user presses c
    - Toggle Player.Display.Captions

Slide 8.7 Certification Slide
Type of Slide: Results Slide (Custom)
Set the Stage with #CCCCFF background

Stage center:



- Add the following text boxes with the text entries:
    - Text box: Social Eating: Navigating Food in Social Situations
    - Next line: “Awarded to:”
    - Next line: Match the text entry from the Name entry on Slide 1
    - Next line: “on”
    - Next line: %CurrentDate%
        - JavaScript from ChatGPT:
            - var player = GetPlayer();
            - var today = new Date();
            -
            - // Format the date (Example: February 21, 2025)
            - var options = { year: 'numeric', month: 'long', day: 'numeric' };
            - var formattedDate = today.toLocaleDateString('en-US', options);
            -
            - // Set the variable in Storyline
            - player.SetVar("CurrentDate", formattedDate);

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script Q5.mp3
Script Q5: Congratulations on earning your Certificate of Completion! You’ve done an outstanding job, and this achievement is truly commendable. Next, I encourage you to take a screenshot to keep your certificate on file, and share it with your dietitian. Just use your device’s screenshot feature. Then, attach it to an email to share your achievement. To download your certificate, just click on it, and it will be saved to your device. Now, let’s wrap up the course! Scroll down and press “Continue” to review what you’ve learned and explore the next steps. Congratulations again on this accomplishment!

Accessibility

- Closed Captions
- Alt text
    - Certificate: A digital certificate of completion with a light blue border. The text "Certificate of Completion" is written in orange at the top. A gold seal with a blue ribbon is in the bottom left corner, and a black signature is on the bottom right.
- Keyboard functions

Triggers:

- When the user clicks on the certificate, the Javascript begins
    - Javascript to download:

```
var player = GetPlayer();
var learnerName = player.GetVar("TextEntry43"); // Gets the learner's name from Storyline
// Create a new window with the certificate content
var certificateWindow = window.open('', '_blank');
certificateWindow.document.write('<html><head><title>Certificate</title></head><body>');
certificateWindow.document.write('<h1>Certificate of Completion</h1>');
certificateWindow.document.write('<p>Congratulations, ' + learnerName + '!</p>');
certificateWindow.document.write('<p>You have successfully completed the course.</p>');
certificateWindow.document.write('</body></html>');
certificateWindow.document.close();
certificateWindow.print(); // Opens the print dialog (can be saved as PDF)
```

- When the user clicks the d key, the Javascript begins
    - Javascript to download: [identical to above].
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Image block



Alt text: Two pink location markers connected by a dashed blue line, symbolizing navigation, a journey, or a route between two points.

Continue block

Programming notes:

No additional notes.

**Page 6 - Summary**

Title block -

Key Takeaways & Next Steps

Content block -

Congratulations on completing the **Social Eating: Navigating Food in Social Settings Course!** You've not only identified and correlated reframing techniques, but composed several of your own to navigate social eating settings.

Multimedia block -

Audio - Key takeaways & Next steps.mp3
Script:Congratulations on completing the Social Eating: Navigating Food in Social Settings Course! You've not only identified and correlated reframing techniques, but composed several of your own to navigate social eating settings.

Title block -

What you've learned

Paragraph block -
Note: Font @ 22px

Throughout this course, you:

List block -

- ☐ **Identified and correlated emotional responses to reframing techniques** that build **awareness** to managing discomfort in social eating situations.

- ☐ Demonstrated reframing techniques through **composition and reflection during simulation activities**.
- ☐ **Evaluated and applied reframing techniques** to enhance their comfort in social eating experiences followed by a self-report increase in confidence.
- ☐ **Demonstrated your understanding of navigating social eating settings** by accurately answering a variety of questions in a summative assessment.

Multimedia block -

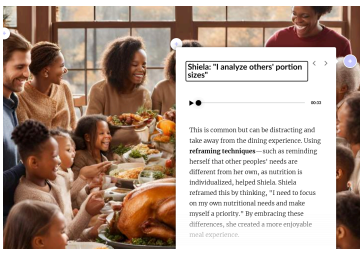
Audio - What you've learned.mp3
Script: Throughout this course, you identified and correlated emotional responses to reframing techniques that build awareness to managing discomfort in social eating situations.You demonstrated reframing techniques through composition and reflection during simulation activities.You evaluated and applied reframing techniques to enhance their comfort in social eating experiences followed by a self-report increase in confidence.Lastly, you demonstrated your understanding of navigating social eating settings by accurately answering a variety of questions in a summative assessment.

Paragraph block -
Note: Font @ 22px

Title block -

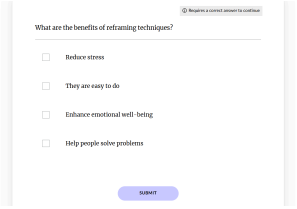
Activities you've completed:

Accordion block -

- Interactive Graphic of Reframing Techniques
    - Content: You **identified and correlated emotional responses to reframing techniques** to manage discomfort in social eating situations.
    - Image: pg*6image1.jpg*
    - 

        - Alt text: A diverse, multi-generational family gathers around a festive dinner table, smiling and enjoying a meal together in a warmly lit dining room. In the foreground, children are serving themselves food, while

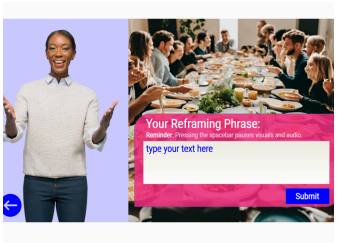
adults engage in conversation. Overlaying the image is an interactive learning module featuring an audio clip and text box titled 'Shiela: I analyze others' portion sizes,' discussing reframing techniques to create a more enjoyable dining experience.

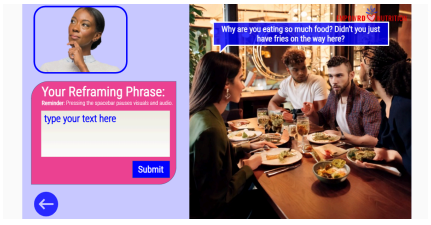
- Multiple-Select Assessments
    - Content: You **identified** the benefits of reframing techniques.
    - Image:pg6*image2.jpg*
    - 

        - Alt text: A multiple-choice question displayed on an online learning platform asks, 'What are the benefits of reframing techniques?' Four answer options are listed with checkboxes: 'Reduce stress,' 'They are easy to do,' 'Enhance emotional well-being,' and 'Help people solve problems.' A note at the top indicates that a correct answer is required to continue. At the bottom, there is a purple 'Submit' button.
- Matched Reframing Techniques to Emotions
    - Content: You **matched** appropriate **reframing techniques** to realistic, everyday emotions during social eating experiences.
    - Image:  pg6*image3.jpg*
    - 

        - Alt text: A matching activity displayed on an online learning platform instructs users to match the reframing technique on the left with the corresponding emotion on the right. Each row contains a statement on the left, such as 'I do not know what others are thinking. It does not matter what others believe, as long as I am doing what I need to do for myself and to honor a peaceful relationship with food.' On the right, dropdown menus

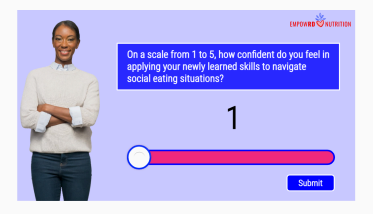
contain emotional statements like 'I'm feeling watched at this meal.' A note at the top indicates that a correct answer is required to continue.

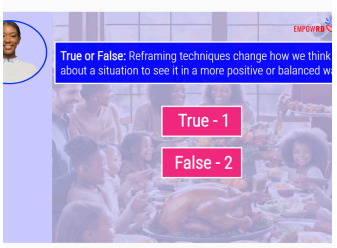
- Social Eating Simulation Activities
    - Content: You demonstrated and composed reframing techniques through **application during simulation activities.**
    - Image: pg*6image4.jpg*
    - 

    - Alt text: An interactive learning module screen is displayed. On the left, a woman in a white sweater gestures while speaking against a light purple background. A blue arrow button is visible, likely for navigation. On the right, a large image of a group of people gathered around a table, enjoying a meal together. In the foreground, a pink text box labeled 'Your Reframing Phrase:' prompts the user to type their response. A reminder below states that pressing the spacebar pauses visuals and audio. A blue 'Submit' button is located at the bottom right of the text box.
- Evaluated Social Eating Scenarios
    - Content: You **evaluated** social eating scenarios and **applied reframing techniques to enhance** social eating situations.
    - Image: pg*6image5.jpg*
    - 

        - Alt text: An interactive learning module screen. On the left, a woman with a thoughtful expression appears above a pink text box labeled 'Your Reframing Phrase,' prompting user input. A 'Submit' button and back arrow are below. On the right, a restaurant scene shows a group dining. A

speech bubble asks, 'Why are you eating so much food? Didn't you just have fries on the way here?' 'Empowrd Nutrition' logo is in the top-right.

- Self-Report Confidence Scale
    - Content: Following evaluation of eating scenarios, you **self-reported your confidence** on a scale from 1-5.
    - Image: pg*6image6.jpg*
    - 

        - Alt text: An interactive learning screen. A woman stands confidently on the left. A blue box asks, 'On a scale from 1 to 5, how confident do you feel in applying your newly learned skills to navigate social eating situations?' Below, a pink slider is set to 1. A 'Submit' button is on the bottom right. 'Empowrd Nutrition' logo is in the top-right.
- Course Recap
    - Content: You **verified** your new knowledge and **demonstrated your comprehension of reframing techniques** by accurately answering a variety of questions in a summative assessment.
    - Image: pg*6image7.jpg*
    - 

        - Alt text: A multiple-choice learning screen. A woman's photo appears on the left. A blue box asks, 'True or False: Reframing techniques change how we think about a situation to see it in a more positive or balanced way.' Below, two pink answer buttons read 'True - 1' and 'False - 2.' A blurred background shows a joyful family dinner. 'Empowrd Nutrition' logo is in the top-right.

Multimedia block -

Audio - Activities you've done.mp3
Script: Throughout this course, you completed many activities, including interacting with a graphic of reframing techniques where you identified and correlated emotional responses to reframing techniques to manage discomfort in social eating situations. You engaged with multiple-select assessments where you identified the benefits of reframing techniques. You matched appropriate reframing techniques to realistic, everyday emotions during social eating experiences. You demonstrated and composed reframing techniques through application during simulation activities. You evaluated social eating scenarios and applied reframing techniques to enhance social eating situations. Following evaluation of eating scenarios, you self-reported your confidence on a scale from 1-5. You verified your new knowledge and demonstrated your comprehension of reframing techniques by accurately answering a variety of questions in a summative assessment.

Title block -

Moving Forward

Content block -

Navigating social eating situations is a journey, not a destination. In the forum board below, share **what you learned and one key idea you'll take with you.** Write your thoughts and check out your peers' reflections—**you might find something useful!**

Image block -




Alt text: The logo reads: **"EMPOWRD NUTRITION"** in red capitals, featuring a red heart with a pink center and sprouting blue leaves above it, symbolizing health and growth.

Multimedia block -

Audio - Next steps.mp3
Script: Your next steps: Navigating social eating settings is a journey, not a destination. In the forum board below, share what you learned and one key idea you'll take with you. Write your thoughts and check out your peers' reflections—you might find something useful! Below the forum board, you'll find a purple button labelled "my dashboard"" which will take you directly back to the Empowered Nutrition LMS, where you can view the remainder of your assigned courses, your earned certificate, your badges earned, as well as your profile and other details. Congratulations, again!

Multimedia block -

- Link to Navigating Social Eating Padlet:
  - https://padlet.com/lauralawsonmt/SocialEating_EmpowRDPathways

Button block -

- **Content:**
  - **EmpowRD Nutrition LMS Dashboard**
    - Click the purple button to return to **your EmpowRD Nutrition Dashboard**, where you can access your courses, track progress, and review completed courses.
- Link: https://empowrdnutrition.talentlms.com/plus/dashboard
- Link text: MY DASHBOARD

Programming notes:

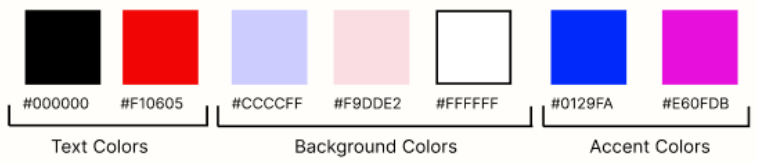
No additional notes.

## Course 3: Daily Nutrition: The Foundations

Block Styles:

- Title blocks:
  - Style: Custom – select the HEX color: ccccff
- Content blocks:
  - Style: Light
- All other blocks:
  - Style: Light

Colors:




Authoring Notes:

- **Highlighted text** will be bold and used with HEX #fbc600.

<table>
<tr><td>

- Will state any specific styles otherwise outside of this guide.

</td><td>

- Hide the Author's name.

</td></tr>
<tr><td>

Font-family:

- Titles: Lato
- Content: Merriweathe

</td><td>

Font-sizes:

Titles: 36px

Content: 17px

</td></tr>
<tr><td>

Paragraph below Course title

</td><td>

Listen to this page here.

Welcome to **Daily Nutrition: The Foundations**! This course is designed to equip you with the knowledge and tools to make informed choices about your daily nutritional habits. You'll explore foundational concepts like vitamin and hydration needs while identifying practical strategies to meet your nutritional needs. By the end of this lesson, you'll be empowered to make **sustainable** choices that support your overall well-being. Let's get started!

To support equity and accessibility, learners can access a **Key-Accessible Guide** here, which includes a glossary of keyboard navigation shortcuts for this course. Below are some commonly used functions for quick reference:

Programming Notes - Images cannot be entered into Articulate Rise360 on this page. Add a table using the + sign and input the content found below.

| Keys | Function | Example |
|---|---|---|
| Tab / Shift + Tab | To move from one object to the next. | Move from one lesson title to the next in the sidebar. Use Shift+Tab to return to the previous title in the sidebar. |
| Arrow Keys | To scroll through text, interact with media, and navigate between items throughout. | Use the arrow keys to cycle through answer choices during assessments. Use the Left and Right arrow keys to move between steps in a process. |
| Enter / Spacebar | To activate the selected object, similar to clicking with the mouse. | Click the spacebar to select a choice in a quiz question and to play or pause audio and video content. |

**MEDICAL DISCLAIMER**: EmpowRD Pathways is for informational purposes only and does not provide medical advice. It is not a substitute for professional medical guidance,

</td></tr>
</table>

| | |
|---|---|
| | diagnosis, or treatment. Always consult a qualified healthcare provider for any medical concerns or decisions regarding your health. Do not disregard professional medical advice based on information from EmpowRD Pathways. If you experience a medical emergency, call your doctor or dial 911 immediately.<br><br>**To begin the course, press the Daily Nutrition 101 lesson below or the Start Course button above.** |

**Course Settings:**

Theme: Rise

Course Image: *Course Image.jpg*




Layout: Split left image
Alt text: Balanced plate with foods like broccoli, shrimp, egg, salami, almonds, chocolate, and water, plus 'Empowrd Nutrition' logo below.

Navigation:

- Type: Sidebar, Dark
- Navigation - On
- Restrict Navigation - Off
- Search - On
- Marking Lessons Complete - Off
- Video Playback Speed - On

Lesson Headers: Theme Tint

- Header Height: Large
- Lesson Count Labels: On
- Author Avatar: Off

Colors:

- Custom: ccccff

- Contrast: auto

Fonts: Lato (Merriweather is the body font for this font pairing)

Blocks:

- Block Entrance Animations: On

Programming notes:

28. Ensure the link is functional and goes to the accurate location.
29. Confirm that the tab function works for accessibility reasons.
30. When learners press “Start Course” it should automatically bring them to “Daily Nutrition 101”.
31. If learners scroll down to view all lessons, Rise360 should automatically program it to where if they click a lesson, it takes them directly to that lesson (e.g., Assessment.

**Page 1 - Daily Nutrition 101**

Title block -

What *is* Daily Nutrition?

List block -

- Daily nutrition supports overall health and well-being through **carbohydrates, fats, and proteins.**
- **Vitamins and minerals play a crucial role in bodily functions,** aiding in **energy, bone strength, immune support, and mental clarity.**
- Proper hydration is **vital** for **maintaining body temperature, cognitive function, and cardiovascular health.**

Multimedia block -

Audio - What is daily nutrition.mp3
Script: So, what is daily nutrition? Daily nutrition supports overall health and well-being through carbohydrates, fats, and proteins. It includes Vitamins and minerals that play a crucial role in bodily functions, aiding in energy, bone strength, immune support, and mental clarity. It includes Proper hydration that is vital for maintaining body temperature, cognitive function, and cardiovascular health. Balanced nutrition enhances long-term health and disease prevention,

reducing the risk of deficiencies, fatigue, and chronic conditions. Consuming a variety of foods, maintains optimal physical and mental functionality.

Paragraph block -

Balanced nutrition enhances long-term health and disease prevention, reducing the risk of deficiencies, fatigue, and chronic conditions. Consuming a variety of foods, maintains optimal physical and mental functionality.

Title block -

The Impact of Nutrition: Hear their Stories

Paragraph block -

In the activity below, explore different daily nutritional eating experiences through the perspectives of **Marim, Kai, and Lina.** Continue scrolling and click on each person to hear their story to gain insight into their unique challenges and approaches to navigating daily nutrition. You may find that you relate to one or all of them!

Multimedia block -

Audio - Hear their stories.mp3
Script: In the activity below, explore different daily nutritional eating experiences through the perspectives of **Marim, Kai, and Lina**. Continue scrolling and click on each person to hear their story to gain insight into their unique challenges and approaches to navigating daily nutrition. You may find that you relate to one or all of them!

Note Block -
Theme Tint
Font: 18px - HEX 553684

**During the activity below, press the Spacebar to pause the video. Additionally, press the c key on your keyboard to view closed captions. Scroll down to begin.**

Articulate Storyline Block -

*In Articulate Storyline -*

Slide: 7.1 Selection Slide
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage top: “Select a Character:”
–Roboto Condensed, 80px, Bold
–Location = x: 128 px / y:56 px
Stage middle/bottom: Add the following built-in Storyline characters in this order: Amira-casual, Anton-casual and Sarah-Business casual (right hand in air)

–All characters should be cropped to the chest and up
–Reshaped to be a circle
–Add a border of Hex #0000FF with weight of 8px
–All characters must have a nametag below their name
**This is a white box with 8px outline (Hex #0000FF)
**With their names & number in Roboto Black 32px, Hex F12B7E in all caps, e.g., "**MARIM-1**"
–Add a hotspot over the Character and their Nametag (size should be around 340 x 400)
Stage right: Three Rectangle (#0129FA with White outline at 4px) with the following Text (Font:
Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 1.mp3
Script 1: Onyx- Hey! - Hey! I'm Nathan! It's great to meet you! Today, we're going to hear insights into individual's stories behind the daily nutritional journeys of Marim, Kai, and Lina. Each of their stories highlights unique challenges and insights into their daily nutrition. Click on any of the characters, or their corresponding number to begin. After finishing one story, you'll have the chance to select another and continue learning. Take your time, reflect on their experiences, and see how they relate to your own. After listening to all three stories, click the next arrow in the bottom righthand corner or the right arrow on your keyboard to continue. Let's get started!

Accessibility

- Closed Captions
- Alt text
    - Marim: A smiling woman with dark hair and an orange head dress, wearing a light cheetah-patterned shirt, sits in a relaxed position. Her image is framed within a blue circle. Below the circle, a pink and white label reads "MARIM-1." The background is a light purple color.
    - Kai: A smiling man in a white t-shirt, is framed within a blue circle. Below the image, a pink label with bold text reads "KAI-2." The background is a solid light purple.
    - Lina: A smiling woman wearing a white V-neck blouse with blue cardigan top is framed within a blue circle. Below the image, a pink label with bold text reads "LINA-3." The background is a solid light purple.
- Full keyboard functionality
- High color contrast

Variables: PauseAudio - True/False - Set as False

Triggers:

- When the user clicks the Gina hotspot, it takes them to the "4.2 Gina" Slide.
- When the user clicks the 1 key on their keyboard, it takes them to the "4.2 Gina" Slide.
- When the user clicks the Rylan hotspot, it takes them to the "4.3 Rylan" Slide.
- When the user clicks the 2 key on their keyboard, it takes them to the "4.3 Rylan" Slide.
- When the user clicks the Dodie hotspot, it takes them to the "4.4 Dodie" Slide.
- When the user clicks the 3 key on their keyboard, it takes them to the "4.4 Dodie Slide.

- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: 4.2 Marim
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage Center: NEED TO FIGURE THIS OUT!
Stage middle/bottom: Maintain Marim's position. Display Kai and Lina at the end of this slide, during the last few words of Marim's Audio script (Script 2).
–Maintain all character details from slide 7.1 Selection Slide
Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 2.mp3
Script 2: Nova - Hey! I'm Marim!!! Before understanding daily nutrition, I had a lot of question marks about what I was eating and how it made me feel. I found myself feeling constantly fatigued, no matter how much coffee I drank or sleep I got. I knew it was a serious issue when I fell asleep in my daughter's violin recital, which deeply hurt her feelings. That's when I connected with Empowered nutrition and they informed me about the importance of consuming carbohydrates, proteins, and fats, as well as hydrating sufficiently as I am an athlete, and giving my body a variety of foods as they contain vitamins and minerals. After some time, my energy levels increased and were able to stay consistent throughout the day.

