



Instructional Designer: Brook Mesenbrink

SECTION & TITLE	VISUAL & DISPLAY	BLOCK STYLE & INTERACTION	DEVELOPER NOTES
Catering for Dietary Restrictions in the Office	<p>Do you support staff members who complain about the lack of menu items they can eat at catered events? Do some of them have food allergies or medically necessary food restrictive diets?</p> <p>This course will equip you to effectively plan inclusive catered events that all of the staff members can enjoy safely.</p> <p>By the end of this course you will be able to:</p> <ul style="list-style-type: none"> ● Identify common types of food allergies and medically restrictive diets, and their health risks, as well as preferred diets. ● Discover food restrictions and preferred diets of your staff members through survey data collection. ● Analyze and select safe menu items and restaurants for catered events that include all people with dietary restrictions. 	MAIN COURSE PAGE	
OFFICE PARTY!	<p>You just ordered Pizza, Caesar Salad and Soda for your staff to celebrate work goals achieved. Scroll down and click on each + to reveal which staff members are left out and why?</p> 	IMAGE BLOCK WITH TEXT	
	<ul style="list-style-type: none"> ● John lives for pizza with soda! He's satisfied with the menu choices. 😊 ● Susan has celiac disease and can't eat wheat products, so she brought her own lunch and ate at her desk alone. 😞 	ACCORDION TABS	



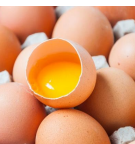





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	<ul style="list-style-type: none"> Mike is vegan and doesn't eat dairy, eggs or meat. He was disappointed that he wasn't considered and left the building angry. 😡 Becky is watching her calories, so she only took one slice and a huge serving of salad. She's happy. 😊 Joe is diabetic and this food could affect his blood sugar. He cautiously takes a slice and a small serving of salad, but doesn't eat much. He's not happy. 😞 Stacy is Jewish and only eats kosher. She left the building with David to find a lunch option that works for her. 🤔 		
	Scroll through the images to learn why.	TEXT BLOCK	
	<ol style="list-style-type: none"> Why is it important to include everyone in catered events and break room food options? BE AWARE: To be aware of life threatening allergic reactions BE SENSITIVE: To be sensitive to cultural, religious or personal health preferences BE INCLUSIVENESS: To make everyone feel equally special and included with delicious options BE MINDFUL: Food allergies may be considered a disability according to the Americans with Disabilities Act of 1990. People with food allergies should be provided certain accommodations at the jobsite, otherwise it's discrimination. Otherwise they will be hungry and feel excluded 	IMAGE CAROUSEL (WITH INFOGRAPHIC STYLE IMAGES AND TEXT BUILT IN)	
	At this point, you can either continue with the course OR go to the last section: Let's Make a Plan and send out a survey to your staff with Google Forms. After you email the survey and while you're waiting for their response, come back to the next section of this course: Food Restrictions.	BUTTON LINK TO LAST SECTION	
	CONTINUE	CONTINUE TO NEXT	

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SECTION & TITLE	VISUAL & DISPLAY	BLOCK STYLE & INTERACTION	DEVELOPER NOTES
		SECTION BUTTON	
FOOD RESTRICTIONS	One type of food restriction is allergies.	TEXT BLOCK	
	1		
	<p>Pizza is one of the most catered foods for events, but also one of the most allergy-laden. Which food allergens and intolerances are commonly found in Pizza?</p> <p>Click on each number to find out which food allergens and intolerances are commonly found in pizza.</p>	SUB HEAD WITH TEXT	
	 <ol style="list-style-type: none"> 1. Wheat Flour: In addition to being an allergen, wheat also contains gluten and is harmful for people who have gluten intolerance or celiac disease. 2. Dairy: Mozzarella , asiago , parmesan and Romano are the most common types of cheeses on pizza. Dairy also contains lactose and is harmful for those with lactose intolerance. Some pizza might also contain whey protein, a derivative of milk. 3. Soy: Soybean oil and soy lecithin can be added to the dough. 4. Eggs 	LABELED GRAPHIC WITH MARKERS	
	<p>“A food allergy is when your body’s immune system reacts to a food protein because it has mistaken that food protein as a threat. Symptoms can range from mild to life-threatening (anaphylaxis).” - FOOD ALLERGY RESEARCH AND EDUCATION ORGANIZATION</p>	QUOTE BLOCK	
	2		
	Click on each image below to reveal the 8 most common types of allergies.	TEXT BLOCK	



