Tast'Age

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Tast'Age MOOC tutorial

Project Number: 2022-1-FR01-KA220-VET-000088841

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INDEX

Contents

How to enrol the courses.....3
What to expect of this course.....7
How to check the material.....8

Project Number: 2022-1-FR01-KA220-VET-000088841

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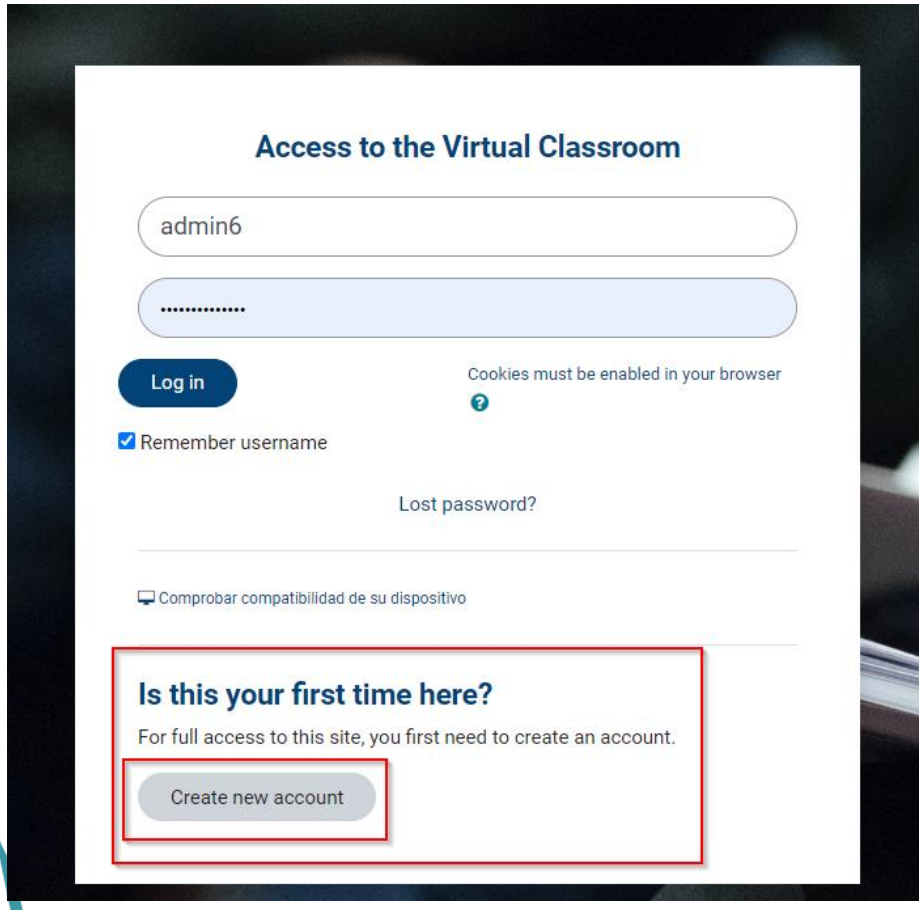
How to enrol the courses

1. Create your new account:



2. Complete the mandatory data and click on create my new account, it is very important to fill in the email field with a real one because it will send you a verification. To create the user, it is essential to accept the verification.

