

# English for Childcare – Module 3: Healthy Eating Wireframe

## Screen 1: Welcome

- Introduces Module 3 and what to expect.
- Ends with Start Module 3 button.

### Outcomes

1. Review key food and nutrition vocabulary.
2. Watch a video about healthy eating.
3. Read about healthy and unhealthy food.
4. Plan and share a healthy menu for children.

## Screen 2: Menu

- Shows module overview and section buttons.
- Highlights current section (Module 3: Food & Nutrition).
- Learners return here after sections 1 & 2.

## Screen 3: Activation (Section 1.1)

### Food & Nutrition

- Mini hook: What do you already know? Match the foods to the groups.

## Screen 6: Activation (Section 2.1)

### A Balanced Diet

- Mini hook: Watch video about a healthy plate. Guiding questions given before watching and answered after.

## Screen 9: Activation (Section 3.1)

### Healthy Habits

- Mini hook: Labelled graphic of a simple nursery lunch with notes (healthy/sometimes/not suitable/drinks).

## Screen 4: Content (Section 1.2)

- Food vocabulary presentation with click to reveal images & audio and a quick concept check.

## Screen 7: Content (Section 2.2)

- Read text to identify healthy choices – builds on knowledge previously presented.

## Screen 10: Content (Section 3.2)

- Read/watch/listen one or two curated links to find out more about healthy eating, then find one or two independently.

## Screen 5: Practice (Section 1.3)

- Vocabulary comprehension check – sort the foods into the correct groups and multiple-choice questions.

## Screen 8: Practice (Section 2.3)

- Interactive comprehension check eg, short scenario or quiz. (Return to Screen 2.)

## Screen 11: Practice (Section 3.3)

- Plan a nursery lunch menu & share ideas on collaborative board (bridge to live session). (Go to Screen 12.)

## Screen 12: Summary & Next Steps

- Indicates end of module.
- A) Reflect: Which food groups do you eat most often? Which do you need more of?
- B) Next steps: Update your healthy meal plan. In the live session, you will share it in small groups, give a short 2-minute presentation and discuss healthy habits with peers.
- C) Try this week: Make one small healthy change (eg, eat one extra fruit or vegetable).
- This screen closes the module.

### Linear Learning Flow with Central Menu Screen:

Screen 1 Welcome → 2 Menu → 3 Activation (Section 1.1) → 4 Content (Section 1.2) → 5 Practice (Section 1.3) → (back to 2 Menu) → 6 Activation (Section 2.1) → 7 Content (Section 2.2) → 8 Practice (Section 2.3) → (back to 2 Menu) → 9 Activation (Section 3.1) → 10 Content (Section 3.2) → 11 Practice (Section 3.3) → 12 Summary & Next Steps

The course follows a linear progression through three short sections, with each section accessed from the Menu (Screen 2). Sections 1 and 2 return to the Menu between sequences, while Section 3 concludes with a summary and next steps.