

Teresa Catford eLearning Text Storyboard
Lower Your Cholesterol Without Medication: Module 4 / Lesson 3

[Course Map](#) - Miro

Scene 1: Introduction

Slide 1.1 Title Screen	
Audio Narration	On-Screen Content
	<p>Graphics: Title Graphic</p> <p>Text: Welcome! Learn How to Lower Your Cholesterol Without Medication Module 4 / Lesson 3 Tips for Reading Food Labels</p> <p>Enter Your First Name Here:</p>
Interactivity & Programming Notes	
<ul style="list-style-type: none">• Use Title Slide layout.• Turn off Previous button.• Turn off Seekbar• Jump to slide 1.2 when user clicks the next button.• Next button disabled until user enters first name	

Slide 1.2 Welcome and Objectives	
Audio Narration	On-Screen Content
<p>Welcome to Lesson 3 of Module 4. This module is all about Selecting Optimal Heart-Healthy Foods.</p> <p>In previous lessons you learned that filling your plate with mostly whole and fresh foods is the gold standard for a heart-</p>	<p>Graphics:</p> <ul style="list-style-type: none">• Empty grocery cart filling up with images whole foods (fruits vegetables, whole grains, legumes, nuts) and minimally processed foods (crackers, tortillas, canned

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<p>healthy diet. But minimally processed foods can be healthy too, and are great in a pinch! There are lots of lightly processed foods that make eating a whole foods, plant-based diet a lot easier to maintain. We've got you covered!</p> <p>Get ready to dive into the sometimes mystifying world of food packaging! Knowing how to decipher the data provided on a food label will be key to buying healthy prepared foods and making sure your trips to the supermarket are a breeze.</p> <p>By the end of this lesson you'll be able to:</p> <ul style="list-style-type: none"> • Find the most important data on a food label • Compare similar items to make the best choice • Fill your grocery cart with optimal foods • Be confident you can achieve your health goals 	<p>goods (beans, tomatoes, sauce, salsa, condiments, nut butters, jams, bread, etc.)</p> <ul style="list-style-type: none"> • Nutrition facts label • Person reading food packaging <p>Graphics Icons:</p> <ul style="list-style-type: none"> • Magnifying glass to food label • Scale • Grocery cart • Trophy cup <p>Text: Module 4: Selecting Optimal Foods Lesson 3 Tips for Reading Food Labels</p> <p>%FirstName%, Let's get started!</p>
Interactivity & Programming Notes	
<ul style="list-style-type: none"> • Use Content Slide layout. • Insert audio: <i>1-2.mp3</i> • Sync graphics/animations to audio narration. • Lightbox link to 7.1/1.3 Learning Log #1 pop up at end of timeline 	

Scene 7: Lightbox Slide 7.1

Lightbox Slide 1.3/7.1 Learning Log 1 Reflection Activity	
Audio Narration	On-Screen Content
<p>Before you begin the lesson, take a moment to reflect.</p>	<p>Graphics:</p> <ul style="list-style-type: none"> • Open Journal (right side of page is Activity, left side is labeled "My Notes")

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Which of these statements resonates with you the most? Pick your top 2 by dragging them to the box and if you like, you can write concerns or challenges in your own words the space provided. When you're finished click save.

We'll be adding to your Log during the Lesson. You can access this Log anytime in the upper right hand corner of your screen to record notes. At the end of the course you will be able to print out your complete Learning Log.

- Pencil
- Save Button
- Change Challenges text entry field
- My Concerns and Challenges text entry field
- My Notes text entry field

Text:

Learning Log #1
Reflection Activity

My Biggest Change Challenges:

- I know what foods I am supposed to avoid, but I still don't know what to eat
- I can't change my diet overnight
- It's going to be a lot of work to change my eating habits
- I may not like the food
- No one else in my household eats like this

My other concerns and challenges:

My Notes:

Interactivity & Programming Notes

- Use Lightbox Learning Log layout.
- Disable Close button until user completes activity or types in the box and saves.
- Sync graphics/animations to audio narration.
- Jump to Menu Slide 1.4 when user clicks close button.