Accessibility

- Closed Captions
- Alt text - Should continue from Slide 7.1
- Keyboard functions - see triggers
- High color contrast

Variables: PauseAudio - True/False - Set as False

Triggers:

- When the user clicks the back arrow, it takes them to the "7.1 Selection Slide" Slide.
- When the user clicks the right arrow key on their keyboard, it takes them to the "7.1 Selection Slide" Slide.
- When the user clicks the Kai hotspot, it takes them to the "7.3 Kai" Slide.
- When the user clicks the 2 key on their keyboard, it takes them to the "7.3 Kai" Slide.
- When the user clicks the Lina hotspot, it takes them to the "7.4 Lina" Slide.
- When the user clicks the 3 key on their keyboard, it takes them to the "7.4 LinaSlide.
- When the user clicks the next arrow, it shows the error layer.

    - If they have not visited all slides: Marim, Kai, and Lina.
- When the user clicks the right arrow key on their keyboard.
    - If they have not visited all slides: Marim, Kai, and Lina.
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

- Error layer:
    - Add a blue (HEX #0000FF) that states: You must select all characters before moving on to the next step. Select another character.
        - Typography: Roboto condensed light, 36px, bold
    - Play Script 1a Error.mp3
        - Script 1a (Onyx) - You must select all characters before moving on to the next step. Please select another character.

Slide: 4.3 Kai
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage Center: NEED TO FIGURE THIS OUT!
Stage middle/bottom: Maintain Kai's position. Display Marim and Lina at the end of this slide, during the last few words of Kai's Audio script (Script 3).
–Maintain all character details from slide 7.1 Selection Slide
Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 3.mp3
Script 3: Echo - Hi! I'm Kai. --It's nice to meet you. Before seeking support from Empowered Nutrition, I thought I was eating well—I focused on protein and vegetables, assuming that was healthy. However, I would forget to drink water, and would often forget other foods like necessary fats, fruits, and carbohydrates. Our society frequently promotes restrictive diets as "healthy," even when they lack fundamental nutrients our bodies need to function at their best. --After a few months of slowly integrating these foods into my daily nutrition, I started to feel more energized, had greater endurance during daily tasks, and noticed I had a stronger immune system.

Accessibility

- Closed Captions
- Alt text - Should continue from Slide 7.1
- Keyboard functions - see triggers
- High color contrast

Variables: PauseAudio - True/False - Set as False

Triggers:

- When the user clicks the back arrow, it takes them to the "7.1 Selection Slide" Slide.
- When the user clicks the right arrow key on their keyboard, it takes them to the "7.1 Selection Slide" Slide.
- When the user clicks the Gina hotspot, it takes them to the "7.2 Marim" Slide.
- When the user clicks the 1 key on their keyboard, it takes them to the "7.2 Marim" Slide.
- When the user clicks the Lina hotspot, it takes them to the "7.4 Lina" Slide.
- When the user clicks the 3 key on their keyboard, it takes them to the "7.4 Lina Slide.
- When the user clicks the next arrow, it shows the error layer.
    - If they have not visited all slides: Marim, Kai, and Lina.
- When the user clicks the right arrow key on their keyboard.
    - If they have not visited all slides: Marim, Kai, and Lina.
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

- Error layer:
    - Add a blue (HEX #0000FF) that states: You must select all characters before moving on to the next step. Select another character.
        - Typography: Roboto condensed light, 36px, bold
    - Play Script 1a Error.mp3
        - Script 1a (Onyx) - You must select all characters before moving on to the next step. Please select another character.

Slide: 4.4 Lina
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage Center: NEED TO FIGURE THIS OUT!
Stage middle/bottom: Maintain Lina's position. Display Marim and Kai at the end of this slide, during the last few words of Lina's Audio script (Script 4).
–Maintain all character details from slide 4.1 Selection Slide
Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 4.mp3
Script 4: Alloy-Hey there! I'm Lina—Its lovely to meet you. Before learning about the foundations of nutrition, I didn't think much about what I ate. My routine was simple: a morning coffee, maybe a bowl of cereal if I had time, a quick snack while working, and dinner before bed. I just had no desire to eat, and it felt like a chore. With the help of Empowered Nutrition, I learned that my

body wasn't functioning optimally because I just wasn't providing it what it needed. By making small, intentional additions – like staying hydrated throughout the day and incorporating a balanced mixture of foods into my everyday snacks and meals. Empowered Nutrition helped me create a simple, manageable eating plan that felt easy to accomplish, rather than overwhelming. After a few months, I noticed that I was looking forward to my meals, had an improved mood, and was performing better at work.

Accessibility

- Closed Captions
- Alt text - Should continue from Slide 7.1
- Keyboard functions - see triggers
- High color contrast

Variables: PauseAudio - True/False - Set as False

Triggers:

- When the user clicks the back arrow, it takes them to the "7.1 Selection Slide" Slide.
- When the user clicks the right arrow key on their keyboard, it takes them to the "7.1 Selection Slide" Slide.
- When the user clicks the Marim hotspot, it takes them to the "7.2 Marim" Slide.
- When the user clicks the 1 key on their keyboard, it takes them to the "7.2 Marim" Slide.
- When the user clicks the Kai hotspot, it takes them to the "7.3 Kai" Slide.
- When the user clicks the 2 key on their keyboard, it takes them to the "7.3 Kai" Slide.
- When the user clicks the next arrow, it shows the error layer.
    - If they have not visited all slides: Marim, Kai, and Lina.
- When the user clicks the right arrow key on their keyboard.
    - If they have not visited all slides: Marim, Kai, and Lina.
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

- Error layer:
    - Add a blue (HEX #0000FF) that states: You must select all characters before moving on to the next step. Select another character.
        - Typography: Roboto condensed light, 36px, bold
    - Play Script 1a Error.mp3
        - Script 1a (Onyx) - You must select all characters before moving on to the next step. Please select another character.

Slide: 4.5 Conclusion
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage Center: Nathan
Stage middle/bottom: Display all characters
Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 5.mp3
Script 5: Wow! Each of these stories shows how a little bit of learning and small changes in daily nutrition can make a big difference in their daily lives. No matter where you're starting from, you have the power to learn, grow, and make choices that support your health. Nutrition is a journey, Everyone's path looks different, and that's okay. What matters is finding what works best for you and taking steps at a manageable size. Remember, progress isn't about being perfect. It's about learning, making adjustments, and giving yourself the care you deserve. We hope these stories have inspired you to reflect on your own journey. So, let's get started! Whenever you're ready, press the Continue button to move forward!

Variables: SlidesVisited - Number - Set to 0

Accessibility

- Closed Captions
- Alt text - Should continue from Slide 7.1
- Keyboard functions - see triggers
- High color contrast

Variables: PauseAudio - True/False - Set as False

Triggers:

- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Image block -

Alt text: The logo reads: **"EMPOWRD NUTRITION"** in red capitals, featuring a red heart with a pink center and sprouting blue leaves above it, symbolizing health and growth.

Continue block

Programming notes:

No additional notes.

**Page 2 - Principle One: Carbohydrates, Proteins, & Fats**

Title Block -

Carbohydrates, Fats, & Proteins

Paragraph block -

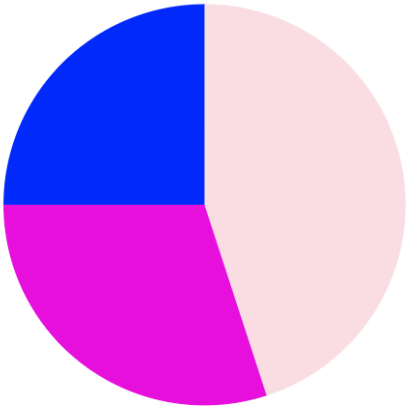
**Instructions:** Click on the + signs to reveal the foundational proportion of carbohydrates, proteins, and fats in our daily nutrition.

Multimedia block -

Audio - instructions.mp3
Audio Script: Pie chart of carbohydrates, proteins, and fats in our daily nutrition. Click on the plus signs to reveal the foundational proportion of carbohydrates, proteins, and fats in our daily nutrition.

Labelled graphic Block -

Graphic: *EmpowRD Pathways Carbs, Fats, Proteins Chart.jpg*



**Item 1: Proteins comprise of about 20-25% of our total calories consumed daily.**

- Proteins are the "building blocks" of life and this macronutrient aids in enzymatic function, pH balance, and water and hydration regulation in the body and ultimately comprises the structure of the human body.
- Audio recording: Script 1 Proteins.mp3
    - Script 1 Proteins: Onyx- Proteins comprise of about 20-25% of our total calories consumed daily, and are the "building blocks" of life and this macronutrient aids in enzymatic function, pH balance, and water and hydration regulation in the body and ultimately comprises the structure of the human body.

**Item 2: Fats comprise of about 25-30% of our total calories consumed daily.**

- Fats provide protection for our bodies, regulate hormonal processes, aid with maintaining our internal body temperature, provide taste to foods, and absorb vitamins and minerals that we consume every day.
- Audio recording: Script 2 Fats.mp3
    - **Script 2 Fats: Shimmer -** Fats comprise of about 25-30% of our total calories consumed daily, and provide many benefits. They provide protection for our bodies, regulate hormonal processes, aid with maintaining our internal body temperature, provide taste to foods, and absorb vitamins and minerals that we consume every day.

**Item 3: Carbohydrates comprise of about 45-55% of our total calories consumed daily.**

- Carbohydrates provide our bodies with energy, allow us to utilize proteins for their original purposes instead of being utilized for fuel, aids with immunity and gastro-intestinal function, and provide taste to foods.
- Audio recording: Script 3 Carbs.mp3
    - Script 3 Carbs: Shimmer - Carbohydrates comprise of about 45-55% of our total daily consumed calories. They provide our bodies with energy, allow us to utilize proteins for their original purposes instead of being utilized for fuel, aids with immunity and gastro-intestinal function, and provide taste to foods.

Title block -

Defining Foods in Each Group

Paragraph block -

Now that you understand the daily needs, let's discover what foods fall under each category. **Click on each tab to view foods in its category.**

Multimedia block -

Audio - tab block.mp3
Script: Now that you understand the daily needs, let's discover what foods fall under each category. You can follow along with each recording below the graphic and click on each tab to view foods in its category, or independently explore this section on your own.

Interactive tab block -

Tab 1: Carbohydrates

Graphic: *Carbohydrates.jpg*



- Center-aligned
- Alt tag: A collection of carbohydrate-rich foods displayed on a wooden board, including whole wheat bread, pasta, rice, potatoes, sweet potatoes, bananas, apples, brussels sprouts, chickpeas, lentils, cornmeal, and wheat stalks.

Content:

- **Grains**, like pasta, bread, oats, rice, quinoa, barley, farro, lentils
- **Legumes**, like beans and chickpeas.
- **Vegetables**, like potatoes, sweet potatoes, squash, carrots, corn, beets, parsnips, brussel sprouts, zucchini, and broccoli.
- **Fruits**, like bananas, apples, strawberries, watermelon, cantaloupe, and peaches.

Tab 2: Protein

Graphic: *Protein.jpg*



- Center-aligned
- Alt tag: A variety of protein-rich foods arranged on a wooden board, including raw chicken breast, red meat, salmon, eggs, cheese, milk, yogurt, nuts, beans, and legumes.

Content:

- **Poultry**, like chicken, turkey, beef, pork, and other meats,
- **Fish**, like salmon, tilapia, mahi mahi, shrimp, cod, and catfish.
- **Dairy**, like milk, yogurt, cheeses.
- **Soy products**, like tofu, edamame, and tempeh.

Tab 3: Fats

Graphic: *Fats.jpg*



- Center-aligned
- Alt Tag: A variety of healthy fat-rich foods, including avocado, coconut, olive oil, nuts (almonds, walnuts, and peanuts), seeds (chia seeds), dark chocolate, peanut butter, olives, eggs, and chickpeas, displayed on a white background.

Content:

- **Oils** like olive oil, canola oil, vegetable oil, avocado oil, coconut oil, along with any other type of oil.
- **Nut and seed butter** like peanut butter, almond butter, and pumpkin seed butter.

- **Nuts and seeds** like almonds, walnuts, peanuts, pumpkin seeds, and chia seeds.
- **Fruits** like avocado and olives.
- **Foods** like full-fat dairy, dark chocolate, eggs, and tofu.

Multimedia block -

Audio - Carbohydrates.mp3
Script: Carbohydrates include grains, legumes, vegetables, and fruits. Grains include foods like pasta, bread, oats, rice, quinoa, barley, farro, lentils. Legumes include foods like beans and chickpeas, and vegetables include foods like potatoes, sweet potatoes, squash, carrots, corn, beets, parsnips, brussel sprouts, zucchini, and broccoli. Fruits include foods like bananas, apples, strawberries, watermelon, cantaloupe, and peaches. Below is a graphic of a few of the foods that are considered to be carbohydrates.
Format for timing in AI Voiceover: Carbohydrates include grains,,,, legumes,,,,, vegetables,,,,, and fruits. Grains include foods like pasta. ---Bread. ---Oats. ---Rice. ---Quinoa. ---Barley. ---Farro. ---and ---Lentils. Legumes include foods like beans. -----and Chickpeas. Vegetables include foods like Potatoes....--- ------Sweet potatoes. --------Squash. Carrots. --------Corn. ------Beets. ------Parsnips. -----Brussel sprouts. -------Zucchini.------- and Broccoli. Fruits include foods like bananas. -------Apples. --------Strawberries. -------Watermelon. ------Cantaloupe,, and peaches. Shown Above is a graphic of a few of the foods that are considered to be carbohydrates.

Multimedia block -

Audio - Proteins.mp3
Script: Proteins include poultry, fish, dairy, and soy products. Poultry includes meat like chicken, turkey, beef, pork, and other various meats. Fish includes salmon, tilapia, mahi mahi, shrimp, cod, and catfish. Dairy is found in milk, yogurt, and cheeses, and Soy products are found in tofu, edamame, and tempeh.
Format for AI Voiceover: Proteins include poultry.------- fish.------ dairy.------- and soy products. Poultry includes meat like chicken.----- turkey.---------- beef.---------- pork.------ and other various meats. Fish includes salmon.------ tilapia.----- mahi mahi.----- shrimp.------ cod.----- and catfish. Dairy is found in milk.----- yogurt.----- and cheeses. and Soy products are found in foods like tofu.------edamame.---- and tempeh. Shown above is a graphic of a few of the foods that are considered to be proteins.

Multimedia Block -

Audio - Fats.mp3
Script: Fats include oils like olive oil, canola oil, vegetable oil, avocado oil, coconut oil, along with any other type of oil. Fats also include nut and seed butters like peanut butter, almond butter, and pumpkin seed butter. They also include nuts and seeds like almonds, walnuts, pumpkin seeds and chia seeds. Some fruits are considered fats like avocados and olives. Some foods are considered fats like full-fat dairy, dark chocolate, and eggs. Shown above is a graphic of a few of the foods that are considered to be fats.

Title block -

The effects of reducing or omitting one (or multiple) of these food groups:

Subheading block -

Carbohydrates

Paragraph block -

**Instructions:** Click each card to reveal a symptom of carbohydrate deficiency.

Multimedia block -

Audio - deficiency carbs.mp3
Script: In this exercise, we'll explore how a lack of carbohydrates affects the body. To continue without audio, pause the recording anytime. Click each card from left to right to reveal a symptom of carbohydrate deficiency. Symptom number 1: General fatigue & weakness, as well as low blood glucose levels – dizziness, headaches, irritability. Symptom number 2: Constipation. Symptom number 3: Kidney distress and Ketosis. What is Ketosis? Ketosis is a metabolic state in which the body burns fat for fuel instead of carbohydrates. This happens when carbohydrate intake is very low, and the liver converts fat into ketones, which become the primary energy source.

Flashgrid block -

Card 1:



Alt text: A man in blue pajamas kneels on the floor beside a bed, leaning against the mattress while appearing weak or unwell. A water bottle is lying on the floor near him.

Text on opposite side:

General fatigue & weakness
Low blood glucose levels – dizziness, headaches, irritability

Card 2:



Alt text: A woman in a red tank top and black shorts clutches her stomach while standing in a bathroom near a toilet. An orange glowing effect emphasizes abdominal pain through constipation.

Text on opposite side:
Constipation

Card 3:



Alt text: A woman wearing a white sweater and sitting on a couch holds her lower back with one hand, indicating pain. A red glowing effect highlights the area of discomfort.

Text on opposite side:
Kidney distress & Ketosis

Note block -

****What is Ketosis?** Ketosis is a metabolic state in which the body burns fat for fuel instead of carbohydrates. This happens when carbohydrate intake is very low, and the liver converts fat into ketones, which become the primary energy source.

Subheading block -

Protein

Paragraph block -

**Instructions:** Click each card to reveal a symptom of protein deficiency.

Multimedia block -

Audio - deficiency protein.mp3
Script: In this exercise, we'll explore how consuming a lack of proteins affects the body. To continue without audio, -----pause the recording anytime. Click each card from left to right to reveal a symptom of protein deficiency. Symptom number 1: Muscle begins to breakdown, and organs and bones begin to experience deterioration, which Leads to a higher risk of bone fractures. Symptom number 2: Stunted growth in childhood and adolescence. Symptom number 3: Compromised immune function, which equates to a slow healing process. Symptom number 4: Hair thinning and hair loss, nails become brittle, and skin becomes dry. Symptom number 5: Fluid balance in the body fails, leading to Edema. And lastly, symptom 6: Difficulty sleeping due to a serotonin deficiency.

Flashgrid block -

Card 1:



Alt text: "A person scratching their red and irritated left wrist with their right hand, indicating muscle and bone breakdown that leads to fractures. They wear a white and black striped shirt

Text on opposite side:

- Muscle begins to breakdown
- Organ/bone deterioration, leading to a higher risk of bone fractures

Card 2:



Alt text: A child sitting at a table, holding a spoon and looking at a large white bowl, indicating stunted growth due to malnutrition. The child's face is blurred. The room is bright, with some greenery in the background.

Text on opposite side:

- Stunted growth in childhood and adolescence

Card 3:



Alt text: A person applying topical cream to irritated skin patches on their hand, indicating a slow healing process. They are wearing a white and black striped shirt.

Text on opposite side:

- Compromised immune function (slow healing process)

Card 4:



Alt text: A person holding a wooden hairbrush with a clump of hair, indicating hair thinning or hair loss. They wear a gray shirt.

- Hair thinning/ loss,  nails become brittle, and skin becomes dry

Card 5:



Alt text: An elderly person's swollen hand and wrist, showing signs of edema, with the other hand gently resting on top. They are wearing a floral-patterned shirt.

Text on opposite side:

- Fluid balance in the body fails, leading to Edema – collection of fluid under the skin (electrolyte balance)

Card 6:



Alt text: "A person is sitting on a bed, distressed and struggling to fall asleep. They have a gray t-shirt, a blue blanket covering their legs, and their hand on their forehead. The room is dimly lit with dark blue curtains in the background.

- Difficulty sleeping – serotonin deficiency (amino acids)

Subheading block -

Fats

Paragraph block -

**Instructions:** Click each card to reveal a symptom of protein deficiency.

Multimedia block -

Audio - deficiency fats.mp3
Script: In this exercise, we'll explore how consuming a lack of fats affects the body. To continue without audio, -----pause the recording anytime. Click each card from left to right to reveal a symptom of fats deficiency. Symptom number 1: The body experiences dry, scaly skin, hair loss, and a cold intolerance, where you feel cold often. Symptom number 2: The body has a low body weight and experiences extremely poor growth. Symptom number 3: The body has a high sensitivity to bruising. Symptom number 4: The body has a lower resistance to infection, leading to poor wound healing and a higher likelihood of illness. And lastly, Symptom number 5: Females experience a loss of menstruation as ketosis converts fat into glucose, which alters the body pH. This can potentially harm the brain.

Flashgrid block -

Card 1



Alt text: Two images shown: The left image shows a person holding their right arm, indicating dry skin discomfort. The right image shows a person standing on a beach, wearing a warm coat, indicating discomfort with cold weather.

Text on opposite side:

- Dry, scaly skin
- Hair loss
- Cold intolerance

Card 2:



Alt text: A pair of feet standing on a bathroom scale, showing a low weight of 50 kilograms

Text on opposite side:

- A low body weight
- Poor growth

Card 3:



Alt text: A person applying an adhesive bandage to a bruised knee, highlighting easy bruising.

Text on opposite side:

- Sensitivity to bruising

Card 4:



Alt text: A person in a business suit holding a tissue to their nose, indicating poor healing pace and sensitivity to infection. The background includes large windows and modern office furniture

Text on opposite side:

- Lower resistance to infection
- Poor wound healing

Card 5:



Alt text: A calendar with dates 5th to 10th marked with red question marks, indicating a missing menstrual period or multiple missing periods. A hand holding a pink pen is visible.

Text on opposite side:

- Loss of menstruation as it sends the body into ketosis as the body turns fat into glucose.
    - This is dangerous as it changes the pH of the body and can be damaging on the brain.

Paragraph block -

Drag and drop each food item into its respective category:

Sorting block -

Columns: Carbohydrates, Protein, Fats

Carbs:
Oats - Pasta - Bread - Rice - Bananas - Potatoes - Carrots - Beans - Chickpeas - Corn - Apples- Butternut Squash

Protein:
Chicken - Steak - Shrimp - Salmon - Tofu - Cheese - Milk - Yogurt - Pork

Fat:
Oil - Peanut butter - Avocado - Eggs - Dark chocolate - Nuts - Olives - Almond butter

Image block -



Alt text: Illustration of a hand gripping a fork with pink motion lines and marks, suggesting action or excitement.

Continue block

Programming notes:

No additional notes.

