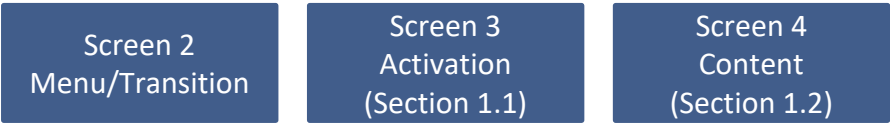| Title: Welcome to Module 3 (Welcome)	Screen Reference Number: Screen 1
Purpose of Screen: To welcome learners to Module 3: Healthy Eating for Families and give a simple overview of what the learner will learn. The screen ends with a clear Start Module 3 button to move to Screen 2 Menu (Module 3 Overview).	
On-screen Text	**Voice-over**
Module 3: Healthy Eating for Families **What You'll Learn** In this module, you will learn: 1) Key food and nutrition vocabulary 2) How to plan healthy choices for young children 3) Everyday habits that support healthy eating When you're ready, click Start Module 3 to begin. Start Module 3	Welcome to Module 3: Healthy Eating for Families. In this module, you'll learn about key food and nutrition vocabulary, how to plan healthy choices for young children, and everyday habits that support healthy eating. When you're ready, click Start Module 3 to begin.
Screenplan	**Graphic Design**
[Screen 1 Welcome] [Screen 2 Menu/Overview] (Part of Introduction)	• Simple layout with module title and three numbered introductory learner outcomes. • Clear **Start Module 3** button positioned at the bottom for easy navigation. • High-contrast colours, accessible sans-serif font, and mobile-friendly spacing. • Captions enabled for narration; all icons/buttons include alt-text.

Title: Module 3 Overview (Menu)	**Screen Reference Number:** Screen 2
Purpose of Screen: To provide a simple hub linking the introduction to the learning content. This screen presents the three module sections and prompts the learner to begin Section 1 – Food & Nutrition. Learners return here after sections 1 and 2. Navigation from this screen leads to Screen 3 Your Food Choices.	

On-screen Text	**Voice-over**
Start Here • Start with Section 1 and follow the sections in order. • This will help you build your knowledge step-by-step. **Section 1 - Food & Nutrition** Learn new words for foods and ingredients. Practise understanding pictures, labels, and short descriptions. **Section 2 - A Balanced Diet** Learn about the five main food groups. Find out how to make healthy choices for young children - and for yourself and your family. **Section 3 - Healthy Eating** Explore simple ways to eat well every day. Choose small changes that can make everyday meals healthier.	Start Here. Begin with Section 1 and continue through each section in order. This will help you build your knowledge step-by-step. Section 1: Learn food words + practise identifying foods. Section 2: Learn the food groups + healthy choices. Section 3: Explore simple healthy habits + small changes.

Screenplan	**Graphic Design**
Start here ↓ [Section 1 Food & Nutrition] [Section 2 A Balanced Diet] [Section 3 Healthy Eating Habits] (Whole Module Overview)	• Three section headings with descriptions for the three sections and corresponding buttons to navigate to each section ("Start Section 1/2/3") • Current section (Food and Nutrition) highlighted to guide the learner. • Simple layout with module title, short text, and a Start Section 1 button. • High-contrast design with clear sans-serif font. • Screen layout arranged for easy reading on mobile devices.

Title: Your Food Choices (Activation – Section 1.1)	**Screen Reference Number:** Screen 3
Purpose of Screen: To activate what the learner already knows about food and nutrition. This warm-up task helps learners connect the topic to their own lives before starting new content. Navigation leads to Screen 4	
On-screen Text	**Voice-over**

On-screen Text	Voice-over
Let's start by thinking about food What do you already know? Match the foods to the food groups below. **Match the foods to the correct food groups.** burgers, chips, pizza → fast foods cakes, biscuits, sweets → sugary foods bread, pasta, rice, potatoes → carbohydrates foods meat, fish, nuts, beans → protein foods milk, cheese, yogurt → dairy foods Submit Continue	

Screenplan	**Graphic Design**

Screenplan

Screen 2 Menu/Transition	Screen 3 Activation (Section 1.1)	Screen 4 Content (Section 1.2)

(Part of Section 1 – Food & Nutrition)

Graphic Design

- Large supporting image introduces the task.
- Simple, high-contrast layout with clear sans-serif font.
- Five food–group pairs arranged for easy drag-and-drop use.

Title: Food & Nutrition Vocabulary (Content – Section 1.2)	**Screen Reference Number:** Screen 4

Purpose of Screen: To present and clarify key food and nutrition vocabulary using images, words, and audio. This helps learners recognise, understand, and pronounce new words before they practise them.