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Audio Narration	On-Screen Content
<p>To complete this course, please explore the Review of Key Concepts and Re-Cap sections before you begin Lesson 3.</p> <p>Anytime during the course you can access a glossary and resources in the upper right hand corner of your screen.</p>	<p>Graphics</p> <ul style="list-style-type: none"> • 4-Go buttons for each of the sections • A lock icon for Summary section • Arrow directing attention to upper right of player <p>Text:</p> <ol style="list-style-type: none"> 1. Review of Key Concepts about Diet, Cholesterol and Heart Disease 2. Lesson 3 – Tips For Reading Food Labels 3. Summary <p>Access your Learning Log, Resources and Glossary anytime here</p>
Interactivity & Programming Notes	
<ul style="list-style-type: none"> • Use Content Slide layout. • Insert audio: <i>1-4.mp3</i> • Sync graphics/animations to audio narration. • Jump to user choice Slide 2.1, 3.1 or 4.1 when user clicks • Summary is locked until all 3 sections are complete. • When user completes 1 segment, do not replay audio narration at start of slide when user returns • When the user completes a scene, visited state is showing instead of the go button 	

Scene 2 Review

Slide 2.1 Review Of Key Concepts: Diet, Cholesterol And Heart Disease	
Audio Narration	On-Screen Content
<p>Let's review the connection between diet, cholesterol and heart health.</p>	<p>Graphics:</p> <p>Person holding medication talking with doctor People eating junk food – junk food images from grocery store</p>

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<p>(layer 1) Taking statin drugs, or any cholesterol-lowering medication, to reduce cholesterol will not prevent heart disease from getting worse. Statins work to control only one factor that contributes to heart disease – elevated cholesterol. Unfortunately, if no other lifestyle and dietary changes are made, heart disease will get worse.</p> <p>(layer 2) Foods that have saturated fat like animal products as well as some plant-derived oils are linked to heart disease. And since our bodies make plenty of cholesterol for healthy function, we don't need to add any in our diet from foods like meat, dairy and eggs.</p> <p>(layer 3) There is overwhelming evidence showing that heart disease can be dramatically improved and even reversed by a heart friendly diet - primarily a whole foods, plant-based diet that is naturally low in fat. As a matter of fact, some cardiologists characterize heart disease as a foodborne illness.</p>	<p>Plant based diet – people eating</p> <p>Text: Review of Key Concepts: Diet, Cholesterol and Heart Disease</p> <p>Cholesterol-Lowering Drugs May Not Help</p> <p>Certain Foods are Linked to Heart Disease</p> <p>You Can Prevent and Reverse Disease With a Heart-Friendly Diet and Lifestyle</p>
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Interactivity & Programming Notes

- Use content Slide layout.
- Insert audio: 2-1.mp3
- Sync graphics/animations to audio narration.
- Trigger buttons to reveal corresponding layers for each topic.
- Disable Next button until each layer has been visited.
- Jump to slide 2.2 when user clicks Next button.

Slide 2.2 What is it?	
Audio Narration	On-Screen Content

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<p>What is a whole food, plant-based diet? It's a diet centered on whole, unprocessed or minimally processed plant foods like fruits, vegetables, potatoes, whole grains, nuts, seeds and legumes, with no, or very little meat, dairy products and eggs. It also excludes highly refined foods like bleached flour, refined sugar and oil. This optimal diet is naturally low in fat and will help lower your cholesterol and prevent or reverse heart disease.</p>	<p>Graphics: <i>(Green light) fruits, vegetables, potatoes, whole grains, nuts, seeds and legumes,</i></p> <p><i>(Red light) meat, dairy products and eggs, bleached flour, refined sugar and oil.</i></p> <p>Text: What is a Whole Food, Plant-Based Diet?</p>
Interactivity & Programming Notes	
<ul style="list-style-type: none"> Use Content Slide layout. Sync graphics/animations to audio narration. Insert audio: 2-2.mp3 Lightbox link to 7.3/3.2 pop up at end of timeline 	

Scene 7: Lightbox Slide 7.2

Lightbox Slide 2.3/7.2 Learning Log 2 One Minute Conclusion	
Audio Narration	On-Screen Content
<p>In the space provided type a few sentences summarizing what you consider important from the Key Concepts Review.</p> <p>Type your thoughts in the box and save, before you move on.</p>	<p>Graphics:</p> <ul style="list-style-type: none"> Open Journal (right side of page is Activity, left side is labeled "my Notes") Pencil Save Button <p>Text: One Minute Conclusion - Learning Log #2:</p> <p>Summarize what you consider important from the review. Type your thoughts in the box and save, before moving on.</p>

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Interactivity & Programming Notes

- Use Lightbox Learning Log layout.
- Disable close button until user types in the box and saves.
- Close lightbox and Jump to menu slide 1.4 when user clicks close.

Scene 3 – Re-Cap of Lessons 1 & 2

Slide 3.1 *Cut the CRAP 1*

Audio Narration

Let's do a quick re-cap the first 2 lessons from Module 4.

In Lesson 1, you learned how to identify heart healthy foods and how to steer clear of danger zones in the supermarket – a treacherous environment for people like you trying to eat healthy!