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SECTION & TITLE	VISUAL & DISPLAY		BLOCK STYLE & INTERACTION	DEVELOPER NOTES
	<div></div>	<p>Peanuts: including peanuts with or without shells, peanut butter, food cooked with peanut oil. Read ingredients labels carefully.</p> <p>Tree nuts: Cashew, Walnut, Almonds, Hazelnuts, Pecans, Pistachios are the most common. Avoid all types of nuts, nut butters and nut milks.</p> <p>Shellfish: Most common are shrimp, crab, lobster, clams, mussels, oysters and scallops. Watch for soups and sauces.</p> <p>Fin fish: Salmon, tuna, and Halibut are most common. Watch for salad dressing, Worcestershire sauce, BBQ sauce and caponata.</p> <p>Dairy: cow’s milk, cheese, ice cream, yogurt, butter. Look out for ingredients in breads, desserts, lunch meat, sausages and meats cooked with butter. Ask guests about milk from goats and sheep as well.</p> <p>Eggs: chicken and other bird eggs can be found in baked dishes, pastas, and desserts.</p> <p>Soy: soybeans, soymilk, and other products that include soy derivatives such as soy lecithin. Read labels carefully.</p> <p>Wheat: flour (baked goods), cereal, starch, beer, glucose syrup, soy sauce, couscous, processed foods, candy, salad dressing, and sauces.</p>	FLASHCARDS	




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SECTION & TITLE	VISUAL & DISPLAY	BLOCK STYLE & INTERACTION	DEVELOPER NOTES
	Drag each food into the correct allergy category. ROUND 1	TEXT BLOCK	
	Peanuts: Peanut butter, Thai Noodles with Peanut Sauce, Candy Bars Shellfish: Butterfly Shrimp, Sushi Crab Rolls, Clam Chowder Soy: Soy Sauce, Edamame, Teriyaki Chicken Milk (Dairy): Alfredo Sauce, Caesar's salad, Stuffed Italian Sausage	SORTING ACTIVITY	
	ROUND 2		
	Tree nuts: Cashew Chicken Salad, Almond Milk, and Apple Walnut Muffins Eggs: Egg Salad, Spinach Quiche, Mayonnaise. Wheat: Bagels, Spaghetti, Beer Fin fish: Salmon Dip, Tuna Sandwiches, Sushi Rainbow Roll.	SORTING ACTIVITY	
	<ul style="list-style-type: none"> 1 in 10 adults have food allergies. Every three minutes, a food allergy reaction sends someone to the emergency room. Anaphylactic Shock is a severe allergic reaction that can occur in people with certain food allergies and be deadly if not treated immediately. Know Who's at Risk to prevent harmful allergic reactions. 	CAROUSEL IMAGES (INFOGRAPHIC STYLE)	
	3		
	What is the difference between food intolerance and food allergy?	TEXT BLOCK	
	"Food allergies involve your immune system and can be life threatening. An intolerance is when your body has trouble digesting a food. It can make you feel badly, usually with an upset stomach, but it is not life-threatening (at that moment)." - FOOD ALLERGY RESEARCH AND EDUCATION ORGANIZATION	QUOTE BLOCK	