**Page 3 - Principle Two: Vitamins & Minerals**

Title Block -

Vitamins and Minerals

Paragraph block -

Click here for the transcript of the Audio recording below.

Multimedia block -

Audio - vitamins and minerals.mp3
Script: Vitamins are nutrients made primarily outside of the body, by the food we consume. When food intake is inadequate, vitamin deficiency-related disorders are a consequence. Each of the 13 vitamins known today have specific functions in the body: Vitamin A, Provitamin A, Vitamin B1, Vitamin B2, Vitamin B6, Vitamin B12, Biotin, Vitamin C, Vitamin D, Vitamin E, Folic Acid, Vitamin K, Niacin, and Pantothenic Acid. Minerals are inorganic nutrients that also play a key role in our well-being. They include the trace elements like copper, iodine, manganese, selenium, and zinc together with macro elements calcium, magnesium, potassium, and sodium. Alike to vitamins, minerals are primarily obtained from a variety of foods. No single food contains all of the vitamins and minerals we need, and therefore, a balanced and varied diet is necessary for adequate vitamin and mineral intake.

Bullet point Block -

- **Vitamins are nutrients made primarily outside of the body, by the food we consume.** When food intake is inadequate, vitamin deficiency-related disorders are a consequence. Each of the 13 vitamins known today have specific functions in the body: Vitamin A,

Provitamin A, Vitamin B1, Vitamin B2, Vitamin B6, Vitamin B12, Biotin, Vitamin C, Vitamin D, Vitamin E, Folic Acid, Vitamin K, Niacin, and Pantothenic Acid

- **Minerals are inorganic nutrients that also play a key role in our well-being.** They include the trace elements like copper, iodine, manganese, selenium, and zinc together with macro elements calcium, magnesium, potassium, and sodium. Alike to vitamins, minerals are primarily obtained **from a variety of foods**.
- **No single food contains all of the vitamins and minerals we need, and therefore, a balanced and varied diet is necessary for adequate vitamin and mineral intake.**

Title Block -

Defining Vitamins, their Functions, & Sources:

Paragraph block -

**Instructions:** Flip through each card to define the vitamins, their function, and their food sources. You can also listen to the audio recording while flipping through the cards or follow along with the transcript of the recording.

Click here to view the transcript for the Audio Recording below.

Multimedia block -

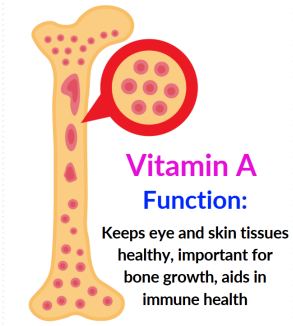
Audio - Defining vitamins, functions, sources.mp3
Script: in AI Voiceover: Feel free to pause this recording at any point to reflect on any of the cards. Vitamin A Function: Vitamin A Keeps our eye and skin tissues healthy, important for bone growth, and aids in our immune health.Sources: Foods with vitamin A include Beef, --eggs, --sweet potatoes, --carrots, ---squash, and fortified milk. .....------Vitamin B1 Function: Vitamin B1 is Used when converting food into energy for energy metabolism, membrane and nerve conduction, and necessary for muscles to function properly.Sources: Foods with vitamin B1 include Pork loin, ---sweet potato with skin,--- bran,-- and soy products. .....------Vitamin B2 Function: Vitamin B2 is Used in energy metabolism, ---helps prevent neuropathy,--- needed for healthy red blood cells. Sources: Foods with vitamin B2 include Milk, ---yogurt, ---eggs, ---legumes,---and nuts.....------Vitamin B3 Function: Vitamin B3 is Used in energy metabolism, and is necessary for healthy skin and nerve function. Sources: Foods with vitamin B3 include Chicken,--- tuna, ----beef, ----mushrooms, ----cereal, -----peanuts, -----and peanut butter.....-------Vitamin B6 Function: Vitamin B6 is Used in glycogen metabolism, ---influences brain and immune function, ----and helps in red blood cell production. Sources: Foods with vitamin B6 include Chicken, ----beef, -----bananas, ----potatoes, ---soy products, ----and legumes.....------Vitamin B12 Function: Vitamin B12 is Important in energy metabolism, ---protects nerve cells, ---helps make red blood cells, ----deficiency can lead to megaloblastic macrocytic anemia. Sources: Foods with Vitamin B12 include Beef steak and liver, eggs, ---cheese, ---milk, ---soy products, --and fortified cereals.....------Biotin Function: Biotin is Used in energy metabolism, and helps in making healthy

bones and hair. Sources: Foods with Biotin include Whole grains, ----egg yolks, ----soy products, ---and fish.....------Vitamin C Function: Vitamin C is an antioxidant, it helps in making collagen, ----prevents slow wound healing, -----helps make serotonin, ------impacting your mood, and helps the body absorb iron. Sources: Foods with Vitamin C include Papaya, ----cauliflower, ----kiwi, -----bell peppers, -----strawberries, ---spinach, ----and citrus fruits.....-----Choline Function: Choline is Needed in the metabolism as it transports fats, and aids in brain and nerve vitality.Sources: Foods with Choline include Milk, ---eggs,--- and peanuts.....------Vitamin D Function: Vitamin D regulates blood pressure, ---plays a role in insulin secretion, ---helps support the immune system, ----and helps make teeth and bones. Sources: Foods with Vitamin D include Salmon, ----tuna, ----egg yolks, ----fortified milk,---- fortified cereals, -----and sunlight.....------Vitamin E Function: Vitamin E protects your cells from damage caused by free radicals, which are harmful molecules that can build up in the body and contribute to aging and disease.Sources: Foods with Vitamin E include Sunflower seeds, ----wheat germ, ----vegetable oils, -----salad dressings, ----and avocados.....------Folate Function: Folate is important in amino acid synthesis, which leads to elevated energy, tissue repair, and improved mood and digestion. It also helps prevent spine defects in babies, and creates red blood cells. Sources: Foods with folate include Mushrooms, ----spinach, -----fortified grains and cereals, legumes,------ and broccoli.....--------Vitamin K Function: Vitamin K is important for blood clot formation, ----and prevents hemorrhaging. Hemorrhaging can lead to significant blood loss, and can lead to life-threatening complications like shock or organ failure,  Sources: Foods with Vitamin K include Liver, ----eggs,----- milk,------ green vegetables,----- and leafy green vegetables.

<u>Individual Flashcard (Flashcard Stack)  Block -</u>

Flash card 1: front

Alt text: A digital flashcard with a graphic of a bone displaying the title 'Vitamin A Function' in bold purple and blue text. The main image features an illustration of a bone with a magnified view of its cellular structure, emphasizing the role of Vitamin A in bone health. The bottom text states: 'Keeps eye and skin tissues healthy, important for bone growth, aids in immune health.



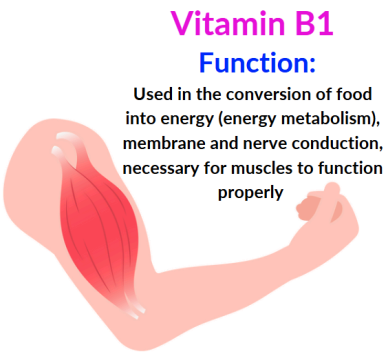

Flash card 1: back

Alt text: A digital flashcard featuring the title 'Vitamin A Sources' in bold purple and blue text. Below, images of various food items rich in Vitamin A are displayed, including a glass of fortified milk, a butternut squash, a raw beef steak, a boiled egg cut in half, sliced sweet potatoes, and a carrot. The bottom text lists these sources: 'Beef, eggs, sweet potatoes, carrots, squash, fortified milk.'




Flash card 2: front

Alt text:  A digital flashcard with a graphic of an army muscle displaying the title 'Vitamin B1 Function' in bold purple and blue text. The main image features an illustration of a bone with a magnified view of its cellular structure, emphasizing the role of Vitamin A in bone health. The bottom text states: 'Used in the conversion of food into energy (energy metabolism), membrane and nerve conduction, necessary for muscles to function properly.'




Flash card 2: back

Alt text: A digital flashcard featuring the title 'Vitamin B1 Sources' in bold purple and blue text. Below, images of various food items rich in Vitamin B1 are displayed, including a sweet potatoes, bran, soy beans,and pork loin. The bottom text lists these sources: 'pork loin, sweet potato with skin, bran, soy products."




Flash card 3: front

Alt text:  A digital flashcard with a graphic of a flow of red blood cells with the title 'Vitamin B2 Function' in bold purple and blue text. The main image features an illustration of river of red blood cells, emphasizing the role of Vitamin B2 in a healthy red blood cell pathway. The bottom text

states: 'Used in energy metabolism, helps prevent neuropathy, needed for healthy red blood cells.'




Flash card 3: back
Alt text: A digital flashcard featuring the title 'Vitamin B2 Sources' in bold purple and blue text. Below, images of various food items rich in Vitamin B2 are displayed, including multiple types of legumes and beans, eggs, yogurt, milk, and nuts. The bottom text lists these sources: 'Milk, yogurt, eggs,legumes, nuts.'




Flash card 4: front
Alt text:  A digital flashcard with a graphic of a hand with nerves pointed out, displaying the title 'Vitamin B3 Function' in bold purple and blue text. The main image features an illustration of nerves in the hand, emphasizing the role of Vitamin B3 in a healthy person. The bottom text states: 'Used in energy metabolism, necessary for healthy skin and nerve function."

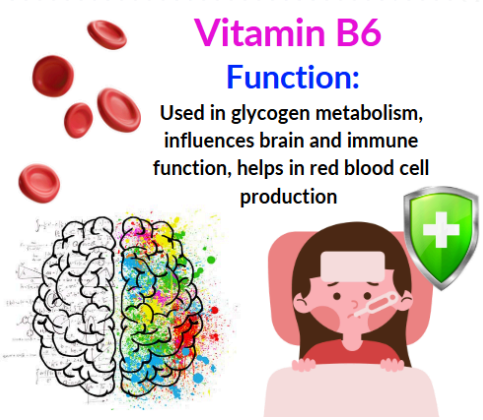



Flash card 4: back
Alt text: A digital flashcard featuring the title 'Vitamin B3 Sources' in bold purple and blue text. Below, images of various food items rich in Vitamin B3 are displayed, including chicken, peanut butter, tuna, mushrooms, beef, and cereal. The bottom text lists these sources: 'Chicken, tuna, beef, mushrooms, cereal, peanuts, peanut butter.'




Flash card 5: front
Alt text: A digital flashcard with multiple graphics of red blood cells, a thinking brain, and a sick person with a green shield on top of them, displaying the title 'Vitamin B6 Function' in bold purple and blue text. The graphics emphasise the role of Vitamin B6 in a healthy person. The bottom text states: 'Used in glycogen metabolism, influences brain and immune function, helps in red blood

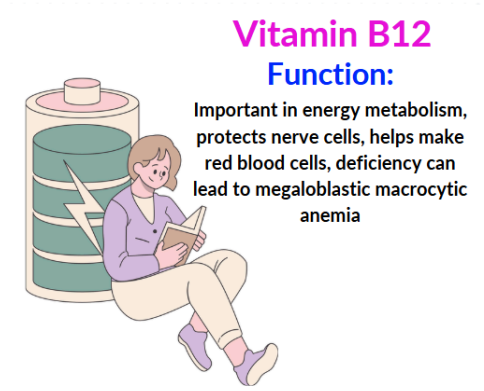
cell production.'



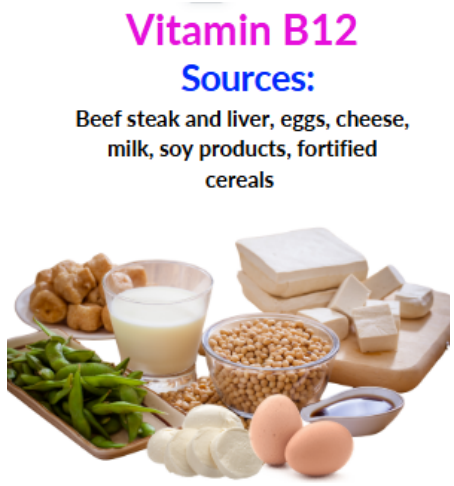

Flash card 5: back
Alt text: A digital flashcard featuring the title 'Vitamin B6 Sources' in bold purple and blue text. Below, images of various food items rich in Vitamin B6 are displayed, including chicken, beef patties, potatoes, bananas, and multiple types of legumes. The bottom text lists these sources: 'Chicken, beef, bananas, potatoes, soy products, legumes.'




Flash card 6: front
Alt text: A digital flashcard with a graphic of woman sitting against a battery at ⅘ full, representing her energy level, displaying the title 'Vitamin B12 Function' in bold purple and blue text. The graphics emphasise the role of Vitamin B12 in a healthy person. The bottom text states: 'Important in energy metabolism, protects nerve cells, helps make red blood cells.'




Flash card 6: back
Alt text: A digital flashcard featuring the title 'Vitamin B12 Sources' in bold purple and blue text. Below, images of various food items rich in Vitamin B12 are displayed, including soy products like edamame, soy milk, soy beans, and tofu, as well as mozzarella cheese, eggs, and milk. The bottom text lists these sources: 'Beef steak and liver, eggs, cheese, milk, soy products, fortified cereals.'



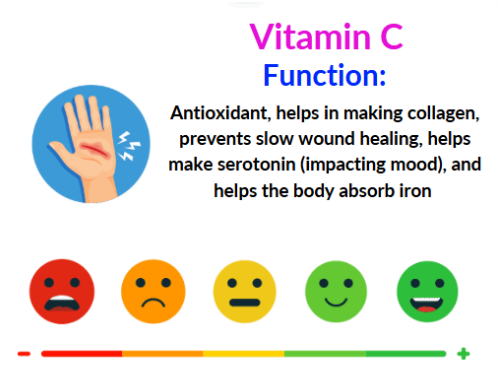

Flash card 7: front
Alt text: A digital flashcard with a graphic of peron's leg showing their bones, and a graphic of someone's braided hair, displaying the title 'Biotin Function' in bold purple and blue text. The graphics emphasise the role of Vitamin Biotin in a healthy person. The bottom text states: 'Used in energy metabolism, helps in making healthy bones and hair.'



Flash card 7: back
Alt text: A digital flashcard featuring the title 'Biotin Sources' in bold purple and blue text. Below, images of various food items rich in Biotin are displayed, including soy products like soy beans and soy milk, egg yolks, salmon, and whole wheat bread. The bottom text lists these sources: 'Whole grains, egg yolks, soy products, fish.'




Flash card 8: Front
Alt text: A digital flashcard with a graphic of peron's hand with a wound, and a mood scale of various levels, displaying the title Vitamin C Function' in bold purple and blue text. The graphics emphasise the role of Vitamin C in a healthy person. The bottom text states: 'Antioxidant, helps in making collagen, prevents slow would healing, helps serotonin (impacting mood), and helps the body absorb iron.'

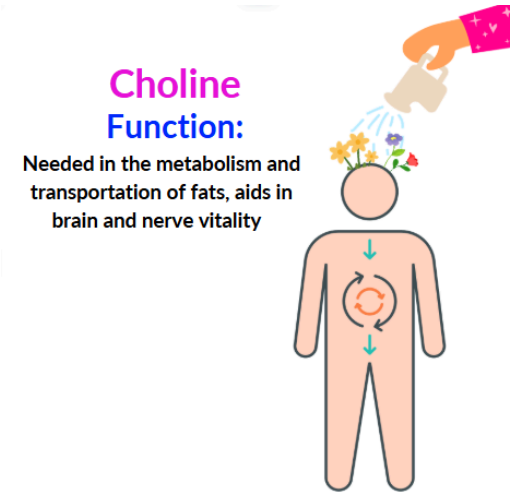



Flash card 8: back
Alt text: A digital flashcard featuring the title "Vitamin C Sources' in bold purple and blue text. Below, images of various food items rich in Vitamin C are displayed, including Spinach, citrus fruits, bell peppers, and cauliflower. The bottom text lists these sources: 'Papaya, cauliflower, kiwi, bell peppers, strawberries, spinach, citrus fruits.'




Flash card 9: front

Alt text: A digital flashcard with a graphic of a person's metabolic system with arrows throughout the body, as well as their brain being watered and flowers growing from it, displaying the vitality that Choline brings to the brain. The card displays the title Choline Function' in bold purple and blue text. The graphics emphasise the role of Choline in a healthy person. The bottom text states: 'Needed in the metabolism and transportation of fats, aids in brain and nerve vitality.'



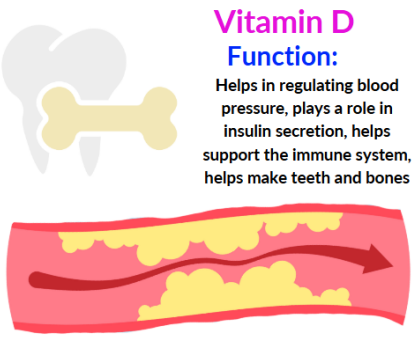

Flash card 9: back

Alt text: A digital flashcard featuring the title “Choline Sources' in bold purple and blue text. Below, images of various food items rich in Choline are displayed, including eggs, peanuts, and milk. The bottom text lists these sources: 'Milk, eggs, peanuts.'



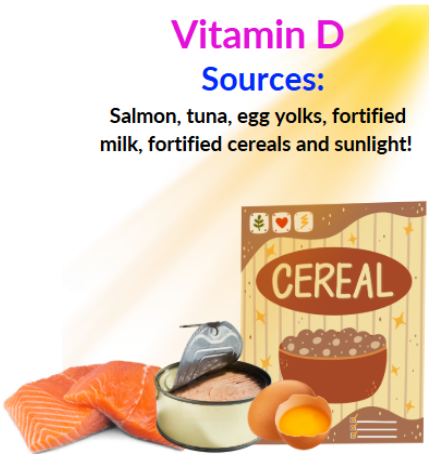
Flash card 10: front

Alt text: A digital flashcard with a graphic of a person's blood pressure stream and a tooth + bone, displaying the vitality that Vitamin D brings to the body. The card displays the title Vitamin D Function' in bold purple and blue text. The graphics emphasise the role of Vitamin D in a healthy person. The bottom text states: 'Helps in regulating blood pressure, plays a role in Insulin secretion, helps support the immune system, helps make teeth and bones.'



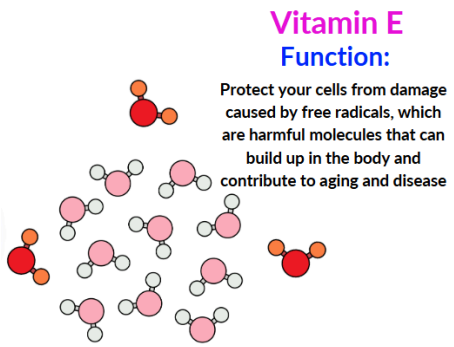

Flash card 10: back

Alt text: A digital flashcard featuring the title "Vitamin D Sources' in bold purple and blue text. Below, images of various food items rich in Vitamin D are displayed, including Salmon, tuna, egg yolks, fortified cereal, and sunlight. The bottom text lists these sources: 'Salmon, tuna, egg yolks, fortified milk, fortified cereals, and sunlight!.'




Flash card 11: front

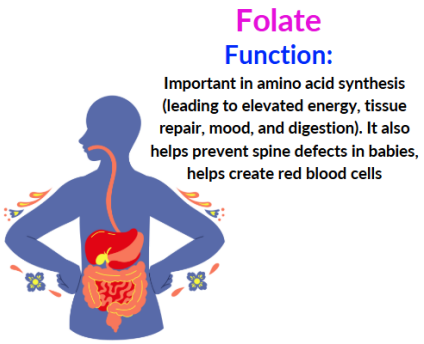
Alt text: A digital flashcard with a graphic of a person's molecules, displaying free radical molecules that Vitamin E prevents. The card displays the title Vitamin E Function' in bold purple and blue text. The graphics emphasize the role of Vitamin E in a healthy person. The bottom text states: 'Protect your cells from damage caused by free radicals, which are harmful molecules that can build up in the body and contribute to aging and disease.'




Flash card 11: back
Alt text: A digital flashcard featuring the title “Vitamin E Sources' in bold purple and blue text. Below, images of various food items rich in Vitamin E are displayed, including Wheat germ, avocados, and vegetable oil. The bottom text lists these sources: 'Sunflower seeds, wheat germ, vegetable oils, salad dressings, avocados.’




Flash card 12: Front
Alt text: A digital flashcard with a graphic of a person's digestive system. The card displays the title Folate Function' in bold purple and blue text. The graphics emphasize the role of Folate in a healthy person. The bottom text states: 'Important in amino acid synthesis (leading to elevated energy, tissue repair, mood, and digestion). It also helps prevent spine defects in babies, and helps create red blood cells.’

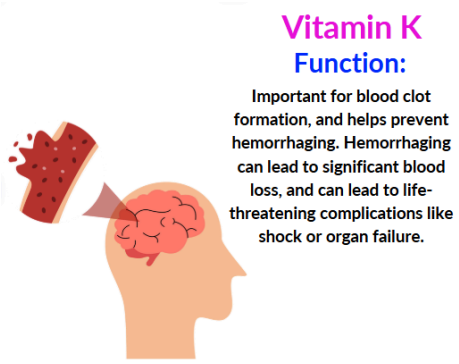



Flash card 12: back
Alt text:  A digital flashcard featuring the title “Folate Sources' in bold purple and blue text. Below, images of various food items rich in Folate are displayed, including rolled oats, mushrooms,

chickpeas, broccoli, and spinach. The bottom text lists these sources: 'Mushrooms, spinach, fortified grains and cereals, legumes, broccoli.'