Basically, we want you to cut the CRAP out of your diet – in other words steer clear of Calorie Rich and Processed Foods. In short: Choose whole or minimally processed foods. The idea is to try and pick foods without labels. But minimally processed foods are great in a pinch. There are a variety of prepared and lightly processed foods that make eating a whole foods plant-based diet a lot easier to maintain. Reach for whole grains products like crackers, wraps, and pizza crusts; canned products like beans, tomato paste and tomato sauce, boxed products like plant milks, and of course frozen fruits and vegetables.

On-Screen Content

Graphics

- whole foods (fruits vegetables, whole grains, legumes, nuts) and minimally processed foods (whole grain crackers, tortillas, pizza crust canned goods (beans, tomatoes, sauce, salsa, condiments, nut butters, jams, bread, etc.)
- photo or video of a giant supermarket, shelves and shelves if processed junk food

Text:

CUT THE C.R.A.P.!

...Calorie Rich And Processed

- Choose whole or minimally processed foods

Interactivity & Programming Notes

- Use content Slide layout.
- Insert audio: 3-1.mp3
- Lightbox link to 7.3/3.2 pop up at end of timeline

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Scene 7: Lightbox Slide 7.3

Lightbox Slide 3.2/7.3 Learning Log #3 Kitchen Check	
Audio Narration	On-Screen Content
<p>Think about what you have right now in your kitchen. Since you completed Lesson 1, have you been able to fill your refrigerator or your pantry with whole or minimally processed foods like these? Did you eat anything today that is a whole food? Congratulations if you were able to say yes to either question!</p> <p>Jot down a few of the heart healthy foods you've been buying and eating and take a moment to acknowledge your excellent progress.</p>	<p>Graphics</p> <ul style="list-style-type: none"> • Open Journal (right side of page is Activity, left side is labeled "my Notes") • Pencil • Save Button • Open, empty refrigerator • Empty plate on a dining table <p>Text: What heart healthy foods are already in your kitchen and have been part of your meals? Jot them down in your log and click Save.</p>
Interactivity & Programming Notes	
<ul style="list-style-type: none"> • Use Lightbox Learning Log layout. • Disable close button until user types in the box and saves. • Close lightbox and Jump to menu slide 3.3 when user clicks close. 	

Slide 3.3 Cut the CRAP 2	
Audio Narration	On-Screen Content
<p>Avoid hyper-process foods – you know - junk food - all that stuff in packages with a ton of ingredients, additives, artificial substances, refined flours, added sugars and oils.</p>	<p>Graphics:</p> <ul style="list-style-type: none"> • Twinkie factory assembly line • Stomach with 400 cal oil

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<p>Finally let's maximize the nutrition in every bit of food! So being mindful of the calorie density of food is key.</p> <p>We want you to fill up on foods that are low in calorie density, like vegetables (that's the inside of a stomach, by the way!) and minimize other foods that are packed with calories and not that much nutrition.</p>	<ul style="list-style-type: none"> • Stomach with 400 cal meat • Stomach with 400 cal vegetables <p>Text: CUT THE C.R.A.P.! ...Calorie Rich And Processed</p> <ul style="list-style-type: none"> • Avoid hyper-processed foods • Maximize nutrient density
Interactivity & Programming Notes	
<ul style="list-style-type: none"> • Use Content Slide layout. • Insert audio: 3-3.mp3 • Sync animations to audio narration. • Jump to slide 3.4 when user clicks Next button. 	

Slide 3.4 Calorie density activity	
Audio Narration	On-Screen Content
<p>How is your understanding of calorie density?</p> <p>Do you know which is the least calorie dense, 2 tablespoons of olive oil or a slice of whole wheat bread?</p>	<p>Graphics: Olive oil Whole wheat bread Submit button</p> <p>Text: WHICH IS LEAST CALORIE DENSE? 2 tablespoons of olive oil 1 slice of whole wheat bread</p>
Interactivity & Programming Notes	

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- Use Knowledge Check layout.
- Insert standard feedback layers.
- Allow learner to review and retry once.
- Jump to menu slide 1.4 upon completion.

Scene 4: Lesson 3

Slide 4.1 Lesson 3	
Audio Narration	On-Screen Content
<p>You are going to learn how to conquer the Nutrition Facts food label! Your goal is to fill your grocery cart, and of course your plate when you get home, with foods that are going to help your heart. If you follow these tips, you'll knock this out of the park!</p> <p>But first and foremost... Buy foods without labels! That's really the gold standard you are aiming for.</p> <p>But...Even though you will strive to make up your meals with mostly whole and fresh foods, you will need to buy something in a package at some point!</p> <p>Here's a friendly warning - Although it is enticing, do not believe everything you read on the packaging. Be wary of deceptive marketing techniques that try to make unhealthy food appear healthy. Words like "natural" "wholesome" don't always mean the food is healthy for you.</p> <p>Let's get past the marketing and straight to the data.</p>	<p>Graphic: Woman shopping for fruits and vegetables Food labels that say "100% Natural" "Wholesome"</p> <p>Text: Tip for Reading Food Labels</p> <p>Buy Foods Without Labels! Beware of deceptive claims</p>
Interactivity & Programming Notes	

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- Use Content Slide layout.
- Insert audio: 4-1.mp3
- Sync animations to audio narration.
- Jump to slide 4.2 when user clicks Next button.