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	<p>LACTOSE: “People who are lactose intolerant are missing the enzyme lactase. Lactase breaks down lactose, a sugar found in milk and dairy products. As a result, people with lactose intolerance are unable to digest these foods. They may experience symptoms such as nausea, cramps, gas, bloating and diarrhea. While lactose intolerance can cause great discomfort, it is not life-threatening.” -FARE</p>  <p>GLUTEN: People who are sensitive to the protein found in wheat, barley and rye that causes damage to the digestive system are gluten intolerant or have celiac disease. Some experience a “foggy mind”, depression, ADHD-like behavior, abdominal pain, bloating, diarrhea, constipation, headaches, bone or joint pain, and chronic fatigue. Both are autoimmune responses to the gluten protein and can have serious long-term health impacts.</p> 	TABS BLOCK	
	Sort these common food items into Lactose or Gluten categories.	SORTING ACTIVITY	
	<p>Lactose: half n’ half, yogurt, ice cream, milk, cheese, whey, buttermilk</p> <p>Gluten: wheat bread, barley soup, rye bread, beer, bread sticks, bagels, muffins</p>		
	CONTINUE	CONTINUE TO NEXT SECTION BUTTON	
OTHER RESTRICTIVE DIETS	Some diets are prescribed by doctors due to medical conditions.	TEXT BLOCK	

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	1		
	Celiac Disease	TEXT BLOCK	
	<p>WHAT IS IT?</p> <p>“Celiac disease is a serious autoimmune disease that occurs in genetically predisposed people where the ingestion of gluten (a protein found in wheat, rye and barley) leads to damage in the small intestine. It is estimated to affect 1 in 100 people worldwide. “ - Celiac Disease Foundation</p>  <p>WHAT HAPPENS WHEN INGESTED?</p> <p>Ingesting small amounts of gluten, like crumbs from a cutting board or toaster, can trigger small intestine damage. These attacks lead to damage on the villi, small fingerlike projections that line the small intestine, that promote nutrient absorption. When the villi get damaged, nutrients cannot be absorbed properly into the body. - Celiac Disease Foundation</p>  <p>FOODS TO AVOID:</p> <p>Pasta, noodles, bread, pastries, crackers, cookies, pie crust, brownies, breaded meats, pancakes, french toast, waffles, biscuits, croutons, soy sauce, gravy, and beer.</p> 	TABS	



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	<p>EVENT PLANNING TIPS:</p> <ul style="list-style-type: none"> Ask restaurants for a gluten free menu or items on the menu designated gluten free. Also, ask what items can be made gluten free. For example, a hamburger can be made with a lettuce wrap or a gluten free bun, if available. Look for the “gluten free” symbol on food packaging. Find allergens listed after the ingredients. If wheat is listed, then it is not gluten free. 		
	Sort food items into two categories: Gluten Foods or Gluten Free Foods.	TEXT BLOCK	
	<p>GLUTEN: Pasta, crackers, cookies, brownies, breaded meats, croutons, soy sauce, beer</p> <p>GLUTEN FREE: wine, rice, strawberries, vanilla ice cream, soy milk, butter, chocolate</p>	SORTING ACTIVITY	
	<p>Learn more information about Celiac Disease:</p> <p>https://celiac.org/gluten-free-living/dining-and-social-eating/</p>	BUTTON	
	Help Susan avoid unsafe menu items.	TEXT BLOCK	
	<p>Susan has celiac disease. Which food should she avoid?</p> <ul style="list-style-type: none"> Gluten free brownies: No, she can eat these since they are labeled "gluten free". Bagels with cream cheese: Yes, she can not eat these because bagels contain wheat/gluten and are harmful. Fruit salad: No, she can eat these because fruit does not contain wheat/gluten. French fries: No, she can eat these because French fries are made from potatoes and do not contain wheat/gluten. 	<p>KNOWLEDGE CHECK MULTIPLE CHOICE WITH FEEDBACK</p> <p>(USE STORYLINE)</p>	
	Choose safe menu items for Susan.	TEXT BLOCK	