Flash card 13 front:
Alt text: A digital flashcard with a graphic of a person's brain and a haemorrhage occurring. The card displays the title Vitamin K Function' in bold purple and blue text. The graphics emphasize the role of Vitamin K in a healthy person. The bottom text states: 'Important for blood clot formation, and helps prevent hemorrhaging. Hemorrhaging can lead to significant blood loss, and lead to life-threatening complications like shock or organ failure.'




Flash card 13 back:
Alt text: A digital flashcard featuring the title "Vitamin K Sources' in bold purple and blue text. Below, images of various food items rich in Vitamin K are displayed, including Kale, green vegetables like zucchini, eggs, and milk. The bottom text lists these sources: 'Liver, eggs, milk, green vegetables, leafy green vegetables.'



Matching Block -

Q: Match each food (left) to its corresponding vitamin (right).

Carrots, Squash, Sweet Potatoes, Fortified Milk → Vitamin A
Yogurt, Legumes, Milk, Eggs, Nuts → Vitamin B2
Chicken, Tuna, Beef, Mushrooms, Cereal, & Peanut butter → Vitamin B3
Cheese, Beef Steak, and Eggs → Vitamin B12
Strawberries, Citrus, Cauliflower, Bell Peppers → Vitamin C
Peanuts, Milk, & Eggs → Choline
Tuna, Salmon, Egg yolks, & Sunlight → Vitamin D
Sunflower seeds, Wheat Germ, & Vegetable oils → Vitamin E
Mushrooms, Spinach, Grains and Cereals, Legumes, & Broccoli → Folate
Eggs, Milk, & Leafy green vegetables → Vitamin K

Correct feedback: **Fantastic job** sorting these foods into their respective vitamin categories! Matching foods with their respective vitamins helps build awareness of how consuming a variety of foods support overall health. **A balanced diet with a diverse array of foods ensures you get the essential vitamins your body needs.** Keep applying this knowledge to make informed food choices!
Incorrect feedback: **You're almost there! Give it another try.** Remember, different foods provide specific vitamins that support various body functions. Take another look at the vitamins section(s) above and try again. **You've got this!**

**A correct answer is **required** to move on in the module.

Title Block -

Defining Minerals, their Functions, & Sources:

Paragraph block -

**Instructions:** Flip through each card to define the minerals, their function, and their food sources. You can also listen to the audio recording while flipping through the cards or follow along with the transcript of the recording.

Click here to view the transcript for the Audio Recording below.

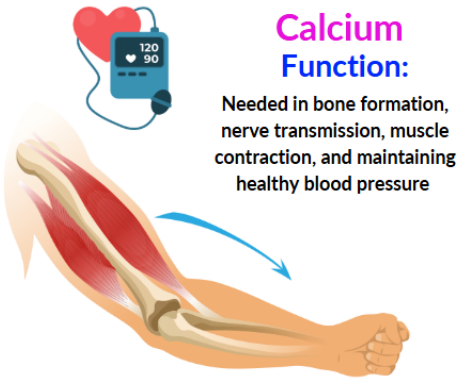
Multimedia block -

Audio - Defining vitamins, functions, sources.mp3
Script: in AI Voiceover: Feel free to pause this recording at any point to reflect on any of the cards. Calcium function. Calcium is needed in bone formation, nerve transmission, muscle contraction and to maintain a healthy blood pressure. Sources foods with calcium include milk, sardines,

cheese, dark leafy green vegetables, tofu and fortified juices, chloride function, chloride is needed for us to help balance fluids in the body. Sources foods with chloride include table salt and processed foods, chromium. Function, chromium helps maintain normal blood sugar levels and boosts insulin activity. Sources foods with chromium include meat, nuts and cheese. Copper function, copper aids in collagen synthesis and red blood cell formation and is important in metabolizing iron sources. Foods with copper include oysters, liver, nuts, seeds, shellfish, beans and prunes. Fluoride function, fluoride prevents dental cavities and encourages the formation of strong bones. Sources foods with fluoride include fluoridated water and marine fish like salmon, tuna, cod and sardines, iodine function. Iodine is important to maintain proper thyroid function. Sources foods with iodine include iodized salt and seafood. Iron function: Iron is needed for the transportation of oxygen in the body, as well as for various chemical reactions in the body to occur. Sources of iron include turkey, liver, red meat, eggs, fruits, and green vegetables. Magnesium – Magnesium helps in bone formation, keeps our heart rhythm steady, and is used during muscle contractions. Foods with magnesium include pinto beans, peanut butter, whole grain breads, green vegetables, and seeds. Manganese is an antioxidant, and helps build the formation of cartilage and bone, is used in wound healing, and helps metabolize amino acids and carbohydrates. Foods with manganese include pecans and other nuts, pineapple, legumes, and whole grains. Molybdenum is a cofactor of an enzyme that helps prevent severe nerve damage in infants, and supports other enzymes. Simply put, this means it is a team player with other enzymes to improve our health. Foods with molybdenum include legumes, nuts, grains, and milk. Phosphorus helps form bone and teeth, and is needed in every cell in the body. Foods with phosphorus include milk and dairy products, meat, eggs, peas, potatoes, and almonds. Potassium helps in balancing fluids in the body, and is important for healthy nerve and heart function. Foods with potassium include prune juice, meat, milk, potatoes, bananas, and many fruits and vegetables. Selenium is used as an antioxidant in the body, and assists in maintaining normal thyroid hormonal activity. Foods with selenium include cottage cheese, beans, mushrooms, grains, walnuts, organ meats, and seafood. Sodium helps in balancing fluids in the body, and is important in completing muscle contractions. Foods with sodium include vegetables, bread, deli meats, and cheese. Zinc is important for immune system functionality and wound healing; it is needed to maintain a healthy sense of taste and smell. Foods with zinc include meat, oysters and some seafood, pumpkin seeds, nuts, beans, mushrooms, and fortified cereals.

Individual Flashcard (Flashcard Stack) Block -

Flash card 1: front
Alt text: An arm with muscles and bones highlighted, alongside a heart monitor (120/90) and text explaining calcium's role in bone health and body functions.



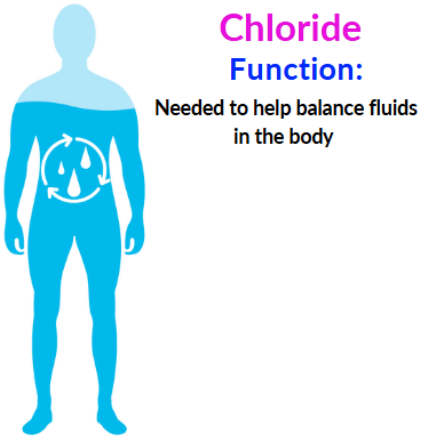

Flash card 1: back

Alt text: Graphic listing calcium sources: milk, sardines, cheese, dark leafy greens, tofu, and fortified juices. Images of these foods accompany the text.




Flash card 2: front

Alt text: Graphic of a human figure with text 'Chloride Function: Needed to help balance fluids in the body' and an illustration of fluid balance inside the body.

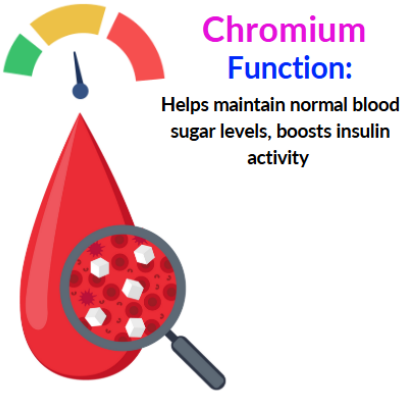



Flash card 2: back

Alt text: Graphic listing chloride sources: table salt, processed foods, illustrated with images of fries, gummy candies, nachos, a salt shaker, and a chocolate bar



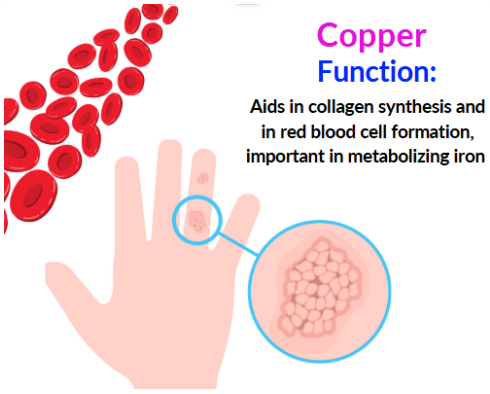

Flash card 3: front
Alt text: Graphic of a blood drop with a magnifying glass, showing chromium helps maintain normal blood sugar levels and supports insulin activity in the body.




Flash card 3: back
Alt text: Graphic listing chromium sources: meats, nuts, and cheese, with images of these foods accompanying the text. Text reads 'Chromium Sources: Meats, Nuts, Cheese.'



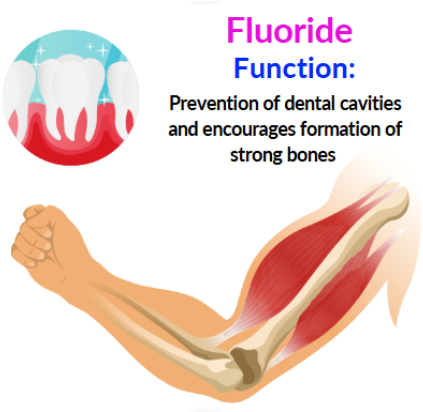

Flash card 4: front
Alt text: Graphic showing red blood cells and skin layers with text: 'Copper Function: Aids in collagen synthesis, red blood cell formation, and metabolizing iron.




Flash card 4: back
Alt text: Graphic listing copper sources: oysters, liver, nuts, seeds, shellfish, beans, and prunes, with images of these foods shown alongside the text.




Flash card 5: front
Alt text: Graphic showing a tooth and a bone with text: 'Fluoride Function: Prevents dental cavities and supports the formation of strong bones,' illustrating its benefits.

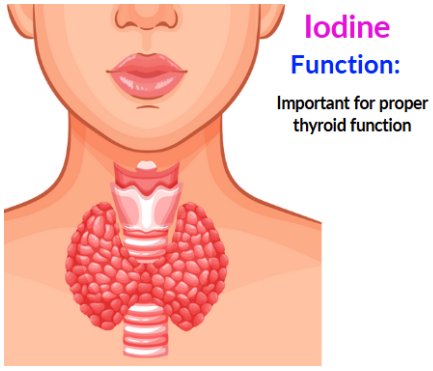



Flash card 5: back
Alt text: Graphic listing fluoride sources: fluoridated water and marine fish like salmon, tuna, cod, and sardines, with images of these foods and a water bottle shown




Flash card 6: front

Alt text: Diagram of a human neck showing the thyroid gland in red, with text: 'Iodine Function: Important for proper thyroid function,' highlighting its role.



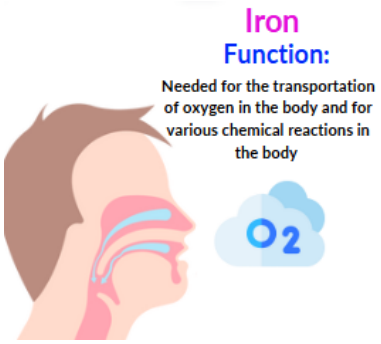

Flash card 6: back

Alt text: Graphic listing iodine sources: iodized salt and seafood, with images of fish, shrimp, squid, lemon slices, and a salt shaker shown alongside the text.




Flash card 7: front

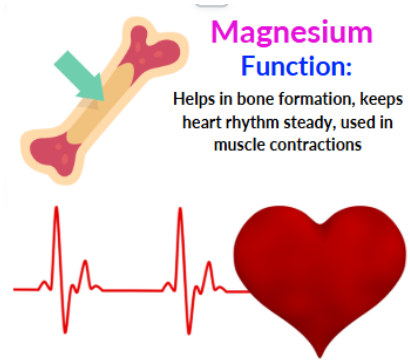
Alt text: Diagram highlighting the respiratory system, showing the nasal passages and throat, with text: 'Iron Function: Needed for oxygen transport and chemical reactions.'




Flash card 7: back
Alt text: Graphic listing iron sources: turkey, liver, red meat, eggs, fruits, and green vegetables, with images of these foods like bananas, broccoli, and eggs shown.



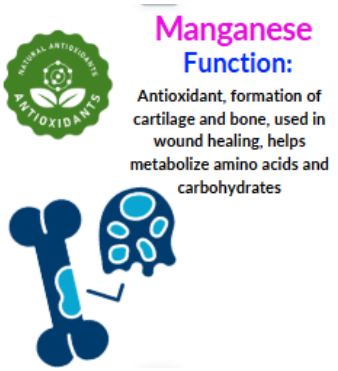

Flash card 8: front
Alt text: Graphic showing a bone and a heart with an ECG line, with text: 'Magnesium Function: Helps in bone formation, keeps heart rhythm steady, used in muscle contractions.'



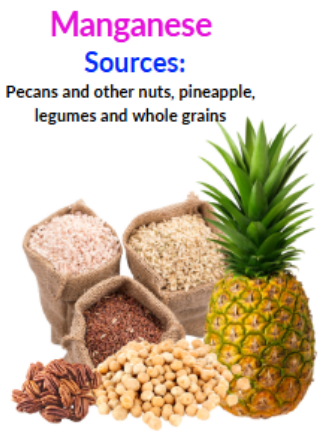

Flash card 8: back
Alt text: Graphic listing magnesium sources: pinto beans, peanut butter, whole grain breads, green vegetables, and seeds, with illustrations of these foods included.



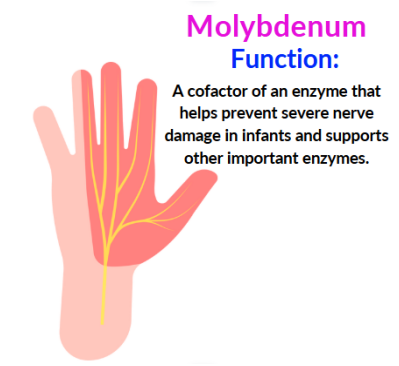

Flash card 9: front
Alt text: Graphic showing a bone, cartilage, and a cell with text: 'Manganese Function: Antioxidant, helps form cartilage and bone, aids in wound healing, and metabolism.'




Flash card 9: back
Alt text: Graphic listing manganese sources: pecans, pineapple, legumes, and whole grains, with images of these foods including a pineapple, pecans, and chickpeas."



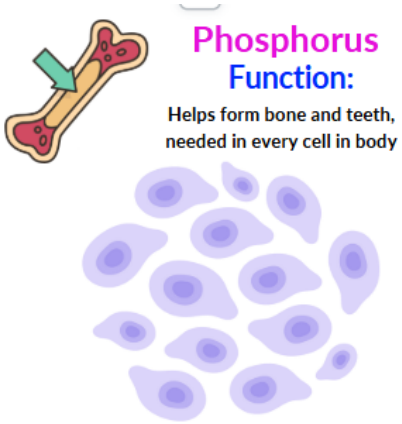

Flash card 10: front
Alt text: Graphic showing a hand with highlighted nerves and text: 'Molybdenum Function: Prevents nerve damage in infants and supports key enzyme activities.'



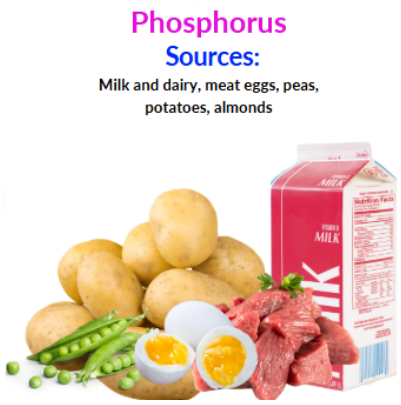

Flash card 10: back
Alt text: Graphic listing molybdenum sources: legumes, nuts, grains, and milk, with images like beans, rice, bread slices, and a milk carton accompanying the text.




Flash card 11: front
Alt text: Graphic showing a bone and teeth illustration with text: 'Phosphorus Function: Helps form bone and teeth, needed in every cell in the body,' highlighting its role.

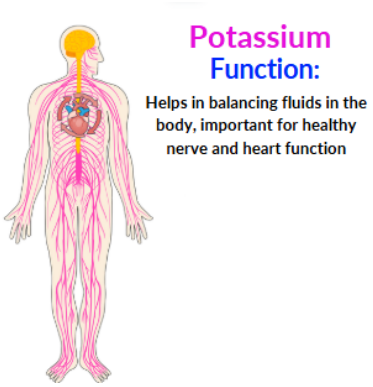



Flash card 11: back
Alt text: Graphic listing phosphorus sources: milk, dairy, meat, eggs, peas, potatoes, and almonds, with illustrations of these foods shown alongside the text.




Flash card 12: front

Alt text: Diagram of a human body focusing on the nervous system and heart, with text: 'Potassium Function: Balances body fluids and supports nerve and heart health.'



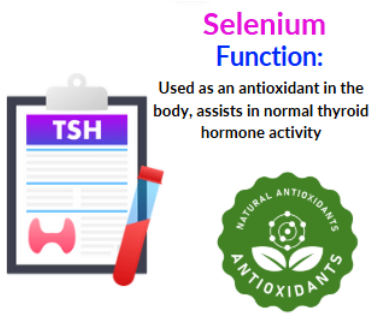

Flash card 12: back

Alt text: Graphic listing potassium sources: bananas, potatoes, milk, prune juice, raspberries, and plums, with illustrations of these foods shown alongside the text.




Flash card 13: front

Alt text: Graphic showing selenium function: antioxidant role and thyroid hormone activity, with a TSH clipboard and an antioxidant badge illustration.



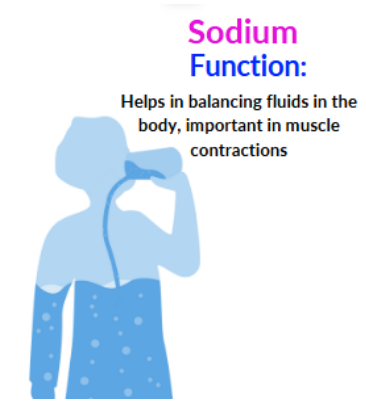

Flash card 13: back

Alt text: Graphic listing selenium sources: cottage cheese, beans, mushrooms, grains, walnuts, organ meats, and seafood, with illustrations of these foods included.




Flash card 14: front

Alt text: Graphic showing a person drinking water, with text: 'Sodium Function: Helps balance fluids in the body, important for muscle contractions.'




Flash card 14: back

Alt text: Graphic listing sodium sources: vegetables, bread, deli meats, and cheese, with illustrations of these foods displayed alongside the text.




Flash card 15: front
Alt text: Graphic showing zinc function: supports immune system, wound healing, and maintaining taste and smell, with shield deflecting bacteria illustration.




Flash card 15: back
Alt text: Graphic listing zinc sources: meat, oysters, seafood, pumpkin seeds, nuts, beans, mushrooms, and fortified cereals, with illustrations of these foods included.




Title block -

Mineral Sorting Activity

Paragraph block -

**Instructions:** **Drag and drop each food item onto the mineral it contains.** Alternatively, use the Tab key to navigate, the arrow keys to select a mineral, and **Enter** to confirm your choice.

Multimedia block -

Audio - mineral sorting activity.mp3
Script: Its time for the mineral sorting activity! Instructions: Drag and drop each food item onto the mineral it contains. Alternatively, use the Tab key to navigate, the arrow keys to select a mineral, and Enter to confirm your choice.

Sorting Activity Block -

**Categories**:
Chromium, Magnesium, Potassium, Zinc

Chromium:
- Nuts
- Cheese

Magnesium
- Pinto beans
- Peanut butter
- Whole grain breads
- Green vegetables
- Seeds

Potassium
- Prune Juice
- Milk
- Potatoes
- Bananas

Zinc
- Fortified cereals
- Pumpkin seeds
- Beans
- Seafood
- Oysters

Image block -



Alt text: Minimalist icon of a crossed fork and knife, outlined in blue and pink, symbolizing food or dining.

Continue block

Programming notes:

No additional notes.

This space is intentional due to consistent spacing of this document.

**Page 4 - Principle Three: Hydration**

Title Block -

Principle One: Carbohydrates, Fats, & Proteins

Title Block -

Principle Two: Hydration

Multimedia block -

Audio - water.mp3
Script: Hydration is essential for every function in the body.Water makes up about 60% of your body.It plays a crucial role in keeping you energized and functioning at your best. Scroll or tab down to the Importance of Hydration Section to explore why staying hydrated is so important.