Slide 4.2 What's on a Label

Audio Narration

This is an example of the 2020 Nutrition Facts label. This is the most recent iteration of the food label put out by the FDA. It has some features we are going to need to pay attention to and some that we will ignore. Click on each section to find out more.

(Slide Layers)

1. Right at the top, it shows serving size in volume and weight.
2. The next section is Total Calories per serving. We are going to need this number later. Be sure to make a note of the serving size on the label and how much you would typically eat.
3. Then follows information on total fat per serving and breaks out saturated fat, trans fat (or man-made fat) and cholesterol. Most saturated fats are animal fats. They're found in meats, dairy products and eggs. Sources of saturated vegetable fat include olive oil, and tropical oils like palm and coconut. Trans fats include hydrogenated and partially hydrogenated oils, margarine, shortening. Dietary cholesterol comes from animal foods – meat, dairy and eggs. All of these, Saturated fat, trans fat and cholesterol, raise your risk for heart disease and other chronic illnesses, too.

On-Screen Content

Graphic:

- Nutrition Facts label
- Arrow pointing to sections of label
- Colored transparent rectangles highlighting sections
- Person shopping and reading food labels

Text:

What's on a Label?
 Serving size
 Calories per serving
 Total Fat
 Saturated fat
 Trans fat
 Cholesterol
 Sodium
 Total Carbohydrate
 Protein, vitamins and minerals
 Percent daily value

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4. Next is Sodium. Our physiological need is around 250 mg per day. A heart healthy food needs to be low in salt.
5. Next the Total Carbohydrates section include the amounts of Fiber and added Sugars. Looking at the fiber content is going to be key for us today. Regarding added sugars – they are a problem if you are concerned with your health We'll go into that later on.
6. And finally, grams of Protein as well as Vitamins and minerals displayed at the bottom.
7. It is important to note that the percent daily value on the right hand column will not figure in to our evaluation of a particular food. The FDA has created the recommended daily value of nutrients based on an average person. We are aiming to improve our heart health and will be looking for foods that are lower in fat and sodium, for example, than the FDA's recommendation. So we will not be using the percentages on the right.

Interactivity & Programming Notes

- Use Content Slide layout.
- Insert audio for layers: *4-2.mp3, 4-2serving.mp3; 4-2cal.mp3; 4-2fat.mp3; 4-2sodium.mp3; 4-2carb.mp3; 4-2protein.mp3; 4-2percent.mp3*
- User clicks slide layers to reveal summary, hear narration
- Sync animations to audio narration.
- Disable next button until all layers are viewed
- Show visited state for layers that have been viewed
- Jump to slide 4.3 when user clicks Next button.

Slide 4.3 Tips for Reading Food Labels

Audio Narration

On-Screen Content

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Now. Let's dive in and learn our Heart Healthy tips for reading Food Labels. This will be the key to buying healthy prepared foods and making sure your trips to the supermarket are a breeze.

1. Tip number one. You want to aim for less than 20% of calories from fat in your daily intake. Figuring out if a food product meets or beats this 20% rule is going to take some calculating. It will become easier once you get the hang of it! There are 2 steps. First you will need to figure out what is 20% of total calories in this food? This food has 230 calories per serving, so 230 times .2 or 20% is 46 calories – that's the number you are trying to match or beat. Second, you need to figure out how many calories are from fat are in this food. 1 gram of fat is 9 calories. So this food has 8 grams multiplied by 9 calories for a total of 72 calories from fat. This food does not meet the 20% rule. If you happen to have your smart phone when you are shopping you can open the calculator tool and you are good to go. Just remember 1 gram of fat is 9 calories. Let's go on to the next tip. It get's easier from here I promise!
2. Number two. No trans-fat, cholesterol, or added oil. Trans fats raise your bad cholesterol (LDL) and decrease your good cholesterol (HDL). Plants don't contain cholesterol, so if you see anything greater than zero next to cholesterol on the label, that's a clue to scan the ingredients list and check for hidden animal products and added oils. Remember you are trying to steer clear of saturated fat and you certainly don't want to put cholesterol in your diet – you already have too much in your blood level.