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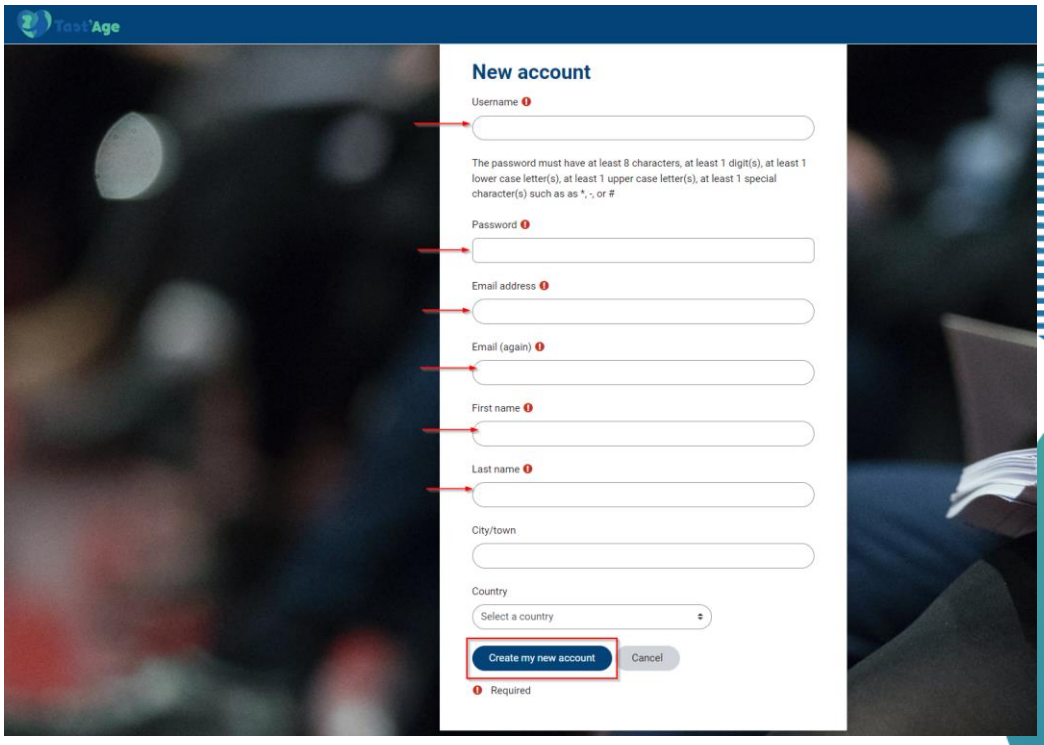
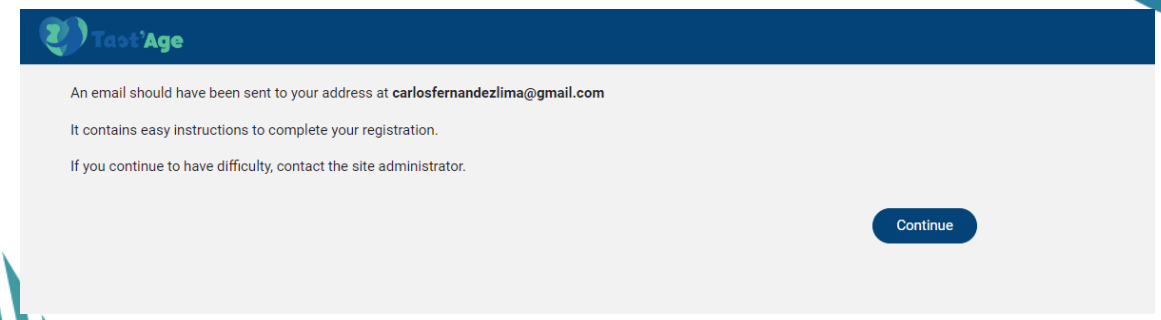


