

# Multimedia eLearning Course

## Wireframe – Module 3

Duration: 1.5-2 hours

### 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/ Transition

- 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.

#### 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 sections 1 and 2 returning to the Menu (Screen 2) between each sequence.