Graphic:

- Nutrition Facts label
- Arrow icon pointing to sections of label
- Colored transparent rectangles highlighting sections
- Calculator icon
- Video explainer of tip #1 calculation
- Tip 2 video/animation showing scanning an ingredients list, highlighting oils, animal products
- Tip 3 video/animation showing 1:1 ratio of mg sodium to calories per serving
- Tip 4 video/animation showing scanning an ingredients list, highlighting wheat, whole grains, flour

Text:

TIPS FOR READING FOOD LABELS

1. 20% of Cal \leq Cal from fat
What is 20% of calories in this food?
 $230 \times .2 = 46 \text{ Cal};$
How many calories are from fat?
— 1g fat is 9 Cal —
 $8\text{g} \times 9 = 72 \text{ Cal}$
2. No trans-fat, cholesterol, or added oil
3. Less sodium than the number of calories per serving
4. Aim for at least 2-3 grams per serving of fiber

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3. Number three. Less sodium in milligrams than the number of calories per serving. A simple rule to follow is to try to keep your sodium to calorie ratio at less than 1:1. So if a food is 100 calories, it should not exceed 100mg of sodium per serving. In this example, there are 160mg of sodium and the calories per serving is 230. So this is a low sodium food! For condiment foods that you don't consume very much of, its ok for the ratio should be below 4:1.
4. Number 4. You want to strive for at least 2-3 grams per serving of fiber. Fiber content is a clue to the ingredients and whether the food is made from intact whole plant foods, such as a grain like wheat. Do not fall for false promises that flour is from whole grains unless it says 100 percent whole wheat or 100 percent whole grain, "rolled", or "cracked" on the ingredients list. Processed flour can be listed in many ways like "wheat flour" or "enriched wheat flour," or "unbleached flour." Those phrases don't mean the flour is whole grain.

Interactivity & Programming Notes

- Use Content Slide layout.
- Insert audio for layers: 4-3.mp3, 4-3tip1.mp3; 4-3tip2.mp3; 4-3tip3.mp3; 4-3tip4.mp3
- User clicks slide layers to reveal summary, hear narration, view animation/video
- Sync animations to audio narration.
- Disable next button until all layers are viewed
- Jump to slide 4.4 when user clicks Next button.

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Slide 4.4 Try the Heart Healthy Calculator Tool	
Audio Narration	On-Screen Content
<p>Now you know that you might need to have your smart phone handy when you are shopping to calculate some of the data on a food label to see if you are buying a heart healthy food.</p> <p>We suggest using the Heart Healthy Calculator Tool. Click on the Tutorial button to see how it works, then click on the Try It button to use the tool yourself.</p>	<p>Graphics:</p> <ul style="list-style-type: none"> • Screenshot of the Heart Healthy Calculator Tool • Tutorial button • Video tutorial showing Calculator Tool use • Try It button <p>Text: Make Shopping for Packaged Food a Breeze Try the Heart Healthy Calculator Tool</p>
Interactivity & Programming Notes	
<ul style="list-style-type: none"> • Use Content Slide layout. • Insert audio: 4.4.mp3 • Sync animations to audio narration. • Jump to slide 4.5 when user clicks Next button. • Show layers for Tutorial and Try It buttons. • Jump to slide 4.5 when user clicks Next button. 	

Scene 8: Lightbox Slides

Lightbox Slide 8.1: Video Tutorial	
Audio Narration	On-Screen Text & Graphics
<p>To use the Heart Healthy Calculator Tool, start by selecting one of the sample Food Labels.</p> <p>Next, input calories per serving, calories from fat, milligrams of sodium, and gram of fiber. you'd like to consume. Click "Check Food". A green check means you have chosen a heart healthy</p>	<p>Video: <i>Video tutorial of the Heart Healthy Calculator Tool.</i></p>

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food, yellow indicates caution and red indicates the food is one you should avoid.	
Programming Notes	
<ul style="list-style-type: none"> • Use Blank Slide layout. • Record a video tutorial of how to use the <i>Video tutorial of the Heart Healthy Calculator Tool</i>. • Scale the video to full screen. • Make this slide a Lightbox slide, linked from slide 4.4. 	

Lightbox Slide 8.2: Heart Healthy Calculator Tool	
Audio Narration	On-Screen Text & Graphics
N/A	Embedded Calculator Tool
Programming Notes	
<ul style="list-style-type: none"> • Use Blank Slide layout. • Insert an Embedded object, the Heart Healthy Calculator Tool • Scale the Embedded Object to full screen. • Make this slide a Lightbox slide, linked from slide 4.4. 	