3. The following message will appear. First, you will activate the account from our email and then press continue.



4. The login box will appear again, in which you will enter our previously created username and password.

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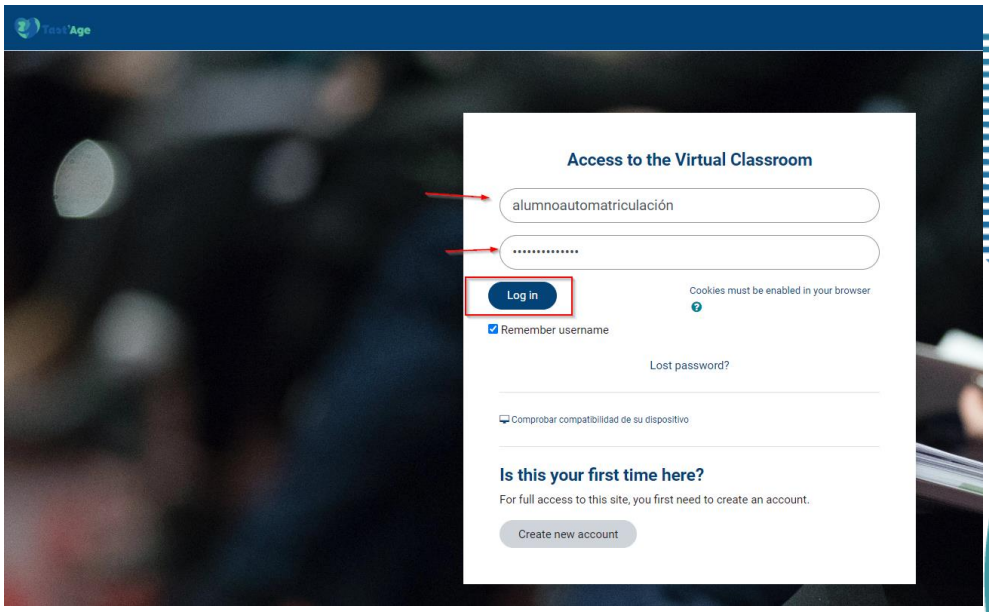
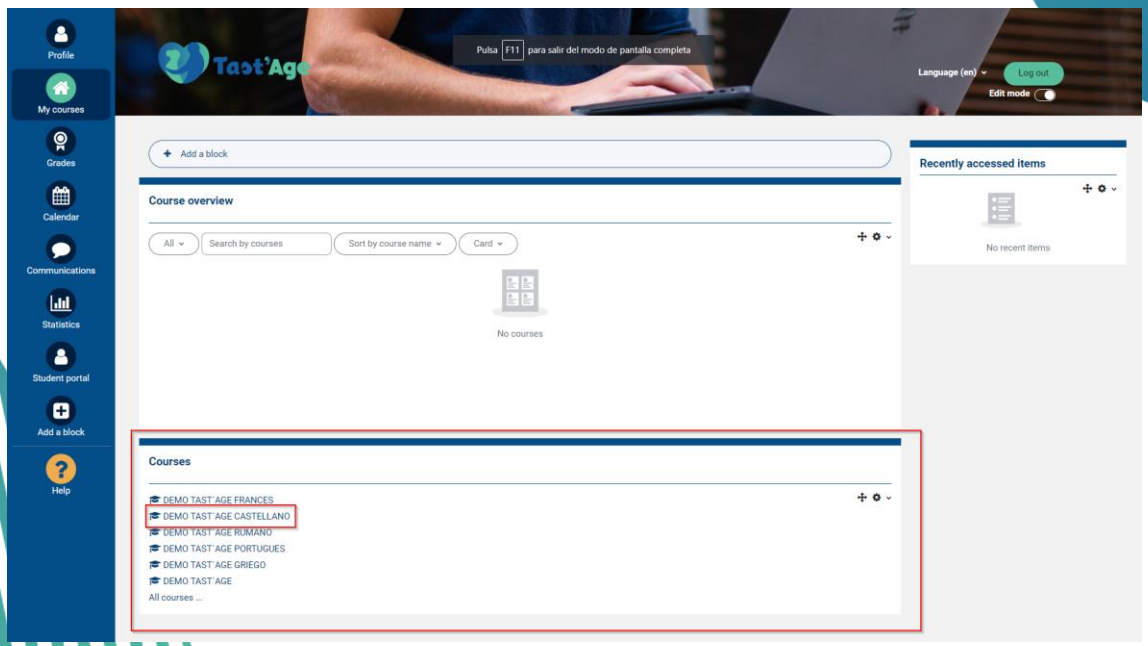


