

Too Much Sugar Design Document

<i>Business Purpose</i>	<p>According to the American Heart Association, research suggests that 77% of Americans are striving for less sugar in their diets. 7 in 10 consumers are willing to give up a favorite sugary product in favor of a healthier lifestyle. The willingness is present, but the education is lacking.</p> <p>The purpose of this training is for learners to examine the difference between added and natural sugars. Learners should be able to identify food/drinks with high levels of added sugars and discuss the health issues associated with consuming too much sugar. After completing this course, learners will reduce their intake of added sugars.</p>
<i>Target Audience</i>	<p>The target audience is people of all ages who are trying to live a healthier lifestyle and reduce their sugar intake.</p>
<i>Training Time</i>	<p>20 minutes</p>
<i>Training Recommendation</i>	<p>This course will be an eLearning module. This is the best format because it allows learners the flexibility to complete the course at a time that is convenient to them. The learner can also complete the course at their own pace and review the material as needed. Included in this course will be a variety of learner engagements/interactions and knowledge checks.</p>
<i>Deliverables</i>	<ul style="list-style-type: none">▪ 1 eLearning course: developed in Articulate Storyline▪ Voiceover narration▪ Storyboard of eLearning training▪ Job aid: Infographic on added/natural sugar▪ Assessment will include 5 questions reviewing the topics of the course. Questions will include true/false, multiple choice and drag-and-drop formats.
<i>Learning Objectives</i>	<p>After this course, learners will be able to:</p> <ul style="list-style-type: none">▪ Define natural and added sugars.▪ Recognize health concerns for consuming too much sugar.▪ Identify food/drinks with high levels of added sugar.▪ Describe differences between fructose, sucrose, lactose and glucose.
<i>Training Outline</i>	<p>Introduction</p> <ul style="list-style-type: none">▪ Welcome▪ Navigation▪ Learning Objectives▪ Challenge Question – How many sugar cubes are in a 16.9 oz of cola? <p>Topic 1: What are Added and Natural Sugars?</p> <ul style="list-style-type: none">▪ Definitions▪ Examples

Too Much Sugar Design Document

	<ul style="list-style-type: none">▪ Reasons for Added Sugar▪ Knowledge Check – Classifying foods/drinks with added and natural sugars. <p>Topic 2: Different Types of Sugar – What are they and where are they found?</p> <ul style="list-style-type: none">▪ Glucose▪ Fructose▪ Sucrose▪ Lactose▪ Knowledge Check – Which type of sugar? <p>Topic 3: Effects of Too Much Sugar</p> <ul style="list-style-type: none">▪ Acne▪ Cavities▪ Increase Risk of Heart Disease▪ Increase Risk of Type 2 Diabetes▪ Increased Hunger and Weight Gain▪ Fatigue and Low Energy <p>Evaluation/Conclusion</p> <ul style="list-style-type: none">▪ Quiz Introduction▪ 5 Question Quiz▪ Summary
<i>Assessment Plan</i>	<p>Knowledge checks</p> <p>The 5-question quiz will correlate with the course learning objectives. A score of 80% or better is required for passing this course. The learner is required to retake the quiz if the score is less than 80%. Questions will include true/false, multiple choice, and drag-and-drop format.</p>