Paragraph Block -

**Hydration is essential for *every function* in the body.**

**Water makes up about 60% of your body.** ← this needs to be sized larger, at 22px.

It plays a crucial role in keeping you energized and functioning at your best. Here's why staying hydrated is so important:

Accordion Block -

1. Regulates Body Temperature

- Water **helps your body stay cool** through sweating and circulation.
- **Prevents overheating and heat exhaustion**, especially during exercise or hot weather.
    - Media included: *Regulates body temperature video.mp3*
        - Link here, downloadable access allowed
        - File location: C:\Users\laura\OneDrive\Learning Matters\Clients\Empowrd Nutrition\1 - EmpowRD Pathways\03 Course - Daily Nutrition - The Foundations\Page 02 Daily Nutrition Principles\Accordion Block\Regulates body temperature video.mp3

2. Supports Digestion & Nutrient Absorption

- Breaks down food for **easier digestion.**
- Helps your body **absorb vitamins and minerals** from food.
- Prevents constipation and **supports a healthy gut.**
    - Media included: *Supports Digestion & Nutrient Absorption.mp3*
        - Link here, downloadable access allowed
        - File location: C:\Users\laura\OneDrive\Learning Matters\Clients\Empowrd Nutrition\1 - EmpowRD Pathways\03 Course - Daily Nutrition - The Foundations\Page 02 Daily Nutrition Principles\Accordion Block\Regulates body temperature video.mp3

3. Boosts Energy & Supports Muscles and Joints

- Even mild dehydration (1-2%) can cause **tiredness, headaches, and brain fog.**
- Water delivers oxygen and nutrients to your cells for **sustained energy.**
- Lubricates joints to **prevent pain and stiffness.**
- **Reduces muscle cramps** and improves exercise performance.
- **Aids in muscle recovery** after workouts.
    - Media included: *Video 3 - Improves energy.mp3*
        - Link here, downloadable access allowed
        - File location: C:\Users\laura\OneDrive\Learning Matters\Clients\Empowrd Nutrition\1 - EmpowRD Pathways\03 Course - Daily Nutrition - The Foundations\Page 02 Daily

Nutrition Principles\Accordion Block\Video 3 - Improves energy.mp3

4. Improves Brain Function & Mood

- **Helps with focus, memory, and problem-solving.**
- **Prevents irritability, anxiety, and mood swings** caused by dehydration.
- Keeps you feeling **mentally sharp and alert**.
    - Media included: *Improve brain function and mood final.mp3*
        - Link here, downloadable access allowed
        - File location: C:\Users\laura\OneDrive\Learning Matters\Clients\Empowrd Nutrition\1 - EmpowRD Pathways\03 Course - Daily Nutrition - The Foundations\Page 02 Daily Nutrition Principles\Accordion Block\04 - Improve brain function and mood final.mp3

5. Supports Heart Health & Strengthens Immunity

- **Maintains healthy blood pressure and circulation** by keeping blood volume stable.
- Helps the **heart pump blood efficiently** and **prevents dizziness** from dehydration.
- Supports the immune system by **delivering nutrients to immune cells.**
- Keeps mucous membranes moist, **creating a barrier against viruses and bacteria.**
    - Media included: *05 video - heart and immune system.mp3*
        - Link here, downloadable access granted
        - File location: C:\Users\laura\OneDrive\Learning Matters\Clients\Empowrd Nutrition\1 - EmpowRD Pathways\03 Course - Daily Nutrition - The Foundations\Page 02 Daily Nutrition Principles\Accordion Block\05 video - heart and immune system

Title block -

What is the minimum amount of water you should drink daily?

Multimedia block -

Audio - water amount.mp3
Script: So, what is the minimum amount of water you should drink daily? The National Academy of Medicine recommends about 13 cups of fluids per day for men and 9 cups for women, with 1 cup equal to 8 ounces. People who are physically active or live in hot climates may need more water. The chart below shows recommended daily water intake by age group. These amounts are guidelines, not strict daily targets since everyone's fluid needs vary from day to day. Click on the chart below to view a larger version, or tab over to it and press enter to view a larger version. This

chart was provided by: Harvard T.H. Chan School of Public Health. Water: How much should you drink? The Nutrition Source. Retrieved from https://nutritionsource.hsph.harvard.edu/water/

Paragraph block -

The National Academy of Medicine recommends about **13 cups of fluids per day for men and 9 cups for women**, with **1 cup equal to 8 ounces**. People who are **physically active** or live in **hot climates** may need more water. The chart below shows **recommended daily water intake by age group**. These amounts are **guidelines, not strict daily targets** since everyone's fluid needs vary from day to day.

Statement block -

**Click the chart to view a larger version. Alternatively, tab over to it and press enter to enlarge it. Or, view an accessible version of the chart by clicking here.**

Gallery block -

Image-

| Age | Daily Adequate Intake |
|---|---|
| 1-3 years | 4 cups, or 32 ounces |
| 4-8 years | 5 cups, or 40 ounces |
| 9-13 years | 7-8 cups, or 56-64 ounces |
| 14-18 years | 8-11 cups, or 64-88 ounces |
| men, 19 and older | 13 cups, or 104 ounces |
| women, 19 and older | 9 cups, or 72 ounces |
| pregnant women | 10 cups, or 80 ounces |
| breastfeeding women | 13 cups, or 104 ounces |

Statement block -

**Source:** Harvard T.H. Chan School of Public Health. (n.d.). *Water: How much should you drink?* The Nutrition Source. Retrieved from https://nutritionsource.hsph.harvard.edu/water/

Title block -

Activity: How Water Intake Affects Urine Color

Paragraph block -

Instructions: Move the blue circle upwards and downwards to increase and reduce water intake and see how it affects urine color and the hydration level on the left. Alternatively, press Tab to select the circle, then use the up and down arrow keys to adjust intake and observe the changes.

Multimedia block -

Audio - urine activity.mp3
Script: Activity: How water intake effects hydration. During this activity, Move the **blue circle upwards and downwards on the left** to increase and reduce water intake and see how it affects **urine color** and the body's **hydration level on the right**. Alternatively, press Tab to select the circle, then use the up and down arrow keys to adjust intake and observe the changes. **The darker our urine color is, the less hydrated we are. The lighter our urine color is, the more hydrated we are.**

*In Articulate Storyline -*

Slide: 9.1 Urine Activity
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left:

- Text box with the text: "Water Consumed"
  - Roboto Condensed, bold, 48px
  - Fill: #0000FF
  - Outline: White, 8px
- Add a Slider: Select 1st option, make Vertical
  - Keep autogenerated colors and design
  - Settings of Slider:
    - Start: 0
    - End: 7
    - Initial: 0
    - Step: 1

Stage right:

- Text box with the text: "Color of Urine"

    - Roboto Condensed, bold, 48px
    - Fill: #0000FF
    - Outline: White, 8px
- Add a circle
    - No outline
    - Fill Color: #E1C204
    - Add the following States:
        - 7
            - Fill color: #FFC903
            - Text centered in circle: Severely Dehydrated (Roboto condensed, 46px, black)
        - 6
            - Fill color: #FED715
            - Text centered in circle: Severely Dehydrated (Roboto condensed, 46px, black)
        - 5
            - Fill color: #FFE729
            - Text centered in circle: Dehydrated (Roboto condensed, 46px, black)
        - 4
            - Fill color: #FFFF62
            - Text centered in circle: Slightly Dehydrated (Roboto condensed, 46px, black)
        - 3
            - Fill color: #FEFF9E
            - Text centered in circle: Sufficient Hydration (Roboto condensed, 46px, black)
        - 2
            - Fill color: #FFFFCD
            - Text centered in circle: Sufficient Hydration (Roboto condensed, 46px, black)
        - 1
            - Fill color: #FFFFE5
            - Text centered in circle: Optimal Hydration (Roboto condensed, 46px, black)

Accessibility

- Alt text
    - Slider: A vertical slider to move upwards and downwards.
    - Circle: A visual circle to provide the color of urine.
- Keyboard functions - tabbing (arrows)  functions built-into Storyline

Variables: PauseAudio - No variables

Triggers:

- When Slider 1 moves, set the state of Oval 1 to 7 if its value is between 0 and 1
- When Slider 1 moves, set the state of Oval 1 to 6 if its value is 2
- When Slider 1 moves, set the state of Oval 1 to 5 if its value is 3
- When Slider 1 moves, set the state of Oval 1 to 4 if its value is 4
- When Slider 1 moves, set the state of Oval 1 to 3 if its value is 5
- When Slider 1 moves, set the state of Oval 1 to 2 if its value is 6
- When Slider 1 moves, set the state of Oval 1 to 1 if its value is 7

IContent box -

[fill in]

*Image to right of text: Add image!*

Image block -



Alt text: The image shows a heart with a red outline and pink fill, topped with six blue leaves in a minimalist, symmetrical design, suggesting growth and vitality.

Continue block

Programming notes:

No additional notes.

**Page 5 - Act it out!**

Title block -

In this Course, you have:

Bullet list block -

- Identified and demonstrated **three daily nutritional principles** that benefit your well-being.
- Identified and **matched foods with their beneficial vitamins and minerals**.
- Constructed a balanced meal with **optimal nutritional principles and hydration.**

Multimedia block -

Audio - Script In this Course, you have.mp3
Script: In this Course, you have Identified and demonstrated three daily nutritional principles that benefit your well-being. You have Identified and matched foods with their beneficial vitamins and minerals. Lastly, you Constructed a balanced meal with optimal nutritional principles and hydration.

Paragraph block -

In this interactive activity, you'll apply what you've learned by creating a well-balanced meal. You'll select foods that provide the right mix of carbohydrates, proteins, and fats while also ensuring you include essential vitamins, minerals, and hydration. Ready to build your plate? Let's get started!

**Instructions**: Ensure your sound is at a comfortable volume. If the activity doesn't play automatically, press play or tab to it, then press Enter to begin.

Multimedia block -

Audio - Course recap.mp3
Script: In this interactive activity, you'll apply what you've learned by creating a well-balanced meal. You'll select foods that provide the right mix of carbohydrates, proteins, and fats while also ensuring you include essential vitamins, minerals, and hydration. Ready to build your plate? Let's get started! Ensure your sound is at a comfortable volume. If the activity doesn't play automatically, press play or tab to it, then press Enter to begin.

Articulate Storyline Block -

Objective: Learners will construct a balanced plate with optimal nutritional principles by the end of the course.

*In Articulate Storyline*:

Slide: 11.1 Selection Slide
Type of Slide: Blank

Set the Stage with #CCCCFF background
Stage left: Robert, positive pose (smile)
Stage right:

- Show the graphic: Plate.jpg
- 

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 1.mp3
Script 1: Onyx - Hey guys!! It's me again, Nathan. It's great to see you again! Now that you've learned the principles of Nutritional foundations, it's your turn to build a balanced meal! To begin, click the plate or press the P key for an accessible experience during this activity.

Accessibility

- Closed Captions
- Alt text
    - Nathan: need to fill this in!
- Keyboard functions

Variables:

- RiceDropped - True/False - Set as False
- PastaDropped - True/False - Set as False
- PotatoDropped - True/False - Set as False

Triggers:

- When the user clicks the plate, it takes them to the Carbohydrate layer.
- When the user clicks the p key on their keyboard, jump to Slide 11.2 for an accessible experience.
- When the user presses the spacebar,
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False

        - Resume timeline on this Slide
            - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

- Layer: Carbohydrates
    - Stage left:
        - Insert the following graphics:
        - 
        - 
        - 
    - Play Script 1 Carbs:
        - Script 1 Carbs: Below, you'll find white rice, pasta, and potatoes. Using your mouse, drag and drop **one of the** carbohydrates into the appropriate section of your plate.

Triggers:

- When the user drops the Pasta on the drop target, show layer pasta
    - Set PastaDropped value to True
- When the user drops the potatoes on the drop target, show layer potatoes
    - Set PotatoDropped value to True
- When the user drops the white rice on the drop target, show layer rice
    - Set RiceDropped value to True

- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

- Layer: Rice
    - Stage left: rectangle
        - Aliyah: positive expression
    - Audio: play Audio Script Carbohydrate Success.mp3
        - Script Rice: Great choice! You're off to a great start. Let's keep going! Click the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue.

Triggers:

- When the user clicks on the next arrow, it takes them to the next slide.
- When the user clicks the right arrow key on their keyboard, it takes them to the next slide.

- Layer: Pasta
    - Stage left: rectangle
        - Aliyah: positive expression
    - Audio: play Audio Script Carbohydrate Success.mp3

Triggers:

- When the user clicks on the next arrow, it takes them to the next slide.
- When the user clicks the right arrow key on their keyboard, it takes them to the next slide.

- Layer: Potatoes
    - Stage left: rectangle
        - Aliyah: positive expression
    - Audio: play Audio Script Carbohydrate Success.mp3

Triggers:

- When the user clicks on the next arrow, it takes them to the next slide.
- When the user clicks the right arrow key on their keyboard, it takes them to the next slide.

Slide: 11.6 Proteins
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Robert, positive pose (smile) – show in a square Avatar shape
–Show the following graphics as they are narrated:

- 
- 
- 

Stage right:

- Maintain the plate and lines, but add in the Rice, Potato, and Pasta from the previous slide. Copy and paste them – **and begin their state as hidden.**
- Add a drop spot (hotspot).

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 4.mp3
Script 4: Onyx - Alright! Now that you've successfully selected and placed a carbohydrate on your plate, let's move on to proteins. Below, you'll find shrimp, steak, and tofu. Using your mouse, drag and drop one of the proteins below into the appropriate section of your plate.

Accessibility

- Closed Captions
- Alt text
  - Nathan: need to fill this in!
- Keyboard functions

Variables:

- ShrimpDropped - True/False - Set as False

- SteakDropped - True/False - Set as False
- TofuDropped - True/False - Set as False

Triggers:

- When the timeline starts on this slide,
  - Set the state of the Potato graphic to Normal if PotatoDropped = value True
  - Set the state of Rice to Normal if RiceDropped = value True
  - Set the state of Pasta to Normal if PastaDropped = value True
- When the user presses left arrow, jump to previous slide
- When the user drops Shrimp on the Drop spot
  - Show layer Shimp
  - Set ShrimpDropped to value True
- When the user drops steak on Drop Spot
  - Show layer Steak
  - Set SteakDropped to value True
- When the user drops tofu on Drop Spot
  - Show layer tofu
  - Set TofuDropped to value True

- Layer: Shrimp
  - Stage left: All elements remain the same as the base layer.
  - Stage right: Add the graphic onto the plate:



    - 
  - Play Script 5 Protein Success:
    - Script 5 Protein Success: Looks to be a delicious plate! Click the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue.

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
  - Toggle PauseAudio
  - Pause timeline on this Slide
    - If PauseAudio value = False
  - Resume timeline on this Slide
    - If PauseAudio value = True
- When the user presses c
  - Toggle Player.Display.Captions

- Layer: Steak
    - Stage left: All elements remain the same as the base layer.
    - Stage right: Add the graphic onto the plate:
        - 
    - Play Script 5 Protein Success:
        - Script 5 Protein Success: Looks to be a delicious plate! Click the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue.

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

- Layer: Tofu
    - Stage left: All elements remain the same as the base layer.
    - Stage right: Add the graphic onto the plate:
        - 
    - Play Script 5 Protein Success:
        - Script 5 Protein Success: Looks to be a delicious plate! Click the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue.

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False

        - Resume timeline on this Slide
            - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: 11.7 Fats
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Robert, positive pose (smile) – show in a square Avatar shape
–Show the following graphics as they are narrated:

- 
- 
- 
-

Stage right:

- Maintain the plate and lines, but add in the Steak, tofu, and shrimp from the previous slide. Copy and paste them – **and begin their state as hidden.**
- Add a drop spot for Fats (hotspot).

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 4.mp3
Script 6: Onyx - Okay! Now that you've successfully selected and placed carbohydrates and

proteins on your plate, let's move on to fats.  Below, you'll find eggs, nuts, and avocado. Using your mouse, drag and drop one of the fats below into the appropriate section of your plate.

Accessibility

- Closed Captions
- Alt text
    - Nathan: Same as previous
- Keyboard functions

Variables:

- AvocadoDropped - True/False - Set as False
- EggDropped - True/False - Set as False
- NutDropped - True/False - Set as False

Triggers:

- When the timeline starts on this slide,
    - Set the state of the Potato graphic to Normal if PotatoDropped = value True
    - Set the state of Rice to Normal if RiceDropped = value True
    - Set the state of Pasta to Normal if PastaDropped = value True
    - Set the state of Shrimp to Normal if ShrimpDropped = value True
    - Set the state of Steak to Normal if SteakDropped = value True
    - Set the state of Tofu to Normal if TofuDropped = value True
- When the user presses left arrow, jump to previous slide
- When the user drops Avocado on the Drop spot
    - Show layer Avocado
    - Set AvocadoDropped to value True
- When the user drops Nuts on Drop Spot
    - Show layer Nuts
    - Set NutsDropped to value True
- When the user drops Eggs on Drop Spot
    - Show layer Eggs
    - Set EggsDropped to value True

- Layer: Eggs
    - Stage left: All elements remain the same as the base layer.
    - Stage right: Add the graphic onto the plate:



■

- Play Script 5 Protein Success:
  - Script 7 Fat Success: You're doing a phenomenal job building this plate! Click the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue.

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
  - Toggle PauseAudio
  - Pause timeline on this Slide
    - If PauseAudio value = False
  - Resume timeline on this Slide
    - If PauseAudio value = True
- When the user presses c
  - Toggle Player.Display.Captions

- Layer: Avocado
  - Stage left: All elements remain the same as the base layer.
  - Stage right: Add the graphic onto the plate:



    -
  - Play Script 7 Fats Success

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
  - Toggle PauseAudio
  - Pause timeline on this Slide
    - If PauseAudio value = False
  - Resume timeline on this Slide
    - If PauseAudio value = True
- When the user presses c
  - Toggle Player.Display.Captions

- Layer: Tofu
  - Stage left: All elements remain the same as the base layer.
  - Stage right: Add the graphic onto the plate:



- Play Script 7 Fats Success

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
  - Toggle PauseAudio
  - Pause timeline on this Slide
    - If PauseAudio value = False
  - Resume timeline on this Slide
    - If PauseAudio value = True
- When the user presses c
  - Toggle Player.Display.Captions

Slide: 11.8 Vitamins and Minerals
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Robert, positive pose (smile) – show in a square Avatar shape
–Show the following graphics as they are narrated:

- 
- 
- 
- 

Stage right:

- Maintain the plate and lines, but add in the graphics (fats) from the previous slide. Copy and paste them – **and begin their state as hidden.**
- Add a drop spot for Minerals over the ENTIRE plate (hotspot).

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 7.mp3
Script 7: Onyx - Okay! Now that you've successfully selected and placed carbohydrates, proteins, and fats on your plate, let's move on to vitamins and minerals. Below, you'll find broccoli, sweet potato, beans, and cheese. Using your mouse, drag and drop one of the foods on the left to the plate on the right to acquire optimal vitamins and minerals on your plate.

Accessibility

- Closed Captions
- Alt text
    - Nathan: need to fill this in!
- Keyboard functions

Variables:
- AvocadoDropped - True/False - Set as False
- EggDropped - True/False - Set as False
- NutDropped - True/False - Set as False

Triggers:

- When the timeline starts on this slide,
    - Set the state of the Potato graphic to Normal if PotatoDropped = value True
    - Set the state of Rice to Normal if RiceDropped = value True
    - Set the state of Pasta to Normal if PastaDropped = value True
    - Set the state of Shrimp to Normal if ShrimpDropped = value True
    - Set the state of Steak to Normal if SteakDropped = value True
    - Set the state of Tofu to Normal if TofuDropped = value True
    - Set the state of Avocado to Normal if AvocadoDropped = value True
    - Set the state of Egg to Normal if EggDropped = value True
    - Set the state of Nuts to Normal if NutDropped = value True
- When the user presses left arrow, jump to previous slide
- When the user drops Sweet potato on the Drop spot
    - Show layer Sweet potato
    - Set SweetPotatoDropped to value True
- When the user drops Broccoli on Drop Spot
    - Show layer Broccoli
    - Set BroccoliDropped to value True
- When the user drops Beans on Drop Spot
    - Show layer Beans
    - Set BeansDropped to value True
- When the user drops Cheese on Drop Spot

    - Show layer Cheese
- Set Cheese Dropped to value True

- Layer: Beans
    - Stage left: All elements remain the same as the base layer.
    - Stage right: All elements remain the same as the base layer.
    - Play Script 5 Protein Success:
        - Script 7 Beans: Fantastic work on building this plate! Beans are packed with essential vitamins and minerals, including B2, B6, folate, copper, manganese, molybdenum, selenium, and zinc—making them a powerhouse of nutrition. You're making great choices! Keep going by clicking the next arrow in the bottom right corner or pressing the right arrow on your keyboard.

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

- Layer: Cheese
    - Stage left: All elements remain the same as the base layer.
    - Stage right: All elements remain the same as the base layer.
    - Play Script 7 Cheese:
        - Script 7 Cheese: Fantastic work on building this plate! Cheese is packed with vitamins and minerals, including B12, calcium, chromium, phosphorous, and sodium—making it a great source of nutrition. Isn't it neat that nutrition can be delicious and satisfying? Keep going by clicking the next arrow in the bottom right corner or pressing the right arrow on your keyboard.

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c

    - Toggle Player.Display.Captions

- Layer: Sweet potato
    - Stage left: All elements remain the same as the base layer.
    - Stage right: All elements remain the same as the base layer.
    - Play Script 7 sweet potato:
        - Script 7 Sweet potato: Fantastic work on building this plate! Sweet potato is packed with vitamins and minerals, including Vitamin A, B6, C, E, potassium, Manganese, and iron —making it a powerhouse of nutrition. Isn't it neat that nutrition can be delicious and nourishing? Keep going by clicking the next arrow in the bottom right corner or pressing the right arrow on your keyboard.

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

- Layer: Broccoli
    - Stage left: All elements remain the same as the base layer.
    - Stage right: All elements remain the same as the base layer.
    - Play Script 7 broccoli:
        - Script 7 broccoli: Fantastic work on building this plate! Broccoli is packed with vitamins and minerals, including Vitamin A, B6, C, K, Folate, potassium, Calcium, and iron —making it a powerhouse of nutrition. Isn't it neat that nutrition can be delicious and nourishing? Keep going by clicking the next arrow in the bottom right corner or pressing the right arrow on your keyboard.