On-screen Text	**Voice-over**

On-screen Text

Food & Nutrition Vocabulary
1) Look at the pictures below.
2) Click the images to see the word.
3) Listen to the pronunciation and repeat the words.

protein	dairy	sodium
bread	whole wheat pasta	tortilla
broth	plantain	zucchini

Let's check the meaning
- Answer the true statements.
- Look at the pictures above if you need to.

Pick all the statements that are true.
- Whole wheat pasta is a whole grain pasta
- Eggs are dairy
- Plantain and zucchini are fruit
- We can make broth from vegetables or chicken
- Meat, fish, nuts and pulses are protein foods
- A lot of sodium is good for you

Submit

Continue

Voice-over

protein	dairy	sodium
bread	whole wheat pasta	tortilla
broth	plantain	zucchini

Screenplan	**Graphic Design**

Screenplan

| Screen 3 Activation (Section 1.1) | Screen 4 Content (Section 1.2) | Screen 5 Practice (Section 1.3) |

(Part of Section 1 – Food & Nutrition)

Graphic Design

- Grid of picture cards (3×3 layout), each showing one food item.
- Clicking a card reveals the written word and a re-playable audio button (British accent).
- Large, clear images with minimal text to support lower-level learners.
- Consistent sound icon on both sides of each card for pronunciation practice.
- High-contrast, accessible design using a clean sans-serif font.

Title: Practise What You've Learnt (Practice – Section 1.3)	**Screen Reference Number:** Screen 5

Purpose of Screen: To provide controlled practice through a sorting task and simple MCQs, checking understanding of vocabulary in Screen 4 before learners return to Screen 2 Module 3 Overview and start Section 2.

On-screen Text	**Voice-over**
Let's sort the food groups 1) Look at the food groups below. 2) Drag each item into the correct group. **protein:** red meat, chicken, fish, beans, nuts, eggs **dairy:** milk, cheese, yogurt, cream, butter, ice cream **whole grain:** wholemeal bread, brown pasta, whole grain cereal, brown rice, porridge oats Continue **Let's check your vocabulary** • Read each question. • Choose the correct answer. 1) **Sodium is …** • A type of sugar • A type of vitamin • A type of salt Continue 2) **Plantain is …** • A savoury vegetable • A dairy food • A whole grain food Continue 3) **Broth is …** • a cooking oil • a clear cooking liquid • a dessert sauce Continue	

Screenplan	**Graphic Design**

Screen 4 Content (Section 1.2)	Screen 5 Practice (Section 1.3)	Screen 6 Summary/ Next Steps

(End of Section 1 – Food & Nutrition)

• Drag-and-drop sorting activity at the top with one food item and three food-group boxes.
• Submit button below the three sentences
• Immediate feedback appears under each sentence (✓ Correct or ✗ Try again)
• Clear vertical layout suitable for mobile
• High-contrast text with a clear sans-serif font
• Button at the bottom to return to the Menu

Title: End of Module 3 (Summary/Next Steps)	Screen Reference Number: Screen 6
Purpose of Screen: To summarise learning and support reflection, planning, and small healthy changes before the live session.	
On-screen Text	**Voice-over**

On-screen Text	Voice-over
What's Next? Now choose a tab below to reflect, plan your next steps, or try a healthy change this week. **REFLECT** **Take a moment to think about your eating habits.** 1) Which food groups do you eat most often? 2) Which do you need more of? 3) What change could help you or your family eat more healthily? Write one or more sentences about any healthy changes you could make. **NEXT STEPS** • Bring it to the live class or use it for your next discussion activity. • If you already joined the live session, you can still upload or review your plan. Use your updated menu plan in the next class discussion. **TRY THIS WEEK** **Choose one small healthy change you want to try in the next few days.** Examples: • Eat one extra fruit or vegetable • Choose whole grain bread or pasta • Drink more water • Cook one meal with less salt Great work – you've finished Module 3. You can use what you've learned in class discussions and future activities.	

Screenplan	Graphic Design
Screen 5 Practice (Section 1.3) — Screen 6 Summary/ Next Steps — Screen 2 Menu/Transition (End of Section 1 – Food & Nutrition & transition to live session)	• Three tabs (Reflect / Next Steps / Try This Week) with large, clear text. • Reflection tab includes a healthy-eating image to support meaning. • Clean, high-contrast layout with simple spacing and sans-serif font. • Icons used sparingly for clarity; design optimised for mobile.