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SECTION & TITLE	VISUAL & DISPLAY	BLOCK STYLE & INTERACTION	DEVELOPER NOTES
	<p>Title: What food can I eat?</p> <p>Character: Susan</p> <p>Intro: You're planning a birthday party for Susan, who has celiac disease. Select the best menu item to help her feel included.</p> <p>Susan: I have celiac disease, but I don't want to miss out on enjoying my birthday party with my coworkers. Chocolate is my favorite flavor. What kind of dessert should I get?</p> <p>Options:</p> <ul style="list-style-type: none"> Chocolate cake (wrong answer) Feedback : Cake contains wheat, which will make me really sick. Chocolate Ice Cream with Hot Fudge Sauce (correct answer) Feedback: Chocolate ice cream is a great option for me because it does not contain gluten ingredients. And the hot fudge sauce is extra yummy and also gluten free! Flourless Chocolate Torte (correct answer) Feedback: Since this dessert is flourless, it should be gluten free. Let's ask the restaurant to verify. <p>Susan: What kind of drinks should we get?</p> <p>Options:</p> <ul style="list-style-type: none"> Beer (wrong answer) Feedback: Beer is made from gluten ingredients and will make me really sick. Wine (correct answer) Feedback: Wine is made from grapes and is gluten free! Margarita (correct answer) Feedback: Margaritas are made from non-grain alcohol and fruit juice, so they are gluten free! <p>End: Happy Birthday! Thanks for making my birthday special and making me feel included!</p>	RISE SCENARIO BLOCK (FEMALE CHARACTER WITH RESTAURANT BACKGROUND)	
	2		
	Diabetes	TEXT BLOCK	

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	<p>WHAT IS IT?</p> <p>Diabetes is a chronic health condition that affects how your body turns food into energy. Diabetics aren't able to make enough insulin or use insulin well enough to utilize the sugar for energy that is broken down in the bloodstream after a meal.</p> <p>-CDC</p>  <p>WHAT HAPPENS?</p> <p>When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Diabetics can suffer from hypoglycemia (low blood sugar) or high blood sugar, causing Diabetic ketoacidosis, which is life-threatening. Also, diabetes can cause serious health problems, such as heart disease, vision loss, and kidney disease over time. -CDC</p>  <p>HOW IS IT CONTROLLED?</p> <p>Along with insulin medication, diabetics use portion sizes and carb counting to control their blood sugar.</p> <ul style="list-style-type: none"> • Half of their plate is filled with non-starchy vegetables, such as broccoli, spinach, salad, cauliflower, cabbage, carrots and green beans. • One quarter lean protein such as chicken, turkey, beans, tofu, or eggs • One quarter or less with carb foods such as grains, starchy vegetables, such as potatoes, peas, rice, pasta, beans, fruit, yogurt and a cup of milk. 	TABS	




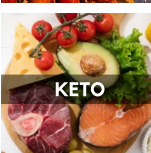
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SECTION & TITLE	VISUAL & DISPLAY	BLOCK STYLE & INTERACTION	DEVELOPER NOTES
	 <p>EVENT PLANNING TIPS</p> <ul style="list-style-type: none"> • Avoid or minimize processed foods, sodas, pastries, desserts, fruit juice, white bread, white rice, pasta and french fries. • Include more non starchy vegetables • Focus on whole foods instead of highly processed foods 		
	<p>Which food group could cause diabetics harm by increasing their blood sugar level?</p> <ul style="list-style-type: none"> • non-starchy vegetables, such as broccoli, spinach, salad, cauliflower, cabbage, carrots and green beans. • lean protein such as chicken, turkey, beans, tofu, or eggs • carb foods such as grains, starchy vegetables, such as potatoes, peas, rice, pasta, beans, fruit, yogurt and a cup of milk 	<p>KNOWLEDGE CHECK MULTIPLE CHOICE</p>	
	<p>Learn more about diabetes meal planning: https://www.cdc.gov/diabetes/managing/eat-well/meal-plan-method.html Learn more about nutrition and recipes for diabetics: https://www.diabetes.org/healthy-living/recipes-nutrition</p>		
	<p>Help Joe avoid unsafe menu items.</p>	<p>TEXT BLOCK</p>	


