Designers (team): Elnara Mammadova and Kennia Delafe   Reviewer(s): Kennia Delafe

Brief description of overall instructional design (e.g. format, flow, etc.):
The aim of this two-hours workshop is to introduce Learners to a healthy life style through a series of steps to assess and understand their current eating habits, introduce healthy eating information and long-term support, give them the opportunity to interact with the information through meaningful practices, and evaluate their updated knowledge and further steps.

Click on the box to the left of the response to check it…. Check ONLY ONE rating per row				
	NA	Needs Improvement – 1	On the Right Track – 3	Ready To Go – 5
Organization	☐	☐No clear organization, disjointed, no logical order	☐Basic organization with logical progression	☒Completely organized, many connections and interconnections, enhances the message.
Instruction	☐	☐Lacks clear instruction	☐Provides instruction, no prompt for further exploration	☒Clear instructions, prompts for further exploration of content
Learning expectations defined	☐	☐Not clearly stated, no clear learning intent or goals	☐Stated, not necessarily related to overall course	☒Clearly stated, clear intent/goals, related well to content and overall instruction
Quantity of information	☐	☐Some information does not promote goals / activity	☐Enough basic information to cover the content / activity	☒Significant amount of info, connections to activity informative
Clarity of information in storyboards	☐	☐Spelling and grammatical errors inappropriate language	☐Few spelling or grammatical errors, appropriate use of language	☒Well scripted, significantly improves understanding of activity
Graphics and images	☐	☐Not related to goals/ content/activities, distracting	☐Related to goals/content/ activity, poor positioning	☒Depicts meaning beyond goals/content/activity; powerful
Activity Focus	☐	☐No clear focus; activity goal confusing, unrelated to content	☐Goal / activity is focused with a clear outcome	☒Goal / activity is complex, each aspect clear, contributes well to overall content outcomes
Activity goal/ level of activity	☐	☐Passive, little thought or activity required	☐Engaging. Some thought about the outcome required.	☒Very engaging, requires in-depth reflections to research outcome
Relatedness of activity to learning	☐	☐Unrelated to type / level of learning	☐Activity related to level of learning	☒Activity related to level of learning and supports transfer
Level of activity Developmental Engagement	☐	☐Little or no generative activity	☐Generative activity, lacks developmental feedback	☒Engaging in generative development and knowledge organization, ample developmental feedback
Activity outcomes	☐	☐Not clearly defined	☐Traditional outcomes defined, e.g., paper, drawing,	☒Prompts learner to produce meaningful representations of their own learning
Overall Learning Design	☐	☐Does not engage learners in multiple ways	☐Engages learners in multiple ways with content	☒Provides learners with multiple ways to engage content, make own choices
Other: type here	☐	☐ type here	☐ type here	☐ type here
Other: type here	☐	☐type here	☐ type here	☐ type here