

### Target Audience & Learning Context

Learners of English as a second language at around CEFR A1/A2-B1 who are interested in working with children. They need to learn work-based language and customs to access and progress into employment.

Predominantly women who completed secondary school, with some having attended college or university in their country. They benefit from cohort-based study.

Returning mothers, career changers, refugees and economic migrants with children of their own who have been in the UK for several years and intend to remain.

Mobile-first display. Require language accessibility and inclusion, eg, vocab glossaries, subtitles, playback speed variation, pause/replay controls, transcripts, user guides, screencast tutorials, possible TTS/STT support, adjustable pacing, short videos, variety and active learning. Visual accessibility, eg, adjustable text/images/tables, screen-reader friendly, dark mode, readable fonts, high contrast and alt text are recommended.

Wi-Fi is sometimes unreliable, so live sessions should be recorded. Devices include iOS and Android phones; Windows, macOS and Chromebook laptops. Browsers include Edge, Chrome and Safari. Common apps include WhatsApp, YouTube and Google Translate/Lens. VLE: Google Classroom/Canvas.

### Content & Language Learning Outcomes

This digital resource forms part of Module 3: Diet & Healthy Eating within the English for Childcare course. It is designed as a standalone component that learners can complete independently between live sessions. The resource reinforces employability-focused learning by practising vocational vocabulary and decision-making around healthy food provision in childcare settings.

**By the end of this asynchronous multimedia resource of Module 3 in Articulate Rise, learners will be able to...**

**LO 3:** Explain healthy eating habits and choose healthy meals, including from the five food groups.

This asynchronous resource supports LO 3 by helping learners identify and reflect on healthy eating habits and examples of balanced meals. It integrates with the Module 3 classroom delivery by (1) activating knowledge prior to live discussions and (2) consolidating vocabulary and concepts afterwards through personal reflection tasks.

### Embedded Language Learning Outcomes

- **LO 12:** Practise ‘foods and food groups’ vocabulary.
- **LO 13:** Watch an authentic video about the five main food groups and the concept of a healthy plate.
- **LO 15:** Read a text and food labels to identify foods that promote growth and development in children.
- **LO 16:** Reflect on personal eating habits and possible improvements in short sentences.

### Sections & Topics

#### Topic 1: Food and Nutrition

Practise ‘foods and food groups’ (fruit, protein, grains, vocabulary).

Food vocabulary eg, click to reveal images, audio and quick concept check.

Sorting foods/food groups and comprehension check.

#### Topic 2: Understanding a Balanced Diet

Watch an authentic video about the five food groups and the *Eatwell Guide*

Read a short text and food labels to identify healthy choices.

Complete comprehension check /quiz. Identify foods from the five food groups.

#### Topic 3: Healthy Eating Habits for Children

Find out more about healthy and unhealthy eating for children.

Identify ways to encourage good eating habits in families.

Plan or choose a sample nursery lunch menu using all five food groups.

### Sections & Topics

#### Section 1

##### Food & Nutrition

###### Topic 1

Your food choices

###### Topic 2

Food & nutrition vocabulary

###### Topic 3

Controlled practice (Check your understanding)

### Sections & Topics

#### Section 2

##### A Balanced Diet

###### Topic 1

A Healthy Plate

###### Topic 2

Five Food Groups

###### Topic 3

Comprehension

### Sections & Topics

#### Section 3

##### Healthy Habits

###### Topic 1

Good eating habits

###### Topic 2

Find out

###### Topic 3

Menu plan