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	<p>Joe is diabetic. Which foods should he avoid or consume minimally?</p> <ul style="list-style-type: none"> • Garden Salad: No, Garden Salad is low in starchy carbs and is safe to eat. • Skinless Chicken breast: No, Skinless Chicken Breast is a lean meat and safe to eat. • Macaroni & Cheese: Yes, Macaroni & Cheese is really high in carbs and can cause his blood sugar to spike. This is not safe for him to eat. • Steamed Broccoli & Cauliflower: No, Steamed Broccoli & Cauliflower is low in carbs and safe to eat. 	<p>KNOWLEDGE CHECK MULTIPLE CHOICE WITH FEEDBACK</p> <p>(USE STORYLINE?)</p>	
	Choose safe menu items for Joe.	TEXT BLOCK	
	<p>Title: What food can I eat?</p> <p>Character: Joe</p> <p>Intro: You're preparing to stock the break room with snacks and drinks that include everyone. Select the best items that Joe, who is diabetic, can enjoy.</p> <p>Joe: It's my afternoon break and I need a healthy snack. I hope our admin purchased something I can eat without affecting my blood sugar. What snack item should I choose?</p> <p>Options:</p> <ol style="list-style-type: none"> 1. Snickers candy bar (wrong answer) Feedback: this snack has way too much sugar. I can't eat this. 2. Susan's Birthday cake (wrong answer) Feedback: this snack has way too much sugar. I can't eat this. 3. Veggie Sticks with Hummus (correct answer) Feedback: This snack is low carb and low sugar! I'm so glad it's here! <p>Mike: What drink should I choose?</p> <p>Options:</p> <ol style="list-style-type: none"> 1. Soda (wrong answer) Feedback: Soda is loaded with sugar and caffeine, which could affect my blood sugar. 2. Unsweetened Herbal Tea (correct answer) Feedback: This is delicious and sugar free! 	<p>RISE SCENARIO BLOCK (MALE CHARACTER WITH BREAK ROOM BACKGROUND)</p>	

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SECTION & TITLE	VISUAL & DISPLAY		BLOCK STYLE & INTERACTION	DEVELOPER NOTES
	<p>3. Hot Cocoa (wrong answer)</p> <p>Feedback: this drink has too much sugar. I can't drink this.</p> <p>End: Thank you for offering me satisfying and delicious snacks and drinks! Now I will have energy for the rest of the work day.</p>			
	CONTINUE		CONTINUE TO NEXT SECTION BUTTON	
DIET PREFERENCES	<p>There are many different types of diets that people choose to follow.</p> <p>Click to reveal some of the popular diet preferences.</p>		TEXT BLOCK	
	   	<p>VEGETARIAN: no red meat, poultry or seafood, but might eat animal by-products such as eggs, milk and cheese. Ask to find out.</p> <p>VEGAN: plant based only, no animal products, including honey.</p> <p>PESCATARIAN: vegetarian plus seafood</p> <p>KETO: high fats + protein + low carbs. Animal meat and by-products, high fats such as nuts, avocado and coconut oils, low starch vegetables such as lettuce and green beans.</p> <p>KOSHER: Meat and dairy products are not prepared or eaten together. No pork or shellfish. Special butchering guidelines.</p>	FLASH CARD GRID	


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	<p>Drag and match the food with the correct diet.</p> <p>Vegetarian: no meat, but might eat eggs, milk and cheese.</p> <p>Vegan: plant based only, no animal products.</p> <p>Pescatarian: vegetarian plus seafood</p> <p>Keto: high fats + protein + low carbs.</p> <p>Kosher: Meat and dairy products are not prepared or eaten together. No pork or shellfish.</p>	MATCHING	
	Help Mike avoid unsafe menu items.	TEXT BLOCK	
	<p>Mike is vegan because he is also lactose intolerant. Which foods should he avoid?</p> <ul style="list-style-type: none"> ● Spinach quiche: Yes, Spinach Quiche is made with eggs, cheese and milk which are all animal products. The cheese and milk also contain lactose. Mike can not eat this. ● Garden salad: No, Garden salad is completely plant based and is safe for him to eat. ● Veggie Burger: No, Veggie burger is completely plant based and is safe for him to eat. ● Hummus Dip with Pita Bread: No, Hummus Dip with Pita Bread is completely plant based and is safe for him to eat. 	KNOWLEDGE CHECK MULTIPLE CHOICE WITH FEEDBACK	
	Choose safe menu items for Mike.	TEXT BLOCK	
	<p>Title: What food can I eat?</p> <p>Character: Mike</p> <p>Intro: You're planning a work lunch and need to consider Mike who is vegan. Select the best menu items so he will be satisfied and included.</p>	RISE SCENARIO BLOCK (MALE CHARACTER WITH OFFICE BACKGROUND)	



