

Design Document

Training Title: The Healthy Home Office: Healthy Eating

Business Goal and Problem	<p>GOAL: Pixel Perfect Designs aims to empower their newly remote employees with the knowledge and skills to adopt healthier eating habits. This training aims to increase healthy habits, leading to a 15% increase in productivity and morale.</p> <p>PROBLEM: Based on employee surveys and interviews, healthy dietary habits are not being adhered to by all newly remote workers at Pixel Perfect Designs. This has led to lower morale and energy, ultimately decreasing productivity. Employees need to learn healthy dietary habits to use while working remotely to improve morale and productivity.</p>
Target Audience	<p>This training is intended for remote employees at Pixel Perfect Designs. Primary learners may be of any gender. The age range may span from 18-55 years of age. Employees typically have a bachelor's degree or higher. They will have a variety of prior knowledge and skill levels, depending on their specific roles within the company. Most will have experience with web development technologies and design principles.</p>
Learning Objectives	<p>Terminal LOs:</p> <ol style="list-style-type: none">1. Choose nutritious snack and meal options for remote work environments.2. Apply practical strategies for healthy eating during remote work hours. <p>Enabling LOs:</p> <ol style="list-style-type: none">3. Identify food options as nutritious or not.
Training Recommendation	<p>Delivery Method:</p> <ul style="list-style-type: none">• e-Learning module developed through Storyline <p>Approach:</p> <ul style="list-style-type: none">• This module is self-paced, with an avatar used as a guide and voice over narration• The course will be a continuous scenario leading the learner through the training.• Final evaluation is a performance based assessment
Training Time	<p>20 minutes</p>
Deliverables	<ul style="list-style-type: none">• Published SCORM file• Working .storyl file with audio voiceover• Storyboard with script

- One (1) meal prep planning document as Resource developed on Canva
- One (1) graph as Resource

Training Outline

Introduction

- Welcome slide
 - Voiceover welcoming learners to Pixel Perfect Designs Healthy Home Office training focused on healthy habits.
 - Video background
 - Navigation buttons
- Navigation slide
 - Voiceover explains features learners can/will use during module
- Scenario 1
 - Introduction of current situation and problem
 - Thomas avatar, in a home setting, happily welcomes fellow learners to the course and explains he is a fellow employee newly transitioned to remote work
 - Fade away transition to indicate passing of 2 weeks - Thomas expresses concerns about working at home
 - Pre-assessment question
- Learning Objectives
 - Sarah avatar enters home setting with Thomas and introduces herself as guide to the training.
 - Resource document is shared
 - Visual of each learning objective is shared

Topic 1: Essential Nutrients

- Benefits of the 4 essential nutrient groups
 1. Complex Carbohydrates -
 - a steady release of energy
 - regulation of blood sugar levels
 - B vitamins for energy production
 - iron for oxygen transport
 2. Lean Proteins
 - muscle repair and growth
 - help control appetite by feelings of being full
 - amino acids, which are building blocks for tissues and cells
 3. Healthy Fats
 - omega-3 fatty acids for brain health
 - a concentrated source of energy
 - feelings of fullness
 4. Vitamins & Minerals

- support for various bodily functions, including energy production and cell growth
- help preventing chronic diseases and maintaining optimal health

- Knowledge check

Topic 2: Eating Smart

- Foods to avoid in a daily diet shared with narration
 - Examples include sugary drinks, excessive caffeine and junk food
 - Explanation of reasoning
- Food to incorporate into a daily diet shared with narration
 - Examples include dairy and dairy alternatives, fruits and vegetables and healthy fats
 - Explanation of reasoning
- Summary - Balance and variety are essential for a good diet

Topic 3: Healthy Habits

- Subtopic: Hydration
 - Definition - Hydration is like giving your body a refreshing drink of water! It's important to stay hydrated throughout the day, especially when you're busy working.
 - Advice - Drink plenty of water throughout the day to maintain energy levels and focus. Dehydration can lead to headaches and fatigue.
 - Strategy - Set up a hydration station. Just as you'd fill up a water bottle at your office desk, keep water readily available at your home workstation.
 - Recommended amount - Aim for 8 cups daily. A general guideline is to consume approximately 8 cups (64 ounces) of water per day to stay adequately hydrated.
- Subtopic: Mindful eating
 - Definition - Mindful eating is a way of eating that involves paying attention to your body's hunger and fullness cues, savoring your food, and eat
 - Advice - Take active breaks. Instead of reaching for snacks, use breaks for physical activity or household chores.
 - Strategy - Recognize hunger signs. Understand how hunger affects your alertness and productivity. Eating regularly can prevent mood swings and energy crashes.
 - Recommended amount - Control portions by pre-packaging meals and snacks to avoid overeating and make healthier choices.
- Knowledge check - set up as mini-branching scenario
- Review - automatic transition to slide if learner has incorrect response on knowledge check after 2 attempts

Topic 4: Healthy Habits: The Next Level

- Meal prepping information
 - Start Simple
 - Essential Tools
 - Be Flexible
 - Save Money

- Mix It Up
- Control Urges
- Scheduling tips

Review - an opportunity for a self-paced review of the material presented

Assessment

- Five (5) multiple choice questions based on the 2 terminal learning objectives
- Feedback for both passing and failing
- Optional review of quiz
- Will need a passing score to exit the course and will be able to retake the quiz as needed

Congratulations

**Assessment
Plan**

Level 2 Assessment:

- Two ungraded knowledge checks will be used as learners move through the course.
- Five scenario based multiple-choice questions. Passing score of 80% or 4/5 required

Level 3 Assessment:

Targeted employees will have a week to complete the training. One month after all employees are done, the following will occur:

- Spot checks will begin to see if productivity has improved
- Surveys will be collected to monitor employee motivation