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: 11.9 Final
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Robert, positive pose (smile) – show in a square Avatar shape

Stage right:

- Maintain the plate and lines, but add in the graphics (minerals and vitamins) from the previous slide. Copy and paste them – **and begin their state as hidden.**

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 7.mp3 + Clapping audio file
Script 7: Onyx - You did it! You've created a delicious and nutritious plate. You can also review how many cups of water you've consumed by checking the number next to the water glass icon. Building a solid nutritional foundation doesn't have to be complicated—it just takes a bit of intention. To continue, scroll down and press the purple **Continue** button.

Accessibility

- Closed Captions
- Alt text
    - Nathan: need to fill this in!
- Keyboard functions

Variables:
- AvocadoDropped - True/False - Set as False
- EggDropped - True/False - Set as False
- NutDropped - True/False - Set as False

Triggers:

- When the timeline starts on this slide,
    - Set the state of the Potato graphic to Normal if PotatoDropped = value True
    - Set the state of Rice to Normal if RiceDropped = value True
    - Set the state of Pasta to Normal if PastaDropped = value True
    - Set the state of Shrimp to Normal if ShrimpDropped = value True
    - Set the state of Steak to Normal if SteakDropped = value True
    - Set the state of Tofu to Normal if TofuDropped = value True
    - Set the state of Avocado to Normal if AvocadoDropped = value True
    - Set the state of Egg to Normal if EggDropped = value True
    - Set the state of Nuts to Normal if NutDropped = value True
- When the user presses left arrow, jump to previous slide
- When the user drops Sweet potato on the Drop spot
    - Show layer Sweet potato
    - Set SweetPotatoDropped to value True
- When the user drops Broccoli on Drop Spot

        - Show layer Broccoli
        - Set BroccoliDropped to value True
- When the user drops Beans on Drop Spot
    - Show layer Beans
    - Set BeansDropped to value True
- When the user drops Cheese on Drop Spot
    - Show layer Cheese
- Set Cheese Dropped to value True

- Layer: Beans
    - Stage left: All elements remain the same as the base layer.
    - Stage right: All elements remain the same as the base layer.
    - Play Script 5 Protein Success:
        - Script 7 Beans: Fantastic work on building this plate! Beans are packed with essential vitamins and minerals, including B2, B6, folate, copper, manganese, molybdenum, selenium, and zinc—making them a powerhouse of nutrition. You're making great choices! Keep going by clicking the next arrow in the bottom right corner or pressing the right arrow on your keyboard.

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: 11.2 Carbs Accessible
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Robert, positive pose (smile) – show in a square Avatar shape
–Show the following graphics as they are narrated:

- 

Stage right:

- Add a drop spot (hotspot) on the Carbohydrates section of the Plate and Label it as A.
- Label the other two sections as B and C.

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 4.mp3
Script 2 Accessibility: Onyx - Let's start with carbohydrates! Choose white rice, pasta, or potatoes by pressing its allocated number on your keyboard, then place it on your plate by pressing the letter where you think it belongs on the plate on the right.

Accessibility

- Closed Captions
- Alt text
    - Nathan: need to fill this in!
- Keyboard functions

Variables:

- No new variables. Use existing variables.

Triggers:

- When the user presses left arrow, jump to previous slide
- When the user presses 1:
    - Set RiceDropped to value True
    - Set Rice to selected
- When the user presses 2:
    - Set PastaDropped to value True
    - Set Pasta to selectedd
- When the user presses 3:
    - Set PotatoDropped to value True
    - Set Potato to selectedd
- When the state of Drop target A is selectedd:
    - Show layer Rice
        - If the state of Rice = selectedd
    - Show layer Pasta
        - If the state of Pasta = selectedd

        - Show layer Potato
            - If the state of Potato = selectedd
- If drop target B is selectedd
    - Show layer Try again
- If drop target C is selectedd
    - Show layer Try again

- Layer: Rice
    - Stage left: All elements remain the same as the base layer.
    - Stage right: Add the graphic onto the plate:
        - 
    - Play Script 5 Protein Success:
        - Script 5 Protein Success: Looks to be a delicious plate! Click the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue.

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

- Layer: Pasta
    - Stage left: All elements remain the same as the base layer.
    - Stage right: Add the graphic onto the plate:
        - 
    - Play Script 5 Protein Success:

        - Script 5 Protein Success: Looks to be a delicious plate! Click the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue.

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

- Layer: Potato
    - Stage left: All elements remain the same as the base layer.
    - Stage right: Add the graphic onto the plate:
        - 
    - Play Script 5 Protein Success:
        - Script 5 Protein Success: Looks to be a delicious plate! Click the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue.

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

- Layer: Try again— NEED TO FIGURE THIS OUT!

Slide: 11.3 Proteins Accessible
Type of Slide: Blank
Set the Stage with #CCCCFF background

Stage left: Robert, positive pose (smile) – show in a square Avatar shape
–Show the following graphics as they are narrated:

- 
- 
- 

Stage right:

- Maintain the plate and lines, but add in the Rice, Potato, and Pasta from the previous slide. Copy and paste them – **and begin their state as hidden.**
- Add a drop spot (hotspot).

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 4.mp3
Script 4: Onyx - Alright! Now that you've successfully selected and placed a carbohydrate on your plate, let's move on to proteins. Below, you'll find shrimp, steak, and tofu. Choose one protein by pressing its allocated number on your keyboard, then place it on your plate by pressing the letter where you think it belongs on the plate on the right.

Accessibility

- Closed Captions
- Alt text
    - Nathan: need to fill this in!

- Keyboard functions

Variables:

- No new variables - use existing variables

Triggers:

- When the timeline starts on this slide,
    - Set the state of the Potato graphic to Normal if PotatoDropped = value True
    - Set the state of Rice to Normal if RiceDropped = value True
    - Set the state of Pasta to Normal if PastaDropped = value True
- When the user presses left arrow, jump to previous slide
- When the user drops Shrimp on the Drop spot
    - Show layer Shimp
    - Set ShrimpDropped to value True
- When the user drops steak on Drop Spot
    - Show layer Steak
    - Set SteakDropped to value True
- When the user drops tofu on Drop Spot
    - Show layer tofu
    - Set TofuDropped to value True

- Layer: Shrimp
    - Stage left: All elements remain the same as the base layer.
    - Stage right: Add the graphic onto the plate:



        - 
    - Play Script 5 Protein Success:
        - Script 5 Protein Success: Looks to be a delicious plate! Click the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue.

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c

- Toggle Player.Display.Captions

- Layer: Steak
  - Stage left: All elements remain the same as the base layer.
  - Stage right: Add the graphic onto the plate:
    - 
  - Play Script 5 Protein Success:
    - Script 5 Protein Success: Looks to be a delicious plate! Click the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue.

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
  - Toggle PauseAudio
  - Pause timeline on this Slide
    - If PauseAudio value = False
  - Resume timeline on this Slide
    - If PauseAudio value = True
- When the user presses c
  - Toggle Player.Display.Captions

- Layer: Tofu
  - Stage left: All elements remain the same as the base layer.
  - Stage right: Add the graphic onto the plate:
    - 
  - Play Script 5 Protein Success:
    - Script 5 Protein Success: Looks to be a delicious plate! Click the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue.

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
  - Toggle PauseAudio
  - Pause timeline on this Slide

        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: 11.4 Fats Accessible
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Robert, positive pose (smile) – show in a square Avatar shape
–Show the following graphics as they are narrated:

- 
- 
- 

Stage right:

- Maintain the plate and lines, but add in the Steak, tofu, and shrimp from the previous slide. Copy and paste them – **and begin their state as hidden.**
- Add a drop spot for Fats (hotspot).

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 4 accessibility.mp3

Script 4 accessibility: Onyx - Great job! Now that you've got carbohydrates and proteins, let's add some fats to the plate.  Below, you'll find hard boiled eggs, nuts, and avocado. Choose one food by pressing its allocated number on your keyboard, then place it on your plate by pressing the letter where you think it belongs on the plate on the right.

Accessibility

- Closed Captions
- Alt text
    - Nathan: Same as previous
- Keyboard functions

Variables:

- AvocadoDropped - True/False - Set as False
- EggDropped - True/False - Set as False
- NutDropped - True/False - Set as False

Triggers:

- When the timeline starts on this slide,
    - Set the state of the Potato graphic to Normal if PotatoDropped = value True
    - Set the state of Rice to Normal if RiceDropped = value True
    - Set the state of Pasta to Normal if PastaDropped = value True
    - Set the state of Shrimp to Normal if ShrimpDropped = value True
    - Set the state of Steak to Normal if SteakDropped = value True
    - Set the state of Tofu to Normal if TofuDropped = value True
- When the user presses left arrow, jump to previous slide
- When the user drops Avocado on the Drop spot
    - Show layer Avocado
    - Set AvocadoDropped to value True
- When the user drops Nuts on Drop Spot
    - Show layer Nuts
    - Set NutsDropped to value True
- When the user drops Eggs on Drop Spot
    - Show layer Eggs
    - Set EggsDropped to value True

- Layer: Eggs
    - Stage left: All elements remain the same as the base layer.
    - Stage right: Add the graphic onto the plate:



- Play Script 5 Protein Success:
  - Script 7 Fat Success: You're doing a phenomenal job building this plate! Click the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue.

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
  - Toggle PauseAudio
  - Pause timeline on this Slide
    - If PauseAudio value = False
  - Resume timeline on this Slide
    - If PauseAudio value = True
- When the user presses c
  - Toggle Player.Display.Captions

- Layer: Avocado
  - Stage left: All elements remain the same as the base layer.
  - Stage right: Add the graphic onto the plate:



- Play Script 7 Fats Success

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
  - Toggle PauseAudio
  - Pause timeline on this Slide
    - If PauseAudio value = False
  - Resume timeline on this Slide
    - If PauseAudio value = True
- When the user presses c

    - Toggle Player.Display.Captions

- Layer: Tofu
    - Stage left: All elements remain the same as the base layer.
    - Stage right: Add the graphic onto the plate:
        - 
    - Play Script 7 Fats Success

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: 11.5 Vitamins and Minerals
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Robert, positive pose (smile) – show in a square Avatar shape
–Show the following graphics as they are narrated:

- 
- 
- 

- 

Stage right:

- Maintain the plate and lines, but add in the graphics (fats) from the previous slide. Copy and paste them – **and begin their state as hidden.**
- Add a drop spot for Minerals over the ENTIRE plate (hotspot).

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 7.mp3
Script 7: Onyx - Wow! What a great looking meal so far. Now that you've successfully selected and placed carbohydrates, proteins, and fats on your plate, let's move on to vitamins and minerals. Below, you'll find broccoli, sweet potato, beans, and cheese. Choose one food by pressing its allocated number on your keyboard. It will be placed on your plate automatically, so only selecting one food is needed during this step.

Accessibility

- Closed Captions
- Alt text
    - Nathan: need to fill this in!
- Keyboard functions

Variables:

- AvocadoDropped - True/False - Set as False
- EggDropped - True/False - Set as False
- NutDropped - True/False - Set as False

Triggers:

- When the timeline starts on this slide,
    - Set the state of the Potato graphic to Normal if PotatoDropped = value True
    - Set the state of Rice to Normal if RiceDropped = value True
    - Set the state of Pasta to Normal if PastaDropped = value True
    - Set the state of Shrimp to Normal if ShrimpDropped = value True
    - Set the state of Steak to Normal if SteakDropped = value True
    - Set the state of Tofu to Normal if TofuDropped = value True
    - Set the state of Avocado to Normal if AvocadoDropped = value True
    - Set the state of Egg to Normal if EggDropped = value True
    - Set the state of Nuts to Normal if NutDropped = value True
- When the user presses left arrow, jump to previous slide
- When the user drops Sweet potato on the Drop spot
    - Show layer Sweet potato

        - Set SweetPotatoDropped to value True
- When the user drops Broccoli on Drop Spot
    - Show layer Broccoli
    - Set BroccoliDropped to value True
- When the user drops Beans on Drop Spot
    - Show layer Beans
    - Set BeansDropped to value True
- When the user drops Cheese on Drop Spot
    - Show layer Cheese
- Set Cheese Dropped to value True

- Layer: Beans
    - Stage left: All elements remain the same as the base layer.
    - Stage right: All elements remain the same as the base layer.
    - Play Script 5 Protein Success:
        - Script 7 Beans: Fantastic work on building this plate! Beans are packed with essential vitamins and minerals, including B2, B6, folate, copper, manganese, molybdenum, selenium, and zinc—making them a powerhouse of nutrition. You're making great choices! Keep going by clicking the next arrow in the bottom right corner or pressing the right arrow on your keyboard.

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

- Layer: Cheese
    - Stage left: All elements remain the same as the base layer.
    - Stage right: All elements remain the same as the base layer.
    - Play Script 7 Cheese:
        - Script 7 Cheese: Fantastic work on building this plate! Cheese is packed with vitamins and minerals, including B12, calcium, chromium, phosphorous, and sodium—making it a great source of nutrition. Isn't it neat that nutrition can be delicious and satisfying? Keep going by clicking the next arrow in the bottom right corner or pressing the right arrow on your keyboard.

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

- Layer: Sweet potato
    - Stage left: All elements remain the same as the base layer.
    - Stage right: All elements remain the same as the base layer.
    - Play Script 7 sweet potato:
        - Script 7 Sweet potato: Fantastic work on building this plate! Sweet potato is packed with vitamins and minerals, including Vitamin A, B6, C, E, potassium, Manganese, and iron —making it a powerhouse of nutrition. Isn't it neat that nutrition can be delicious and nourishing? Keep going by clicking the next arrow in the bottom right corner or pressing the right arrow on your keyboard.

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

- Layer: Broccoli
    - Stage left: All elements remain the same as the base layer.
    - Stage right: All elements remain the same as the base layer.
    - Play Script 7 broccoli:
        - Script 7 broccoli: Fantastic work on building this plate! Broccoli is packed with vitamins and minerals, including Vitamin A, B6, C, K, Folate, potassium, Calcium, and iron —making it a powerhouse of nutrition. Isn't it neat that nutrition can be delicious and nourishing? Keep going by clicking the next arrow in the bottom right corner or pressing the right arrow on your keyboard.

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:

        - Toggle PauseAudio
        - Pause timeline on this Slide
            - If PauseAudio value = False
        - Resume timeline on this Slide
            - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Slide: 11.9 Final
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Robert, positive pose (smile) – show in a square Avatar shape

Stage right:

- Maintain the plate and lines, but add in the graphics (minerals and vitamins) from the previous slide. Copy and paste them – **and begin their state as hidden.**

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script 7.mp3 + Clapping audio file
Script 7: Onyx - You did it! You've created a delicious and nutritious plate. You can also review how many cups of water you've consumed by checking the number next to the water glass icon. Building a solid nutritional foundation doesn't have to be complicated—it just takes a bit of intention. To build another plate, click on the build another plate button, or press the p key on your keyboard. To continue, scroll down and press the purple **Continue** button.

Accessibility

- Closed Captions
- Alt text
    - Nathan: need to fill this in!
- Keyboard functions

Variables:
- AvocadoDropped - True/False - Set as False
- EggDropped - True/False - Set as False
- NutDropped - True/False - Set as False

Triggers:

- When the timeline starts on this slide,
    - Set the state of the Potato graphic to Normal if PotatoDropped = value True
    - Set the state of Rice to Normal if RiceDropped = value True
    - Set the state of Pasta to Normal if PastaDropped = value True
    - Set the state of Shrimp to Normal if ShrimpDropped = value True
    - Set the state of Steak to Normal if SteakDropped = value True

        - Set the state of Tofu to Normal if TofuDropped = value True
        - Set the state of Avocado to Normal if AvocadoDropped = value True
        - Set the state of Egg to Normal if EggDropped = value True
        - Set the state of Nuts to Normal if NutDropped = value True
- When the user presses left arrow, jump to previous slide
- When the user drops Sweet potato on the Drop spot
    - Show layer Sweet potato
    - Set SweetPotatoDropped to value True
- When the user drops Broccoli on Drop Spot
    - Show layer Broccoli
    - Set BroccoliDropped to value True
- When the user drops Beans on Drop Spot
    - Show layer Beans
    - Set BeansDropped to value True
- When the user drops Cheese on Drop Spot
    - Show layer Cheese
- Set Cheese Dropped to value True

Triggers:

- When the user clicks the next arrow, it takes them to the next slide.
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Image block -



Alt text: Blue outline of a person partially overlapped by a pink gear, symbolizing human connection to technology or collaboration.

Continue block

Programming notes:

No additional notes.

**Page 6 - Assessment**

Title box -

In this course, you have..

Bullet point block -

- Identified and demonstrated **three daily nutritional principles** that benefit your well-being.
- Identified and **matched foods with their beneficial vitamins and minerals**.
- Constructed a balanced meal with **optimal nutritional principles and hydration**.

**Multimedia block -**

Audio - in this course.mp3
Script: In this course, you have Identified and demonstrated **three daily nutritional principles** that benefit your well-being. You have Identified and **matched foods with their beneficial vitamins and minerals**. Lastly, you Constructed a balanced meal with **optimal nutritional principles and hydration.**

– now it's time to recap on what you've learned! This recap will reinforce your understanding of social eating settings, reframing techniques, the benefits of using reframing techniques. Take your time, trust what you've learned, and remember—reframing techniques are about internal self-awareness and reflection, not perfection.

**Instructions**: Ensure your sound is at a comfortable volume. If the activity doesn't play automatically, press play or tab to it, then press Enter to begin. **Have fun!**

Articulate Storyline Block -

*In Articulate Storyline -*

Slide: 10.1 Write your Name
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left:

- Nathan (smiling) in a circle shape with a blue border (HEX #0129FA, 4px)
- Add traditional rectangle (HEX #0129FA with White outline at 4px) with the following Text: "**Enter your first and last name: _____**" (Font: Roboto Condensed Light, 44px, right aligned).
- Add a text box over the "_____" for a data entry.
    - Fill: HEX #0129FA
    - Fully transparent, 100%
    - Text: #FFC903, 44px, bold, Roboto Condensed Light
- Next Arrow
    - With circular hotspot
- Play Audio Script Write your Name,mp3:
    - Script Write your name: onyx - Hey!! It's me again --- Nathan. Please type your first and last name in the box below by clicking or tabbing over to where it says, "type your name here." Then, click on the arrow in the bottom right hand corner or the enter key on your keyboard.

Accessibility

- Closed Captions
- Alt text
    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture.
- Keyboard functions - see triggers

Variables: PauseAudio - TextEntry44

Triggers:

- When the user clicks on the enter button - it takes them to the next slide

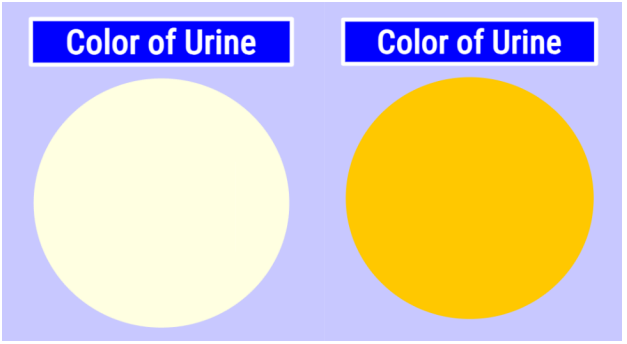
- When the user clicks on the right arrow - it takes them to the next slide
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True

- When the user presses c
    - Toggle Player.Display.Captions

Slide: 10.2  Question 1
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left:

- Aliyah (smiling) in a circle shape with a blue border (HEX #0129FA, 4px)
- Add traditional rectangle (HEX #0129FA with White outline at 4px) with the following Text: "**True or False:** The color on the left indicates severe dehydration, while the color on the right represents optimal hydration." (Font: Roboto Condensed Light, 28px, right aligned). Ensure the "True or False:" section of the sentence is in bold.
- Add two buttons for "**True**" and "**False**" Answer options.
    - Fill: HEX#F12B7E
    - Border: White, 4px
    - Font: Roboto condensed, bold, 36px
    - Add a hotspot over both rectangles

Stage right: *Q1.jpg*




Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script Q1.mp3
Script Q1: **True or False:** The color on the left indicates severe dehydration, while the color on the right represents optimal hydration. Click on the True or False button, or click 1 for true, or 2 for false to submit your answer.