Slide 4.5 Ingredients	
Audio Narration	On-Screen Content
<p>Now that we've drilled down to the key components to watch out for on the Nutrition Facts label, there a couple more things to look for that will help you choose healthy food.</p> <p>Ingredients.</p> <p>You already know not to fall for any promises that a flour is made from whole grains unless the ingredient list specifically says so. You want to look for intact, or whole, grains. Also pay attention to the ingredients and their order. Ingredients are</p>	<p>Graphics:</p> <ul style="list-style-type: none"> • Twinkie ingredients label • Twinkie • Animation scanning the twinkie label for complicated list of ingredients • Animation scanning the twinkie label for added sugars, words ending in "OSE" <p>Text:</p>

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listed in order of quantity so the primary ingredients are at the top of the list.
Some experts say you should choose foods with five or fewer ingredients and that if you can't pronounce an ingredient, don't eat the food.

Knowing what you know now, without even looking at the amounts of sodium, fiber and fats, would you eat this food as part of a heart healthy diet? If you thought "no", you are correct! It's a Twinkie!

Let's talk a little more about added sugars..... Sugar is NOT the problem per se – It's the added sugar (sugar extracted from the whole food) Remember that ingredients are listed in descending volume order. So, be careful if sugars are listed in the the first 3-5 ingredients. if you see a long list of words ending in "ose" — like glucose, dextrose, fructose, or maltose — that means there are multiple sources of added sugar in that food item! That is an industry trick- using multiple sources of sugars as well as removing the water so the weight is reduced. Tricky! Though If taken collectively, sugar would be at the top of the ingredients list! It's okay to have a small amount of added sweeteners in your food, but if you're trying to look out for your heart, it should not be the main ingredient.

TIPS FOR READING FOOD LABELS

Ingredients
Would you eat this?
Added sugars

Interactivity & Programming Notes

- Use Content Slide layout.
- Insert audio for layers: 4-4.mp3, 4-4ingredients.mp3; 4-4sugars.mp3;
- User clicks slide layers to reveal summary, hear narration, play explainer video
- Sync animations to audio narration.
- Disable next button until all layers are viewed
- Jump to slide 4.5 when user clicks Next button.

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Scene 5: Practice

Slide 5.1 Pick the Better Cracker	
Audio Narration	On-Screen Content
<p>Let put this all together and practice with a couple of foods. Don't worry if you made any mistakes, you'll be able to go back and review if you need to. Learning new food habits will take time and practice.</p> <p>Pick the better cracker. Remember to take a look at the amount of fat (no more than 20%); the kinds of fats (avoid cholesterol and trans fats); the amount of sodium (milligrams of sodium should not exceed the amount of calories per serving); the amount of fiber (the more the better!). The ingredients list is not available to see. Which is the best cracker?</p> <p>(feedback layer) If you chose Cracker #1, you're correct! Even though Cracker #2 has no cholesterol or trans fats, it has no fiber, and almost twice the amount of sodium per calories. It's far far better than a twinkie, but if you have a healthier choice, take it!</p>	<p>Graphic: Cracker #1 Label Cracker #2 Label Submit button Video highlighting sections of tortilla label demonstrating current answer</p> <p>Text: Let's Practice! PICK THE BETTER CRACKER. Cracker #1 Cracker #2</p>
Interactivity & Programming Notes	
<ul style="list-style-type: none">• Use Knowledge Check layout.• Insert audio: 5-1.mp3• Insert standard feedback layers.• Sync animations to audio narration on feedback layer.• Allow learner to review and retry the quiz 1 time.• Jump to slide 5.2 upon completion.	

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Slide 5.2 Pick the Better Tortilla	
Audio Narration	On-Screen Content
<p>How about another practice? Can you pick the better tortilla? This time you can see the ingredients. Take a moment to compare the amount and kinds of fats, sodium, and fiber. You can pause this video if you like while you take a look. Grab your calculator if you want. You can even check your answer using the Heart Healthy Calculator Tool</p> <p>(feedback layer) OK. Let's check the answer. If you chose Tortilla #2, Super job! you're correct! Did you notice they were both the same calories per serving? With my calculator this time and figured out that tortilla #1 has 31.5 calories from fat and tortilla #2 has 18 - so Tortilla #2 wins the fat contest.. As far as fiber, Tortilla #2 is made with sprouted wheat which is an intact form of the grain. They are both are made with whole grains , but Tortilla #2 has more fiber per serving and also less sodium and no added oil, according to the ingredients list. Great job!</p>	<p>Graphic: Tortilla #1 Label Tortilla #2 Label Submit button (feedback) Video highlighting sections of tortilla label demonstrating current answer Heart Healthy Calculator Tool Button</p> <p>Text: PICK THE BETTER TORTILLA Tortilla #1 Tortilla #2</p>
Interactivity & Programming Notes	
<ul style="list-style-type: none"> • Use Knowledge Check layout. • Insert audio: 5-2.mp3 • Insert standard feedback layers. • Sync animations to audio narration on feedback layer. • Allow learner to review and retry the quiz no more than 2 times. • Open Lightbox slide 8.2 when user clicks Heart Healthy Calculator Tool Button • Jump to slide 5.3 upon completion. 	