5. Once logged in, you will see the Course section, where you just click on the course you want to enroll in.



6. Click on: “Enrol me”.

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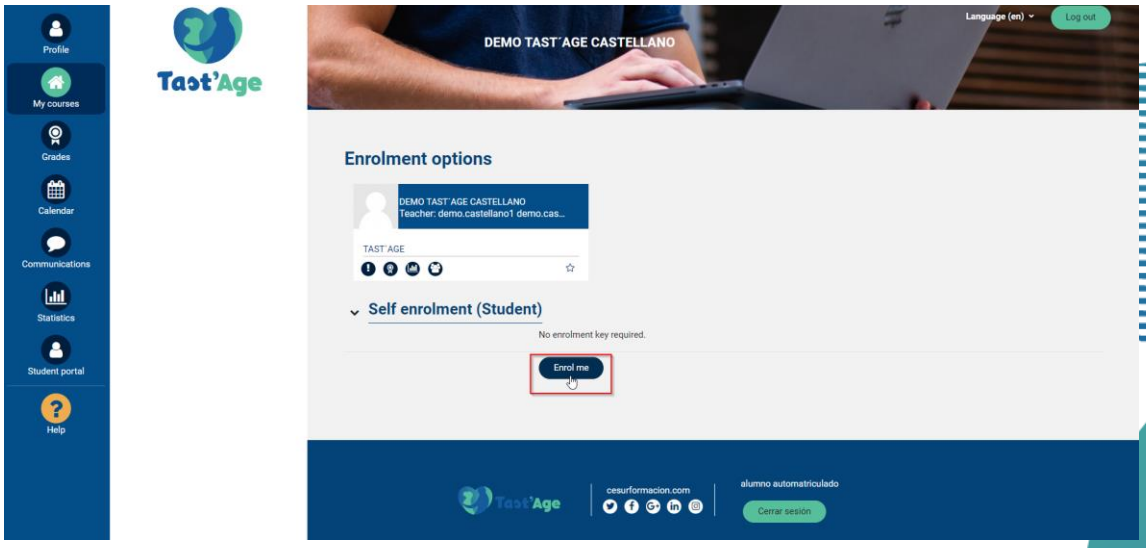
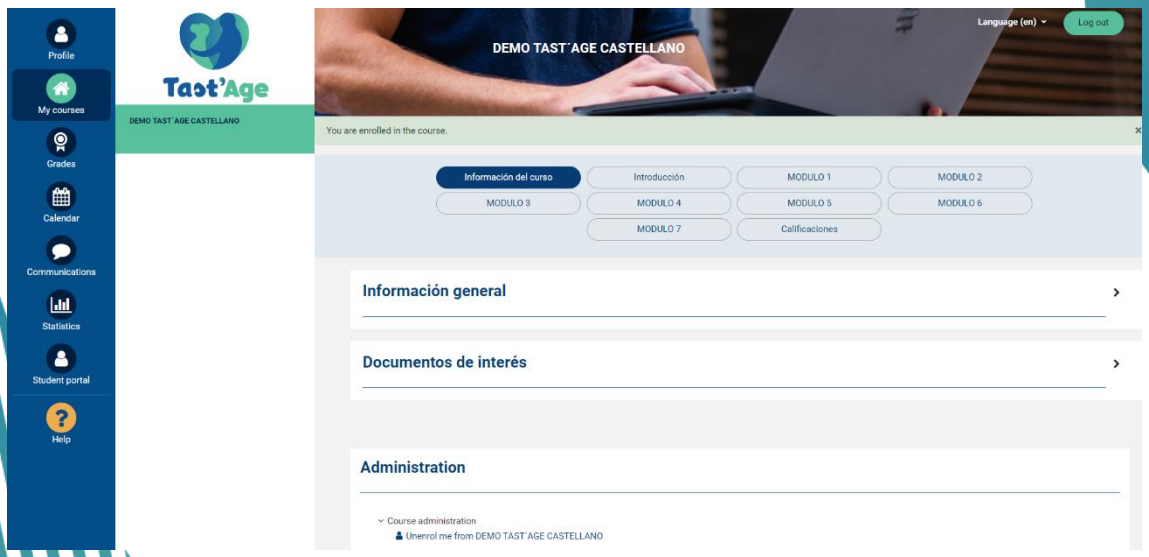


7. You are already enrolled in the course.



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What to expect of this course

This course is composed by the following 7 modules:

- Module 1: Physiological and sociological changes related to aging. Risk factors and diseases associated with nutrition.
- Module 2: Nutritional needs for ageing population and nutritional status assessment.
- Module 3: Nutritional intervention. Special dietary requirements. Part I.
- Module 4: Nutritional Intervention. Special dietary requirements. Part II.
- Module 5: Health Education and Health Promotion. Global health approach.
- Module 6: Food act and meal preparation. Providing care and providing food.
- Module 7: Supplementation and artificial nutrition.

