

## Step 1: Target Audience

- 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..

## Step 2: Learning Outcomes

**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 can serve as preparation or consolidation, depending on when it is completed, either priming ideas for the live discussion or reinforcing them afterwards through reflection and application.

### 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.

# Step 3: Topics

List of the main topics that will be addressed in the resource. Try to break down into as much detail as possible. Refer to your programme scoping template for reference.

## 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.

# Step 4: Sections and Topics



Package your topics into 3 - 4 clear sections. Try to use simple 1 - 2 word titles for your sections.

## Section 1

### Food & Nutrition

#### Topic 1

Your food choices

#### Topic 2

Food & nutrition vocabulary

#### Topic 3

Controlled practice (Check your understanding)

# Step 4: Sections and Topics



Package your topics into 3 - 4 clear sections. Try to use simple 1 - 2 word titles for your sections.

## Section 2

### A Balanced Diet

#### Topic 1

A Healthy Plate

#### Topic 2

Five Food Groups

#### Topic 3

Comprehension

# Step 4: Sections and Topics

Package your topics into 3 - 4 clear sections. Try to use simple 1 - 2 word titles for your sections.

## Section 3

### Healthy Habits

#### Topic 1

Good eating habits

#### Topic 2

Find out

#### Topic 3

Menu plan