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Slide 5.3 What is a Whole Food Plant-Based Diet	
Audio Narration	On-Screen Content
<p>Select the foods that are heart healthy and drag them to the plate. Drag the optimal foods to the green plate; foods that you should be examine carefully before eating to the yellow plate and foods that you should avoid to the red plate. Click submit when you are done</p>	<p>Graphics:</p> <ul style="list-style-type: none"> • Green plate • fruits, vegetables, potatoes, whole grains, nuts, seeds and legumes, • Yellow plate • Crackers, pizza, canned soups, pasta • Red plate • meat, dairy products and eggs, bleached flour, refined sugar and oil • Submit button <p>Text: Think Whole Food, Plant-Based and place the items in the category they belong – Green plate, Go! Yellow plate, Caution. Red plate, Stop!</p>
Interactivity & Programming Notes	
<ul style="list-style-type: none"> • Use Knowledge Check layout. • Insert audio: 5-3.mp3 • Insert standard feedback layers. • Allow learner to review and retry the quiz no more than 2 times. • Jump to menu slide 1.4 upon completion. 	

Scene 6: Conclusion

Slide 6.1 Summary	
Audio Narration	On-Screen Content
	<p>Graphic:</p>

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<p>Excellent job with Lesson 3! You’ve learned a great deal about how to navigate the Nutrition Facts label and the ingredients list on processed foods to make sure you are picking foods that will help you reach your health goals. There is a bit of math involved when you are looking at the percentage fat and sodium content, but with practice, and maybe even a calculator or our Heart Healthy Calculator Tool, you will get the hang of it. You’re worth it!</p>	<p>Title Graphic</p> <p>Text: Way to go!</p>
Interactivity & Programming Notes	
<ul style="list-style-type: none"> Use Title Slide layout. Use Content Slide layout. Insert audio: 6-1.mp3 Sync animations to audio narration. Jump to slide 6.2 when user clicks Next button. 	

Slide 6.2 What You’ve Learned	
Audio Narration	On-Screen Content
<p>In this course, you learned practical tips on how to implement this heart healthy diet in your life. Here’s the rundown:</p> <ol style="list-style-type: none"> 1. Aim to fill your grocery cart with whole foods and if you’re in a pinch go ahead and reach for minimally processed foods 2. Pick processed foods that have calories from fat less or equal to 20% of total calories; a ratio of calories to sodium that is 1:1, and lots of whole grain fiber 3. Check the ingredients list for bad fats , like trans, animal and tropical fats, and avoid added sugars and artificial substances 4. And of course, Shop and eat with confidence and be sure keep your doctor in the loop 	<p>Graphic: Picture of doctor holding a plate a vegetables</p> <p>Icons:</p> <ul style="list-style-type: none"> Grocery cart Magnifying glass Red circle “no” Trophy cup <p>Text: What You’ve Learned</p>

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Interactivity & Programming Notes
<ul style="list-style-type: none"> • Use Content Slide layout. • Insert audio: 6-2.mp3 • Lightbox link to 6.3/7.4 up at end of timeline • Sync animations to audio narration.

Scene 7: Lightbox Slide 7.4

Lightbox Slide 6.3/7.4 Learning Log #4 Paradigm Shift	
Audio Narration	On-Screen Content
<p>Drag and drop the statements into the box that are new paradigms, or new ways, of healthy eating that you have learned in this course.</p> <p>And don't go until you jot down a few final reflections: Do you have any questions for your doctor?; and What do you need right now to achieve your health goals?</p>	<p>Graphics:</p> <ul style="list-style-type: none"> • Open Journal (right side of page is activity, left side is labeled "My Notes") • Pencil • Save Button • Paradigm Shift text entry • Other Challenges text entry field • My Notes text entry field • <p>Text: Learning Log #4</p> <p>Paradigm Shift Mark the statements that are new paradigms, or new ways, of healthy eating that you have learned in this course:</p> <ul style="list-style-type: none"> • I need to read the food label if I buy a processed food. • The percent daily value on the Nutrition Facts Label is not relevant for my health goals.