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	<p>Mike: Our group needs to work through lunch and our admin is graciously ordering food for us, but I'm nervous about whether I will be satisfied by the choices. What items should I order?</p> <p>Options:</p> <ol style="list-style-type: none"> Bacon Cheeseburger (wrong answer) Feedback: this burger is made with beef and dairy. I can't eat this. BLT Sandwich (wrong answer) Feedback: this sandwich is made with bacon. I can't eat this. Impossible Burger (correct answer) Feedback: This burger is vegan and delicious! I'm so glad they have this on the menu! <p>Mike: What side dish should I order?</p> <p>Options:</p> <ol style="list-style-type: none"> Coleslaw (wrong answer) Feedback: Coleslaw is typically made with mayonnaise and contains eggs. I can't eat this. French Fries (correct answer) Feedback: french fries are made from potatoes and fried in vegetable oil. I love these! Mashed potatoes and gravy (wrong answer) Feedback: mashed potatoes are usually made with butter and milk from cows. And sometimes the gravy contains cream also. I can't eat this. <p>End: Thank you for offering me a satisfying and delicious lunch! Now I will have energy for the rest of the work day.</p>		
	CONTINUE	CONTINUE TO NEXT SECTION BUTTON	
LET'S MAKE A PLAN	Survey your Staff for Food Restrictions and Preferences	IMAGE WITH TEXT	

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	<p>Surveys are the best way to find out staff dietary restrictions and preferences. These can be distributed anytime, but most conveniently at onboarding. Have employees update yearly or whenever they have a change in their diet. These surveys should include top allergens and restrictive diets, what foods can be eaten, safe restaurants, and snacks for the break room or vending machine.</p> 		
	1		
	<p>Build and send your staff the Google Form Survey.</p> <p>Download and use the content from the PDF below to build a Google Form that will survey your staff for dietary restrictions. Watch the video for instructions on how to create a Google Form.</p>	IMAGE WITH TEXT	
	PDF ATTACHMENT: Dietary Restrictions Survey	MULTIMEDIA	
	SOFTWARE TRAINING VIDEO (5 minutes)	MULTIMEDIA	
	2		
	<p>Watch the video to learn how to use the survey data to find safe menu items at preferred restaurants.</p> <ul style="list-style-type: none"> Analyze data from Google Form spreadsheet Collect Menus from the restaurants Send an email or customize a Google Form to staff for each restaurant asking them if there are enough menu options for them to eat at each restaurant. 	TEXT BLOCK	
	EXPLAINER VIDEO (3 minutes)	MULTIMEDIA	

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SECTION & TITLE	VISUAL & DISPLAY	BLOCK STYLE & INTERACTION	DEVELOPER NOTES
	PDF ATTACHMENT: Quick Guide for Dietary Restrictions	MULTIMEDIA	
	3		
	Build and send your staff a feedback survey. Download and use the content from the PDF below to build a Google Form that will survey your staff for feedback about the catered event.	TEXT BLOCK	
	CONTINUE	CONTINUE BUTTON	
Resources	Download this Quick Guide below.	TEXT BLOCK	
	 <p>The first PDF, 'Quick Guide for Dietary Restrictions', provides a comprehensive overview of various dietary needs, including Lactose Intolerance, Celiac & Gluten, Diabetes, Vegan, Vegetarian, Pescatarian, Keto, and Kosher. The second PDF, 'Eight Most Common Allergy Foods', lists and describes common allergens: Eggs, Peanuts, Tree Nuts, Shellfish, Soy, Wheat, Dairy, and Sesame.</p>	MULTIMEDIA	
	PDF ATTACHMENT: Google Form content for Staff Feedback Survey		
	<p>Congrats! You have completed this course. Enjoy your next catered event with all your staff members!</p> 	IMAGE WITH TEXT	