Accessibility

- Closed Captions
- Alt text
    - Nathan: A smiling man with dark hair, wearing a light-colored baseball tee. He stands against a lavender background with a relaxed posture.
    - Q1.jpb - Two large circles represent urine colors on a light purple background. The left circle is a very light, almost clear yellow, while the right circle is a deep

yellow-orange. Above each circle, a blue banner with white text reads 'Color of Urine'

- Keyboard functions

Variables: PauseAudio - No new variables

Triggers:

- When the user clicks on the true button  it takes them to the Question 1 - Correct Layer.
- When the user clicks the 1 key on their keyboard,  it takes them to the Question 1 - Correct Layer.
    - Layers:
        - Correct Layer:
            - Stage left: Replace Aliyah Avatar with an excited pose (place a rectangle, HEX ##CCCCFF under Aliyah) to ensure the base layer version of Aliyah is not visible.
                - Display a green check mark on top of the False button (at start of the layer)
            - Stage right: remains the same as the base layer, except:
                - Add a text box on top of the left (lighter) circle stating “Optimal Hydration” and a text box on the right stating, “Severe Dehydration”
                    - Roboto Condensed Light, 32px
                    - Centered
                - Add in right arrow + circular hotspot when, “...Click the next arrow in the bottom right hand corner…” is narrated.
            - Audio elements:
                - Play audio recording check-83184.mp3 (at start of the slide)
                - Then, plays audio Script Q1 Correct TV.mp3
                    - Script Q1 Correct: You got it! The lighter color on the left is a sign of optimal hydration, while the darker color on the right indicates severe dehydration. Staying hydrated has many benefits for overall health and proper body function. Click on the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue.
            - Accessibility
                - Closed Captions
                - Alt text
                    - Aliyah: A smiling woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture, hands to chest.
                - Keyboard functions

- Triggers:
    - When the user clicks on the next arrow,  it takes them to the 10.2 Question 2 Slide.
    - When the user clicks the right arrow key on their keyboard, it takes them to the 10.2 Question 2 Slide.
    - When the user presses the spacebar:
        - Toggle PauseAudio
        - Pause timeline on this Slide
            - If PauseAudio value = False
        - Resume timeline on this Slide
            - If PauseAudio value = True
    - When the user presses c
        - Toggle Player.Display.Captions

- Incorrect Layer:
    - Stage left:
        - Replace Aliyah Avatar with a thinking pose (place a rectangle, HEX ##CCCCFF under Aliyah) to ensure the base layer version of Aliyah is not visible.
        - Display a blue X on top of False button at the start of the layer (HEX #0000FF), outline of white (4px)
    - Stage center: Copy and paste all elements from Page 4 - Principle Three: the Urine Activity (Slide: 9.1  Urine Activity)
    - Stage bottom right:
        - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner…" is narrated.
    - Audio elements:
        - Then, plays audio Script Q1 Incorrect TV.mp3
            - Script Q1 Incorrect: This is a false statement. To better understand the correlation between water intake and urine color, move the slider upwards, indicating increased water intake, and observe the change in urine color. When you're ready, click the next arrow in the bottom right corner or press the right arrow on your keyboard to move forward.
    - Accessibility
        - Closed Captions
        - Alt text
            - Aliyah: A pondering woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture and her hands close to her chin.

        - Q1 Incorrect.jpg - A revised version of the first image, with added text inside the circles. The left circle, labeled 'Optimal hydration,' is a very light, almost clear yellow. The right circle, labeled 'Severely Dehydrated,' is a deep yellow-orange. The blue banners above both circles still read 'Color of Urine.'
    - Keyboard functions
- Triggers:
    - When the user clicks on the next arrow,  it takes them to the 6.2 Question 2 Slide.
    - When the user clicks the right arrow key on their keyboard, it takes them to the 6.2 Question 2 Slide.
    - When the user presses the spacebar:
        - Toggle PauseAudio
        - Pause timeline on this Slide
            - If PauseAudio value = False
        - Resume timeline on this Slide
            - If PauseAudio value = True
    - When the user presses c
        - Toggle Player.Display.Captions

Slide: 10.3  Question 2
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage top left:

- Aliyah (smiling) in a circle shape with a blue border (HEX #0129FA, 4px)

Stage center:

- Add traditional rectangle (HEX #0129FA with White outline at 4px) with the following Text: “Select the foods that are considered to be **Carbohydrates**.” (Font: Roboto Condensed Light, 28px, right aligned).
- Add six buttons for the  Answer options.
    - Fill: HEX#F12B7E
    - Border: White, 4px
    - Font: Roboto condensed light, bold, 24px
    - Add Selectedd state to each Button
        - Invert the colors
            - Fill: white
            - Outline: HEX#F12B7, 4px
            - Text: HEX#F12B7E
- The answer selections:

    - Grains, like pasta and oats - 1
    - Nuts, like peanuts and walnuts - 2
    - Legumes, like beans and chickpeas - 3
    - Vegetables, like potatoes and carrots - 4

****Correct answers are highlighted.**

- Add submit button
    - Shape: Rectangle
    - Fill: HEX #0000FF
    - Outline: White, 4px
    - Text: White, Roboto Condensed Light, bold, 36px

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script Q2.mp3
Script Q2: This is a multiple-select question. Choose all the items that are considered to be carbohydrates. Your answer options are: Grains, like pasta and oats. If yes, select this option or press 1 on your keyboard. Nuts, like peanuts and walnuts. If this is a carbohydrate, select it or press 2 on your keyboard. Legumes, like beans and chickpeas, If these are carbohydrates, select it or press 3 on your keyboard. Lastly, Vegetables, like potatoes and carrots. If these are carbohydrates, select it or press 4 on your keyboard. Once you've made your selections, press the Submit button, or press s on your keyboard to submit your answer.

Accessibility

- Closed Captions
- Alt text
    - Nathan: A smiling man with dark hair, wearing a light-colored baseball tee. He stands against a lavender background with a relaxed posture.
- Keyboard functions

Variables: PauseAudio - Correct10 - True/False - False

Triggers:

- When the state of all buttons is selected, set Correct10 to true, if Nuts, like peanuts and walnuts - 2 button = Normal

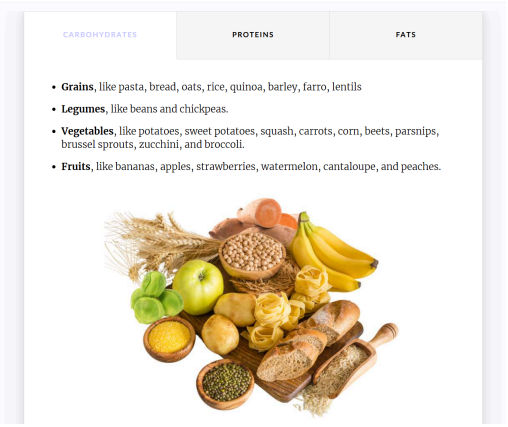
- When the user clicks on the Grains, like pasta and oats - 1 button, the state changes to selectedd.
- When the user presses the 1 key on their keyboard, the Grains, like pasta and oats - 1 button's state changes to selectedd.
- When the user clicks on the Nuts, like peanuts and walnuts - 2 button, the state changes to selectedd.
- When the user presses the 2 key on their keyboard, the Nuts, like peanuts and walnuts - 2 button's state changes to selectedd.

- When the user clicks on the Legumes, like beans and chickpeas - 3
- button, the state changes to selectedd.
- When the user presses the 3 key on their keyboard, the Legumes, like beans and chickpeas - 3 button's state changes to selectedd.
- When the user clicks on the Vegetables, like potatoes and carrots - 4 button, the state changes to selectedd.
- When the user presses the 4 key on their keyboard, the Vegetables, like potatoes and carrots - 4's button's state changes to selectedd.
- When the user presses the Submit button, show layer correct IF the state of:
    - Grains, like pasta and oats - 1 button is selectedd
    - Nuts, like peanuts and walnuts - 2 is normal
    - Legumes, like beans and chickpeas - 3 button is selectedd
    - Vegetables, like potatoes and carrots - 4 button is selectedd
    - Show layer correct if Correct10 = True
    - Show layer incorrect of Correct10 = False
- When the user presses the s button, show layer correct IF the state of:
    - Grains, like pasta and oats - 1 button is selectedd
    - Nuts, like peanuts and walnuts - 2 is normal
    - Legumes, like beans and chickpeas - 3 button is selectedd
    - Vegetables, like potatoes and carrots - 4 button is selectedd
    - Show layer correct if Correct10 = True
    - Show layer incorrect of Correct10 = False
    - Layers:
        - Correct Layer:
            - Stage left: Replace Nathan Avatar with an excited pose (place a rectangle, HEX #CCCCFF under Nathan) to ensure the base layer version of Aliyah is not visible.
                - Display five staggered green check marks on top of the correct buttons (at start of the layer)
                    - Ensure audio is synchronized with Checkmarks
            - Stage right: remains the same as the base layer, except:
                - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner…" is narrated.
            - Audio elements:
                - Play five rounds of audio recording check-83184.mp3 (at start of the slide)
                - Then, plays audio Script Q2 Correct.mp3
                    - Script Q2 Correct: Great job! You accurately identified the foods in the carbohydrate category. Carbohydrates are essential, making up about 45-55% of our daily caloric intake. They provide the primary source of energy your body needs to function at its best! Click on the next arrow in the

bottom right hand corner, or the right arrow key on your keyboard to continue.

- Accessibility
  - Closed Captions
  - Alt text
    - Nathan: A smiling man with dark hair, wearing a light-colored baseball tee. He stands against a lavender background with a relaxed posture, hands to chest.
  - Keyboard functions
- Triggers:
  - When the user clicks on the next arrow, it takes them to the 6.3 Question 3.
  - When the user clicks the right arrow key on their keyboard, it takes them to the 6.3 Question 3 Slide.
  - When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
      - If PauseAudio value = False
    - Resume timeline on this Slide
      - If PauseAudio value = True
  - When the user presses c
    - Toggle Player.Display.Captions

- Incorrect Layer:
  - Stage left: Replace Nathan Avatar with a thinking pose (place a rectangle, HEX ##CCCCFF under Nathan ) to ensure the base layer version of Nathan is not visible.
  - Stage right: remains the same as the base layer, except:
    - At "...do you recall..." Add in (slide from stage right) this graphic:
      - Graphic:




  - Stays on screen to end of slide

    - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner..." is narrated.
- Audio elements:
    - Play audio Script Q2 Incorrect.mp3
        - Script Q2 Incorrect: You're very close! Do you recall discussing the foods in this activity? It highlights each of the categories and foods that fall within the carbohydrate category. I recommend taking a screenshot to save for quick reference during meals. Carbohydrates are essential, making up about 45-55% of our daily caloric intake and serving as the body's primary energy source. Click on the next arrow in the bottom right hand corner, or the right arrow key on your keyboard to continue.
- Accessibility
    - Closed Captions
    - Alt text
        - Nathan: A pondering man with dark hair, wearing a light-colored baseball tee. He stands against a lavender background with a relaxed posture, hands to chest.
    - Keyboard functions
- Triggers:
    - When the user clicks on the next arrow, it takes them to the 10.3 Question 3 Slide.
    - When the user clicks the right arrow key on their keyboard, it takes them to the 10.3 Question 3 Slide.
    - When the user presses the spacebar:
        - Toggle PauseAudio
        - Pause timeline on this Slide
            - If PauseAudio value = False
        - Resume timeline on this Slide
            - If PauseAudio value = True
    - When the user presses c
        - Toggle Player.Display.Captions

Slide: 10.4 Question 3
Type of Slide: Blank
Set the Stage with #CCCCFF background
Stage left: Nathan(smiling) in a circle shape with a blue border (HEX #0129FA, 4px)

- Add traditional rectangle (HEX #0129FA with White outline at 4px) with the following Text: “Fill in the blank: Water makes up about __% of your body.” (Font: Roboto Condensed Light, 28px, right aligned). Ensure the word “prevent” is in bold.
- Add six buttons for the answer selections with the following requirements:
    - Fill: HEX#F12B7E
    - Border: White, 4px
    - Font: Roboto condensed, bold, 24px
    - Add a custom state, “selectedd” to ensure usability success.
        - When user clicks the answer item, the item has a fill of White and outline of HEX#F12B7E, text color of HEX#F12B7E.
    - Answer selections:
        - 1. 40%
        - 2. 90%
        - 3. 60%
        - 4. 35%
            - ***The highlighted answer is the correct response.

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script Q3.mp3
Script Q3: This is a multiple-choice question. Fill in the blank: Water makes up about blank percentage of your body. Your answer options are: 40 percent. If that’s the correct answer, select it or press 1 on your keyboard. The next option is 90%. If that’s the correct answer, select it or press 2 on your keyboard. The next answer option is 60%. If that’s the correct answer, select it or press 3 on your keyboard. The final answer option is 35%. If that’s the correct answer, select it or press 4 on your keyboard. Once you've made your selections, press the Submit button or press S on your keyboard to submit your answer.

Accessibility

- Closed Captions
- Alt text
    - Nathan: A smiling man with dark hair, wearing a light-colored baseball tee. He stands against a lavender background with a relaxed posture, hands to chest.
- Keyboard functions

Variables: PauseAudio - CorrectMultipleChoice (True/False - Set as **False**)

Triggers:

- When the user clicks on the 1. 40% answer option, it turns to a selectedd state
- When the user clicks the 1 key on their keyboard, the 1. 40% answer option turns to a selectedd state
- When the user clicks on the 2. 90% answer option, it turns to a selectedd state
- When the user clicks the 2 key on their keyboard, the 2. 90% answer option turns to a selectedd state

- When the user clicks on the 3. 60% answer option, it turns to a selectedd state
- When the user clicks the 3 key on their keyboard, the 3. 60% answer option turns to a selectedd state
- When the user clicks on the 4. 35% answer option, it turns to a selectedd state
- When the user clicks the 4 key on their keyboard, the 4. 35% answer option turns to a selectedd state
- When the state of 3. 60% is selectedd, set CorrectMultipleChoice to True, if option 1, 2, and 4= Normal
- When the user clicks the Submit button, Show layer correct if CorrectMultipleChoice = True
- When the user click the Submit button, Show layer incorrect if CorrectMultipleChoice = False
- When the user clicks the s button, show layer correct if CorrectMultipleChoice = True
- When the user clicks the s button, show layer incorrect if CorrectMultipleChoice = False
    - Layers:
        - Correct Layer:
            - Stage left: Replace Nathan Avatar with an excited pose, hands at her mouth (place a rectangle, HEX ##CCCCFF under Nathan) to ensure the base layer version of Nathanis not visible.
            - Stage right: remains the same as the base layer, except:
                - Display a green check mark on top of the four correct answers (staggered, at start of the layer)
                - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner..." is narrated.
            - Audio elements:
                - Play audio recording check-83184.mp3 five times in synchrony with green check marks on screen at start of the slide
                - Then, plays audio Script Q2 Correct.mp3
                    - Script Q3 Correct: You're on a roll! Water does, in fact, take up 60% of our body. Bravo to you! Click on the next arrow in the bottom right hand corner or the right arrow on your keyboard to continue.
            - Accessibility
                - Closed Captions
                - Alt text
                    - Nathan: A smiling man with dark hair, wearing a light-colored baseball tee. He stands against a lavender background with a relaxed posture and his hands in a thumbs-up position.
                - Keyboard functions - See in Triggers
            - Triggers:
                - When the user clicks on the next arrow, it takes them to the 10.4 Question 4 Slide.

        - When the user clicks the right arrow key on their keyboard, it takes them to the 10.4 Question 4 Slide.
        - When the user presses the spacebar:
            - Toggle PauseAudio
            - Pause timeline on this Slide
                - If PauseAudio value = False
            - Resume timeline on this Slide
                - If PauseAudio value = True
        - When the user presses c
            - Toggle Player.Display.Captions

- Incorrect Layer:
    - Stage left: Replace NathanAvatar with a thinking pose (place a rectangle, HEX ##CCCCFF under Nathan) to ensure the base layer version of Nathanis not visible.
    - Stage right: remains the same as the base layer, except:
        - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner…" is narrated.
    - Audio elements:
        - Play audio recording writing-with-pencil-290381.mp3 (at start of the slide)
        - Then, plays audio Script Q3 Incorrect.mp3
            - Script Q3  Incorrect: You're on the right track! Do you recall starting Principle 3: Hydration? Here's a physical screenshot of the Principle from the beginning. Do you notice the statement in blue in white? This is where it states, "Water makes up about 60% of your body." When you're ready, click the next arrow in the bottom right corner or press the right arrow on your keyboard to continue.
    - Accessibility
        - Closed Captions
        - Alt text
            - Nathan: A pondering man with dark, wearing a light-colored baseball tee. He stands against a lavender background with a relaxed posture.
        - Keyboard functions
    - Triggers:
        - When the user clicks on the next arrow,  it takes them to the 10.4 Question 4 Slide.
        - When the user clicks the right arrow key on their keyboard, it takes them to the 10.4 Question 4 Slide.
        - When the user presses the spacebar:
            - Toggle PauseAudio

        - Pause timeline on this Slide
            - If PauseAudio value = False
        - Resume timeline on this Slide
            - If PauseAudio value = True
    - When the user presses c
        - Toggle Player.Display.Captions

Slide: 10.6  Question 5
Type of Slide: Multiple Choice (Custom)
Set the Stage with #CCCCFF background
Stage left:

- Nathan (smiling) in a circle shape with a blue border (HEX #0129FA, 4px)
- The built-in text box that displays needs to have the following details:
    - Font: Roboto condensed, bold, 32px
    - Color: HEX  #0000FF
    - Fill: White
    - Border: HEX #0000FF

Stage Center:

- Add traditional rectangle (HEX #0129FA with White outline at 4px) with the following Text: "**Select the mineral that is contained in processed foods..**" (Font: Roboto Condensed Light, 32px, right aligned).
    - Answer selections:
        - Folate - 1
        - Manganese - 2
        - Iodine - 3
        - Chloride - 4

**The highlighted answer is the correct answer.

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script Q5.mp3
Script Q5: Select the mineral found in processed foods. Click your answer or press the corresponding number on your keyboard...---- One --- Folate. Two --- Manganese. Three --- Iodine. Four --- Chloride. ----To submit, click the Submit button or press S on your keyboard.

Accessibility

- Closed Captions
- Alt text
    - Nathan: A smiling man with dark hair, wearing a light-colored baseball tee. He stands against a lavender background with a relaxed posture and a finger pointing at the audience, encouraging them.
- Keyboard functions - see triggers

Programming: ensure the Submit button hotspot is the Submit button.

Variables: None - these are built-in

Triggers:

- When the user clicks the Submit hotspot, it submits the Fill in the Blank question
- When the user clicks the Enter key on their keyboard, it submits the Fill in the Blank question
- When the TextEntry loses focus, Set TextEntry19 equal to the typed value
- When the user clicks Submit (the hotspot), it submits the Fill in the Blank
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

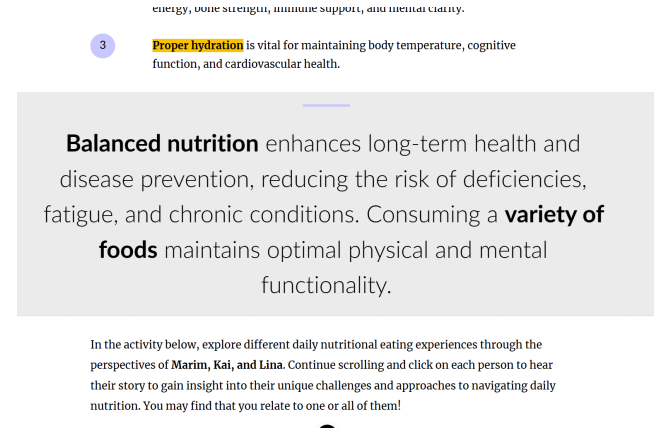
    - Layers:
        - Correct Layer:
            - Set the Stage with #CCCCFF background–fill the entire slide. Cover the built-in Correct Layer. You will NOT use the built-in correct layer.
                - Stage left:
                    - Nathan - finger to brain (indicating intelligence)
                - Same as Base layer - Stage Center / Upper:
                    - Add traditional rectangle (HEX #0129FA with White outline at 4px) with the following Text: "**Fill in the Blank:** Consuming a [%textentry20%] of foods maintains optimal physical and mental functionality."
                        - Font: Roboto Condensed Light, 32px, right aligned.
            - Stage bottom right: remains the same as the base layer, except:
                - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner…" is narrated.
            - Audio elements:
                - Play audio recordingQ4 Correct audience-clapping-03-99963.mp3 at the start of Layer
                - Then, plays audio Script Q4 Correct.mp3
                    - Script Q5 Correct: Great job! Isn't it neat that even processed foods have a place in a balanced diet? It all comes down to consuming a ***variety*** of foods to

gather all vitamins, minerals, and a balanced intake overall. When you're ready, click the next arrow in the bottom right corner or press the right arrow on your keyboard to continue.

- Accessibility
  - Closed Captions
  - Alt text
    - Nathan: A smiling man with dark hair, wearing a light-colored baseball tee. He stands against a lavender background with a relaxed posture.
  - Keyboard functions - See in Triggers
- Triggers:
  - When the user clicks on the next arrow, it takes them to the 10.5 Question 5 Slide.
  - When the user clicks the right arrow key on their keyboard, it takes them to the 10.5 Question 3 Slide.
  - When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
      - If PauseAudio value = False
    - Resume timeline on this Slide
      - If PauseAudio value = True
  - When the user presses c
    - Toggle Player.Display.Captions

- Incorrect Layer:
  - Set the Stage with #CCCCFF background–fill the entire slide. Cover the built-in Correct Layer. You will NOT use the built-in correct layer.
  - Stage left: Replace Aliyah Avatar with a thinking pose
  - Stage right:
    - At "...this flip card..." show Assessment4 incorrect a.
      - Swivel in

- Graphic: Graphic: *Assessment 4a.jpg*




  - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner…" is narrated.
- Audio elements:
  - Play audio Script Q4 Incorrect.mp3
    - Script 5 Incorrect: Isn't it fascinating that even processed foods have a necessary place in a balanced, supportive plate of food? Do you recall seeing this flip card? Review it, and flip it by clicking on it or clicking the f key on your keyboard. In addition to table salt, processed foods provide chloride, a necessary mineral for balancing fluids in the body. Without enough chloride, you might feel weak, dehydrated, or have trouble digesting food. For example, if someone sweats a lot—like during a long soccer game on a hot day—and doesn't replace lost chloride, they could feel dizzy or get muscle cramps. That's why sports drinks and salty snacks can help restore balance after heavy sweating! When you're ready, click the next arrow in the bottom right corner or press the right arrow on your keyboard to continue.