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	<ul style="list-style-type: none"> • I should avoid any food with trans fats. • Some processed foods are heart healthy. I just need to check the label. • I need to center my meals around whole plant foods. • Just because the label says “Healthy” does not make it so. • I can have a positive impact on my heart health by the foods I choose to eat. • Even though I follow a plant-based diet, I still need to stay in communication with my doctor and may still need to stay on my cholesterol-lowering medication. <p>Final Reflections Do you have any questions for your doctor? What do you need right now to achieve your health goals?</p>
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Interactivity & Programming Notes	
<ul style="list-style-type: none"> • Use Lightbox Learning Log layout. • Insert audio: 6-3.mp3 • Disable Next button until user completes the activity and types in the box and saves. • Close lightbox and Jump to slide 6.4 when user clicks Save button. 	

Slide 6.4 Congratulations	
Audio Narration	On-Screen Content
<p>Congratulations for taking action towards your good health! You’ve learned that what you choose to put on your plate has a huge impact. Retraining food habits can be challenging, but the rewards are great! And so is the food!</p> <p>Cardiologist Dr. Caldwell Esselstyn, who was a researcher and clinician at the Cleveland Clinic for over 35 years said, "If the</p>	<p>Graphic:</p> <ul style="list-style-type: none"> • Picture of family cooking together • Pictures of whole food plant based meals • Picture of family with multiple generations together <p>Text: Congratulations!</p>

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truth be known, coronary artery disease is a toothless paper tiger that need never, ever exist and if it does exist it need never, ever progress."

"If the truth be known, coronary artery disease is a toothless paper tiger that need never, ever exist, and if it does exist it need never, ever progress."" – Dr. Caldwell Esselstyn, Cleveland Clinic Cardiologist

Interactivity & Programming Notes

- Use Content Slide layout.
- Insert audio: 6-4.mp3
- Sync animations to audio narration.
- Jump to slide 6.5 when user clicks Next button.

Slide 6.5 Resources, Next Steps, Exit

Audio Narration

Thank you participating in this course. Be sure to print you Learning Log before you exit the course. Your Log will include a link to the Heart Healthy Calculator Tool along with shopping tips for your trips to the supermarket. We've got you covered! Go forth. EAT, and be well!

On-Screen Content

Graphic:
 Title Graphic
 Exit button
 Print Learning Log Button

Text:
 Thank you

Interactivity & Programming Notes

- Use Title Slide layout.
- Insert audio: 6-5.mp3
- Sync animations to audio narration.
- disable Next button

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The Player

Resources

Attach & Link the Following Resources to the Player.

- Resources
 - Heart Healthy Calculator Tool
 - Forks Over Knives Movie and Website <https://www.forksoverknives.com/home-2020/>
 - ASK AN EXPERT: Michael Pollan Explains Processed Food <https://www.youtube.com/watch?v=Kvbjx7qOwBE>
 - Calorie Density with Jeff Novick <https://www.youtube.com/watch?v=9gTLpTq1nQk>

Glossary

Include the following terms and definitions in the Player.

Cholesterol - Cholesterol is a waxy substance found in your blood. Your body needs cholesterol to build healthy cells, but high levels of cholesterol can increase your risk of heart disease.

HDL - HDL (high-density lipoprotein), or “good” cholesterol, absorbs cholesterol and carries it back to the liver. The liver then flushes it from the body. High levels of HDL cholesterol can lower your risk for heart disease and stroke.

Heart disease - Heart and blood vessel disease (also called heart disease) includes numerous problems, many of which are related to a process called atherosclerosis. Atherosclerosis is a condition that develops when a substance called plaque builds up in the walls of the arteries. This buildup narrows the arteries, making it harder for blood to flow through. If a blood clot forms, it can block the blood flow. This can cause a heart attack or stroke.

LDL - LDL (low-density lipoprotein), sometimes called “bad” cholesterol, makes up most of your body’s cholesterol. High levels of LDL cholesterol raise your risk for heart disease and stroke.

Saturated fat - Saturated fat is a type of dietary fat. It is one of the unhealthy fats. These fats are most often solid at room temperature. Foods like butter, palm and coconut oils, cheese, and red meat have high amounts of saturated fat.

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Statin drug - Statins are drugs that can lower your cholesterol. They work by blocking a substance your body needs to make cholesterol.

Trans fat – Trans-fat is a type of dietary fat. Of all the fats, trans fat is the worst for your health. Too much trans-fat in your diet increases your risk for heart disease and other health problems. Trans-fats are made when food makers turn liquid oils into solid fats, like shortening or margarine.

Tropical oils (fats)- any of several oils (such as coconut oil and palm oil) that are high in saturated fatty acids and are used especially in commercially prepared baked goods, snack products, and confections.

Whole Food, Plant-Based Diet - a diet centered on whole, unprocessed or minimally processed plant foods like fruits, vegetables, potatoes, whole grains, nuts, seeds and legumes, with no, or very little meat, dairy products and eggs. It also excludes highly refined foods like bleached flour, refined sugar and oil.