Title: Welcome to Module 3 (Welcome)	Version: 3.0
Screen 1: Welcome to Module 3 (Welcome)	Date: 27/11/2025

Note: This screen plan shows selected screens from Module 3 (Screens 1-5 and Screen 12). Other module sections are omitted for brevity (Screens 6-11).

Introduces Module 3 and gives a simple overview of what the learner will learn.

Heading: **Welcome to Module 3: Healthy Eating for Families**
OST/VO:
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.

Interaction: Click Start Module 3 button (bottom right) to continue.
Media: None on this screen.
Navigation: Leads to Screen 2 – Menu overview

Start Module 3

Title: Module 3 Overview (Menu)	**Version:** 3.0
Screen 2: Module 3 Overview (Menu)	**Date:** 27/11/2025

Menu screen with three interactive section buttons for the module and prompts learner to begin Section 1.

OST/VO:
Heading: **Start Here**
- Begin with Section 1 and follow the sections in order.
- This will help you build your knowledge step-by-step.

Section 1 – Foods & Nutrition
OST detail: Learn new words for foods and ingredients. Practise understanding pictures, labels, and short descriptions.

Start here → Start Section 1

Section 2 – A Balanced Diet
OST detail: Learn about the five main food groups. Find out how to make healthy choices for young children – and for yourself and your family.

Start Section 2

Section 3 – Healthy Eating
OST detail: Explore simple ways to eat well every day. Choose small changes that can make everyday meals healthier.

Start Section 3

Learner returns here after Section 1.
Media: None on this screen.
Navigation: Leads to Screen 3 – Activation (Section 1.1)

Title: Your Food Choices (Activation – Section 1.1)	Version: 3.0
Screen 3: Your Food Choices (Activation – Section 1.1)	Date: 27/11/2025

Heading: **Your Food Choices**

Interaction: Matching activity of food to correct food groups to activate what the learner already knows about food and nutrition.

OST: **Let's start by thinking about food**

- What do you already know?
- Match the foods to the food groups below.

Interaction: Matching drag and drop activity.

OST: **Match the foods to the correct food groups.**

Visual: Suitable image of foods.

Submit on completion and receive immediate feedback.

Navigation: Continue action leads to Screen 4

Foods 1	Food group 1
Foods 2	Food group 2
Foods 3	Food group 3
Foods 4	Food group 4
Foods 5	Food group 5

Submit

Continue

Title: Food & Nutrition Vocabulary (Content – Section 1.2)	**Version:** 3.0
Screen 4: Food & Nutrition Vocabulary (Content – Section 1.2)	**Date:** 27/11/2025

Heading: **Food & Nutrition Vocabulary**

Interaction: Click-to-reveal picture flashcards with words and audio (VO) to introduce key food and nutrition vocabulary and support pronunciation practice.

OST: **Let's look at some food words**
1. Look at the pictures below.
2. Click the images to see the word.
3. Listen to the pronunciation and repeat the words.

Media: Picture flashcards (image side + audio;
flip side shows written word + the same audio)
Grey separator divider (automatic in Rise)
Concept check activity begins directly after presentation of vocabulary.

Interaction: Multiple response activity displayed as a question panel with checkboxes.
OST: **Let's check the meaning**
1. Answer the true statements.
2. Look at the pictures above if you need to.
Pick all the statements that are true.

Submit on completion and learner receives immediate feedback.
Navigation: Continue action leads to Screen 5 – Practice (Section 1.3)

Flashcard 1	Flashcard 2	Flashcard 3
Flashcard 4	Flashcard 5	Flashcard 6
Flashcard 7	Flashcard 8	Flashcard 9

Multiple response question panel (6 items)

Submit

Continue

Title: Practise What You've Learnt (Practice – Section 1.3)	**Version:** 3.0
Screen 5: Practise What You've Learnt (Practice – Section 1.3)	**Date:** 27/11/2025

Heading: **Practise What You've Learnt**

Interaction: Drag and drop sorting activity using food vocabulary from Screen 4.

OST: **Let's sort the food groups**

1. Look at the food groups below.
2. Drag each item into the correct group.

Conditional Continue action appears after successful completion of sorting activity. Learners progress to a multiple-choice vocabulary check.

Interaction: Three multiple choice questions testing lexis taught in Screen 4.

OST: **Let's check your vocabulary**

- Read each question.
- Choose the correct answer.

Submit on completion and learner receives immediate feedback.

Navigation: Final Continue action leads to Screen 6 – Summary/Next Steps.

Foods lexis

Group 1   Group 1   Group 1

Continue

Multiple choice question panels (3 items)

Submit

Continue

Title: End of Module 3 (Summary/Next Steps)	Version: 3.0
Screen 12: End of Module 3 (Summary/Next Steps)	Date: 27/11/2025

Heading: **End of Module 3**
Interaction: Three interactive tabs block (3 sections): Reflect, Next Steps, Try This Week to close the module; support reflection, planning, and real-life action; bridge to live session.

OST: **What's Next?**
Now choose a tab below to reflect, plan your next steps, or try a healthy change this week.
Visual: Suitable image of foods.
Each tab prompts reflection, planning, or real-world application of module learning, supporting transfer to live discussion.
Next steps are updating the healthy menu plan and preparing to share it in the live class.
Navigation: Continue action leads to main course menu for the learner to proceed to Module 4.

Reflect   Next Steps   Try This Week

Continue