- Accessibility
  - Closed Captions
  - Alt text
    - Nathan: A pondering woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture and her hands close to her chin.
  - Keyboard functions
- Triggers:

- When the user clicks on the next arrow, it takes them to the 8.8 Question 5 Slide.
- When the user clicks the right arrow key on their keyboard, it takes them to the 8.5 Question 5 Slide.
- When the user presses the spacebar:
  - Toggle PauseAudio
  - Pause timeline on this Slide
    - If PauseAudio value = False
  - Resume timeline on this Slide
    - If PauseAudio value = True
- When the user presses c
- Toggle Player.Display.Captions

Slide: 10.5 Question 4
Type of Slide: Fill-in-the-Blank (Built-in Storyline Question, under Slides tab)
Set the Stage with #CCCCFF background
Stage left:

- Nathan (smiling) in a circle shape with a blue border (HEX #0129FA, 4px)
- The built-in text box that displays needs to have the following details:
  - Font: Roboto condensed, bold, 32px
  - Color: HEX #0000FF
  - Fill: White
  - Border: HEX #0000FF

Stage Center:

- Add traditional rectangle (HEX #0129FA with White outline at 4px) with the following Text: "**Fill in the Blank:** Consuming a _____ of foods maintains optimal physical and mental functionality." (Font: Roboto Condensed Light, 32px, right aligned). Ensure the "**Fill in the Blank:**" section of the sentence is in bold.
  - Acceptable answers:
    - variety
    - Diverse
    - Varietal
    - Different
    - Range
    - Selection
    - Mixture
    - Array
    - types
    - spectrum

- Add a Submit button:
  - Fill: HEX #0129FA
  - Border: White outline at 4px
  - Text: Roboto Condensed Light, Bold, 36px
  - Add a rectangular hotspot over it

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script Q4.mp3
Script Q4: Fill in the Blank: Consuming a blank of foods maintains optimal physical and mental functionality. Click or tab over to the box labeled "Type your text here." Enter your answer, then press the submit button, or the enter key on your keyboard to submit your answer.

Accessibility

- Closed Captions
- Alt text
  - Nathan: A smiling man with dark hair, wearing a light-colored baseball tee. He stands against a lavender background with a relaxed posture and a finger pointing at the audience, encouraging them.
- Keyboard functions - see triggers

Programming: ensure the Submit button hotspot is the Submit button.

Variables: None - these are built-in

Triggers:

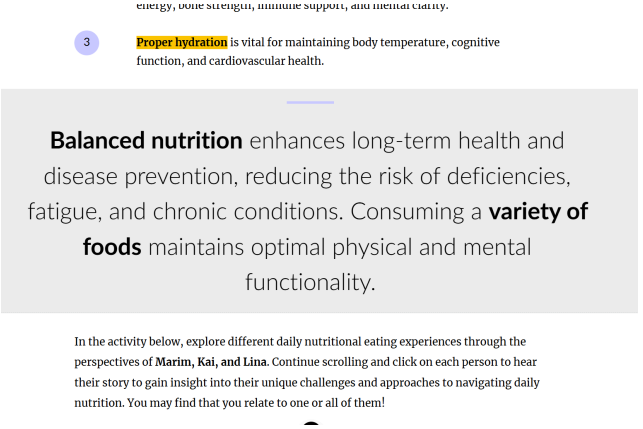
- When the user clicks the Submit hotspot, it submits the Fill in the Blank question
- When the user clicks the Enter key on their keyboard, it submits the Fill in the Blank question
- When the TextEntry loses focus, Set TextEntry19 equal to the typed value
- When the user clicks Submit (the hotspot), it submits the Fill in the Blank
- When the user presses the spacebar:
  - Toggle PauseAudio
  - Pause timeline on this Slide
    - If PauseAudio value = False
  - Resume timeline on this Slide
    - If PauseAudio value = True
- When the user presses c
  - Toggle Player.Display.Captions

  - Layers:
    - Correct Layer:
      - Set the Stage with #CCCCFF background–fill the entire slide. Cover the built-in Correct Layer. You will NOT use the built-in correct layer.

        - Stage left:
            - Nathan - finger to brain (indicating intelligence)
        - Same as Base layer - Stage Center / Upper:
            - Add traditional rectangle (HEX #0129FA with White outline at 4px) with the following Text: "**Fill in the Blank:** Consuming a [%textentry20%] of foods maintains optimal physical and mental functionality."
                - Font: Roboto Condensed Light, 32px, right aligned.
    - Stage bottom right: remains the same as the base layer, except:
        - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner…" is narrated.
    - Audio elements:
        - Play audio recordingQ4 Correct audience-clapping-03-99963.mp3 at the start of Layer
        - Then, plays audio Script Q4 Correct.mp3
            - Script Q4 Correct: You're exactly right! Consuming a ***variety*** of foods maintains optimal physical and mental functionality. When you're ready, click the next arrow in the bottom right corner or press the right arrow on your keyboard to continue.
    - Accessibility
        - Closed Captions
        - Alt text
            - Nathan: A smiling man with dark hair, wearing a light-colored baseball tee. He stands against a lavender background with a relaxed posture.
        - Keyboard functions - See in Triggers
    - Triggers:
        - When the user clicks on the next arrow, it takes them to the 10.5 Question 5 Slide.
        - When the user clicks the right arrow key on their keyboard, it takes them to the 10.5 Question 3 Slide.
        - When the user presses the spacebar:
            - Toggle PauseAudio
            - Pause timeline on this Slide
                - If PauseAudio value = False
            - Resume timeline on this Slide
                - If PauseAudio value = True
        - When the user presses c
            - Toggle Player.Display.Captions

- Incorrect Layer:

- Set the Stage with #CCCCFF background–fill the entire slide. Cover the built-in Correct Layer. You will NOT use the built-in correct layer.
- Stage left: Replace Aliyah Avatar with a thinking pose
- Stage right:
    - At "...this flip card..." show Assessment4 incorrect a.
        - Swivel in
        - Graphic: Graphic: *Assessment 4a.jpg*




    - Add in right arrow + circular hotspot when, "...Click the next arrow in the bottom right hand corner..." is narrated.
- Audio elements:
    - Play audio Script Q4 Incorrect.mp3
        - Script 4 Incorrect: This was a tricky one! At the beginning of the course, we discussed the three principles, as well as balanced nutrition. Here's a screen capture from this lesson. To help confirm this answer as well, throughout the lesson, you likely noticed that a variation of foods is required for us to receive sufficient carbs, fats, proteins, as well as vitamins and minerals, in addition to staying hydrated. When you're ready, click the next arrow in the bottom right corner or press the right arrow on your keyboard to continue.

- Accessibility
    - Closed Captions
    - Alt text
        - Nathan: A pondering woman with dark hair pulled back, wearing a light-colored sweater over a collared shirt and dark jeans. She stands against a lavender background with a relaxed posture and her hands close to her chin.
    - Keyboard functions

- Triggers:
    - When the user clicks on the next arrow,  it takes them to the 8.8 Question 5 Slide.
    - When the user clicks the right arrow key on their keyboard, it takes them to the 8.5 Question 5 Slide.
    - When the user presses the spacebar:
        - Toggle PauseAudio
        - Pause timeline on this Slide
            - If PauseAudio value = False
        - Resume timeline on this Slide
            - If PauseAudio value = True
    - When the user presses c
    - Toggle Player.Display.Captions

Slide 10.7 Certification Slide
Type of Slide: Results Slide (Custom)
Set the Stage with #CCCCFF background

Stage center:




- Add the following text boxes with the text entries:
    - Text box: Social Eating: Navigating Food in Social Situations
    - Next line: “Awarded to:”
    - Next line: Match the text entry from the Name entry on Slide 1
    - Next line: “on”
    - Next line: %CurrentDate%
        - JavaScript from ChatGPT:
            - var player = GetPlayer();
            - var today = new Date();
            -
            - // Format the date (Example: February 21, 2025)
            - var options = { year: 'numeric', month: 'long', day: 'numeric' };

```
var formattedDate = today.toLocaleDateString('en-US', options);

// Set the variable in Storyline
player.SetVar("CurrentDate", formattedDate);
```

Audio produced by: ASU Voiceover, Text-to-Speech
Audio file: Script Q5.mp3
Script Q5: Congratulations on earning your Certificate of Completion! You've done an outstanding job, and this achievement is truly commendable. Next, I encourage you to take a screenshot to keep your certificate on file, and share it with your dietitian. Just use your device's screenshot feature. Then, attach it to an email to share your achievement. To download your certificate, just click on it, and it will be saved to your device. Now, let's wrap up the course! Scroll down and press "Continue" to review what you've learned and explore the next steps. Congratulations again on this accomplishment!

Accessibility

- Closed Captions
- Alt text
  - Certificate: A digital certificate of completion with a light blue border. The text "Certificate of Completion" is written in orange at the top. A gold seal with a blue ribbon is in the bottom left corner, and a black signature is on the bottom right.
- Keyboard functions

Triggers:

- When the user clicks on the certificate, the Javascript begins
  - Javascript to download:

```
var player = GetPlayer();
var learnerName = player.GetVar("TextEntry43"); // Gets the learner's name from Storyline
// Create a new window with the certificate content
var certificateWindow = window.open('', '_blank');
certificateWindow.document.write('<html><head><title>Certificate</title></head><body>');
certificateWindow.document.write('<h1>Certificate of Completion</h1>');
certificateWindow.document.write('<p>Congratulations, ' + learnerName + '!</p>');
certificateWindow.document.write('<p>You have successfully completed the course.</p>');
certificateWindow.document.write('</body></html>');
certificateWindow.document.close();
certificateWindow.print(); // Opens the print dialog (can be saved as PDF)
```

- When the user clicks the d key, the Javascript begins
    - Javascript to download: [identical to above].
- When the user presses the spacebar:
    - Toggle PauseAudio
    - Pause timeline on this Slide
        - If PauseAudio value = False
    - Resume timeline on this Slide
        - If PauseAudio value = True
- When the user presses c
    - Toggle Player.Display.Captions

Image block



Alt text: Two pink location markers connected by a dashed blue line, symbolizing navigation, a journey, or a route between two points.

Continue block

Programming notes:

No additional notes.

**Page 7 - Summary**

Title block -

Key Takeaways & Next Steps

Content block -

*Congratulations on completing the **Daily Nutrition: the Foundations!** **You've explored and applied daily nutritional foundations** of a balanced diet containing carbohydrates, proteins, and fats, as well as vitamins and minerals, and staying hydrated to maintain optimal physical and mental functionality.*

Multimedia Block -

Audio - Key takeaways.mp3
Script: Congratulations on completing the Daily Nutrition: the Foundations! You've explored and applied daily nutritional foundations of a balanced diet containing carbohydrates, proteins, and fats, as well as vitamins and minerals, and staying hydrated to maintain optimal physical and mental functionality.

Title block -

What you've learned

Paragraph block -
Note: Font @ 22px

Throughout this course, you:

List block -

- ☐ **Identified and demonstrated three daily nutritional principles** that benefit your well being.
- ☐ **Identified and matched foods** with their coordinated vitamins and minerals, **connecting the plate to the body.**
- ☐ **Constructed a balanced meal with optimal nutritional principles.**
- ☐ **Demonstrated your understanding of nutritional principles** by accurately answering a variety of questions in a summative assessment.

Multimedia block -

Audio - What you've learned -
Script: Throughout this course, you have Identified and demonstrated three daily nutritional principles that benefit your well being. You have Identified and matched foods with their coordinated vitamins and minerals, connecting the plate to the body.You Constructed a balanced

meal with optimal nutritional principles. Lastly, you Demonstrated your understanding of nutritional principles by accurately answering a variety of questions in a summative assessment.

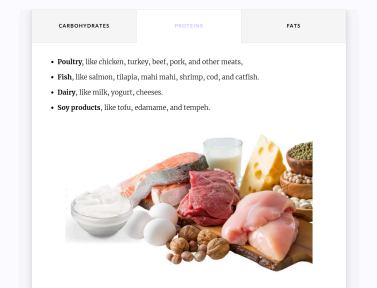
Paragraph block -
Note: Font @ 22px

Activities you've completed:

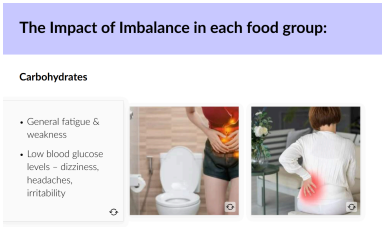
Accordion block -

Activities you've completed:

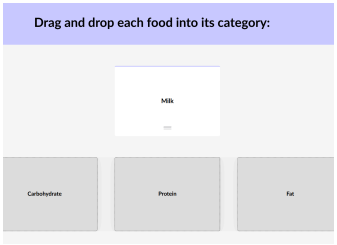
- Interactive Graphic of Carbohydrates, Proteins, & Fats
    - Content: You **identified and correlated proportions of the plate** to a balanced diet of carbohydrates, proteins, and fats.
    - Image: Interactive Graphic of carbs, proteins, fats.*jpg*
    - 

        - Alt text: Pie chart showing carbohydrates as 45-55% of daily calories, highlighting their role in energy, immunity, and enhancing the taste of food.
- Tabbing Activity of Foods within each Food Group
    - Content: You **associated foods with each food group (carbohydrate, protein, fat)** to comprehend appropriate foods to attain a balanced diet.
    - Image: *tabactivity.jpg*
    - 

        - Alt text: Graphic highlighting protein sources: poultry (chicken, turkey, beef, pork), fish (salmon, cod, shrimp), dairy (milk, cheese, yogurt), soy products (tofu, edamame), nuts, and legumes.

- Card Flip Activity for Risks
    - Content: You **identified** the risks and impacts in a lack of consumption within any of the food categories (carbohydrates, proteins, fats).
    - Image: *cardfliprisks.jpg*
    - 

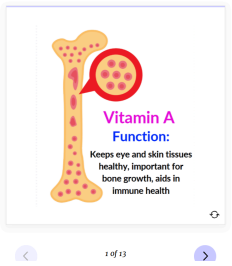
        - Alt text: Graphic showing carbohydrate imbalance effects: fatigue, weakness, low blood glucose, dizziness, and headaches, illustrated with related symptoms.

- Sorting Activity into Food Groups
    - Content: You **categorized** each food into its appropriate food group.
    - Image: *sortingactivity.jpg*
    - 

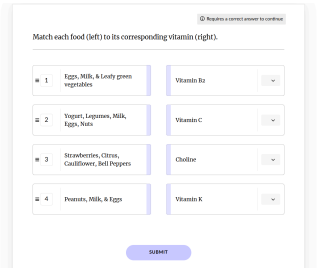
    - Alt text: Interactive graphic where users categorize 'Milk' into Carbohydrate, Protein, or Fat by dragging and dropping, aiming to teach about food nutrients.

- Card Flip Activity for Vitamins & Minerals
    - Content: You **defined the benefits and associated foods** with vitamins and minerals needed for daily nutrition.
    - Image: *cardflipv&m.jpg*

**Defining Vitamins, their Functions, & Sources:**

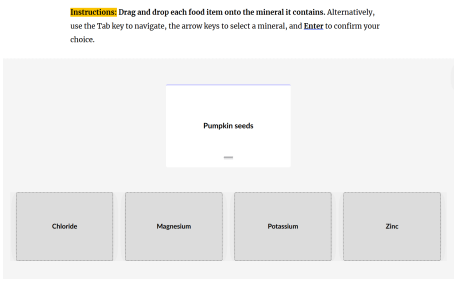
- 

    - Alt text: Graphic showing Vitamin A function: maintains eye and skin health, aids in bone growth and immunity, with illustrations of a bone and magnified cells.

- Matched Foods to their Vitamins
    - Content: You **matched** appropriate **foods** to their associated vitamin benefit for the body.
    - Image: *matchedfoodtovitamin.jpg*
    - 

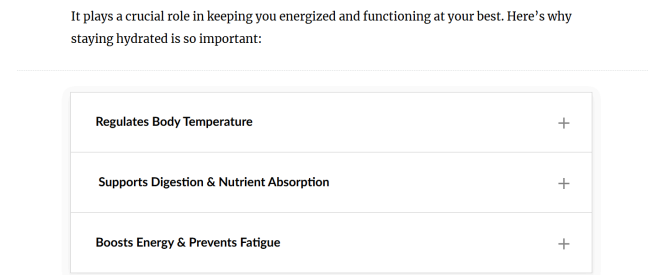
        - Alt text: Graphic showing a matching exercise where foods like eggs, milk, leafy greens, and more are paired with their respective vitamins: B2, C, Choline, and K.

- Sorted Foods to their Mineral
    - Content: You **sorted** appropriate **foods** to their associated mineral benefit for the body.
    - Image: *sortedfoodtomineral.jpg*

- 

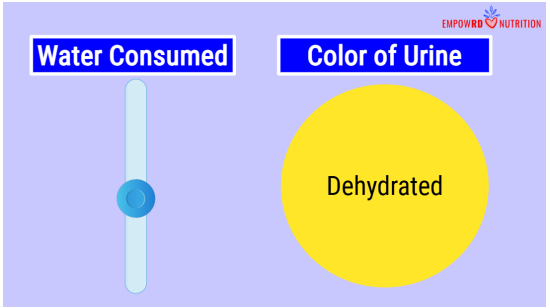

    - Alt text: Interactive graphic where users match the food item 'Pumpkin seeds' to one of the minerals: Chloride, Magnesium, Potassium, or Zinc, by dragging and dropping.

- Accordion activity for the Importance of Hydration
    - Content: You **inferred** the importances of staying hydrated.
    - Image: *accordionhydration.jpg*

- 

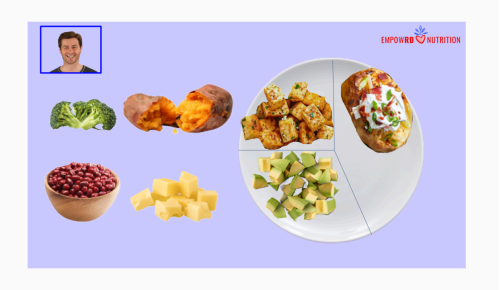

    - Alt text: Graphic with text: 'Hydration Importance' and expandable sections for regulating body temperature, supporting digestion and nutrient absorption, and boosting energy.

- Water Intake to Urine Color Activity
    - Content: You adjusted the water intake and evaluated its impact on urine color.
    - Image: *Screenshot 03-22-2025.jpg*

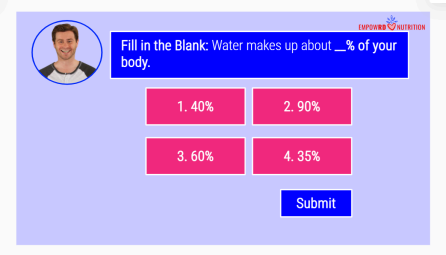
- 

        - Alt text: Slider set to low for 'Water Consumed' and yellow circle labeled 'Color of Urine' showing 'Dehydrated', indicating dehydration.

- Interactive Build-A-Plate
    - Content: You **constructed** a balanced plate with optimal nutritional principles.
    - Image: *build a plate.jpg*
    - Image:



        - Alt text: Divided plate with tofu, avocado, baked potato, broccoli, beans, cheese, sweet potato, and a face, plus 'Empowrd Nutrition' logo.

- Course Recap
    - Content: You **verified** your mindful eating knowledge, **demonstrating** your ability to apply principles, strategies, and real-life scenarios to evaluation.
    - Image: *courserecap.jpg*
    - 


        - Graphic quiz question from 'Empowrd Nutrition' asking: 'Water makes up about __% of your body,' with multiple-choice answers: 40%, 90%, 60%, and 35%.

Multimedia block -

Audio - Activities you've completed.mp3
Script: During this course, you've completed many activities, like interacting with a graphic of carbohydrates, proteins, and fats to identify and correlate their proportions on the plate to a balanced diet. You associated foods with each food group to identify appropriate foods to attain a

balanced diet. You identified the risks and impacts when there's less consumption of carbohydrates, fats, and proteins. You categorized many foods into their appropriate food groups, including their minerals and vitamins. You defined the benefits of vitamins and minerals, and identified foods associated with each vitamin and mineral. You matched appropriate foods to their associated vitamin benefit for the body. You inferred the importances of staying hydrated, and witnessed the impact of water intake on urine color. You constructed a balanced plate with optimal nutritional principles. And lastly, You verified your new knowledge and demonstrated your comprehension of nutrition foundations by accurately answering a variety of questions in a summative assessment.

Title block -

Moving Forward

Content block -

Daily nutrition is a journey, not a destination. In the forum board below, share **what you learned and one key idea you'll take with you.** Write your thoughts and check out your peers' reflections—**you might find something useful!**

Multimedia Block -

Audio - Next Steps.mp3
Script: Daily Nutrition is a journey, not a destination. In the forum board below, share what you learned and one key idea you'll take with you. Write your thoughts and check out your peers' reflections—you might find something useful! Below the forum board, you'll find a purple button labelled "my dashboard"" which will take you directly back to the Empowered Nutrition LMS, where you can view the remainder of your assigned courses, your earned certificates, your badges earned, as well as your profile and other details. Congratulations, again!

Image block -

Alt text: The logo reads: **"EMPOWRD NUTRITION"** in red capitals, featuring a red heart with a pink center and sprouting blue leaves above it, symbolizing health and growth.

Multimedia block -

- Link to Daily Nutrition: the Foundations Padlet:
  - https://padlet.com/lauralawsonmt/DailyNutrition_EmpowRDPathways

Button block -

- **Content:**

- **EmpowRD Nutrition LMS Dashboard**
  - Click the purple button to return to **your EmpowRD Nutrition Dashboard**, where you can access your courses, track progress, and review completed courses.
- Link: https://empowrdnutrition.talentlms.com/plus/dashboard
- Link text: MY DASHBOARD

Programming notes:

No additional notes.