Subject	Topics to Include
Business Purpose	Raise awareness of the health impact from bad food choices and educate people on how to choose the right meal for them using ketogenic diet. The purpose of this training is to recognize and make healthy food choices in order to decrease weight to the level where the Body Mass Index (BMI) is ideal (between 18.5 and 24.9).
Target Audience	People of all ages, who want to lose weight, reduce blood pressure, and live a healthy lifestyle.
Training Time	15 minutes
Training Recommendation	**Asynchronous e-Learning course** • The learner will be able to complete the training on their own using computer, tablet, or cell phone at any time. • Course will have a storyline "Tale about Keto and Carbohydrates" where the learner will follow the story with three Main Characters and will have to make healthy food choices. • The eLearning module will include three Main Characters: Keto, Sugar, and Carbs. • The additional theories and helpful information will be provided throughout the eLearning Course to build upon the learner's knowledge. • The learner will be rewarded gamified style points or stickers as he or she moves along the course.
Deliverables	**e-Learning course** o Developed in Articulate Rise o Includes Storyline block o Include custom-built graphics
Learning Objectives	**At the end of this course, the learner will be able to:** • Identify different types of ketogenic diets. • Recognize healthy benefits of the ketogenic diet. • Choose the appropriate food for the ketogenic diet. • Recognize risks and side effects and how to minimize them.
Training Outline	Each section will include the famous quote about diet, food, and health. • **Introduction** o Welcome o Objectives

Subject	Topics to Include
	• **What is a ketogenic diet?** This section will have introductory information about ketogenic diet. The Main Characters will be presented.
	• **Different types of the ketogenic diet.** The section will have information about different types of ketogenic diet:
	○ Standard ketogenic diet (SKD)
	○ Cyclical ketogenic diet (CKD)
	○ Targeted ketogenic diet (TKD)
	○ High protein ketogenic diet.
	• **What is ketosis?**
	• **Health benefits of the ketogenic diet.** This section will include information about weight loose, prediabetes, and diabetes, and other diseases that could be prevented with ketogenic diet.
	○ Ketogenic diets can help you lose weight.
	○ Ketogenic diets for diabetes and prediabetes.
	○ Other health benefits of keto.
	• **Food "to eat, or not to eat".** In this section, the learners will be able to build their own healthy meal and will learn what he or she can drink.
	• **Side effects, and how to minimize them.**
	○ Risks of the keto diet.
	• Summary of course objectives.
	• Conclusion. Goodbye!
Evaluation Plan	• 5 knowledge check questions.
	• Learner will have unlimited attempts
	• Questions will be created during the eLearning development after the script have been fully approved.