Every module includes the following material specific for every module:

- ✓ **Guidelines on PDF format** where the following information is collected: the scheme of the module, special considerations, target/scope recomended and recomended sequence.
- ✓ **Theorical content.**
- ✓ **Test**. Recommeded to be done before and after had studied the module.
- ✓ **Presentation** that displays the main concepts used in the module (PPT).
- ✓ **Activities:** Two practical activities that complement the information presented in the theoretical part.
- ✓ **Infographic.**

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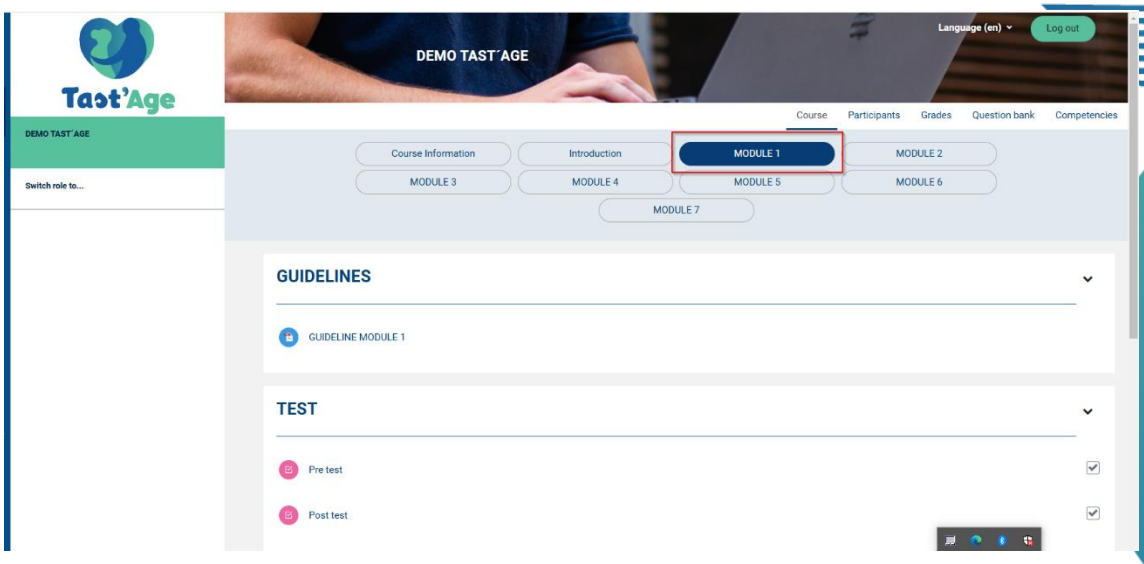
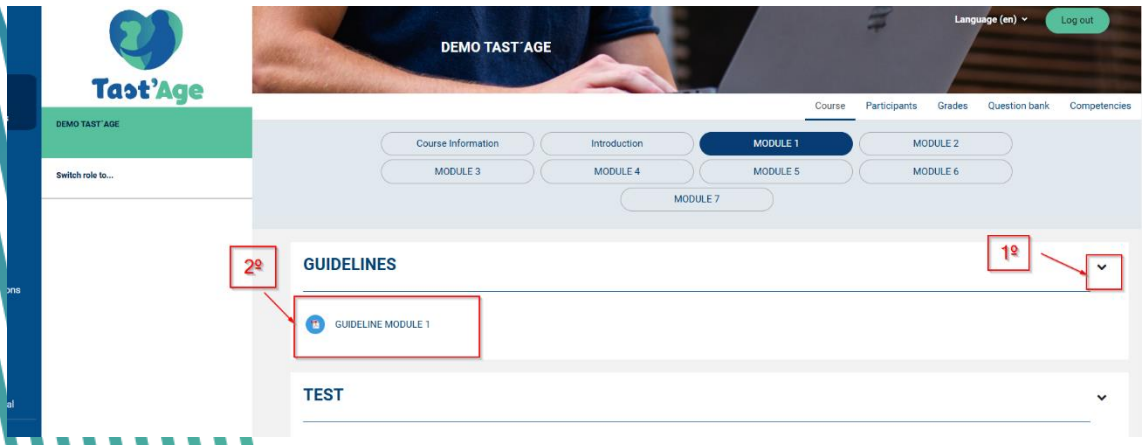
How to check the material

GUIDELINES:

a. Select the module, for example, Module 1



b. Select the section “Guidelines”



c. Click on the file

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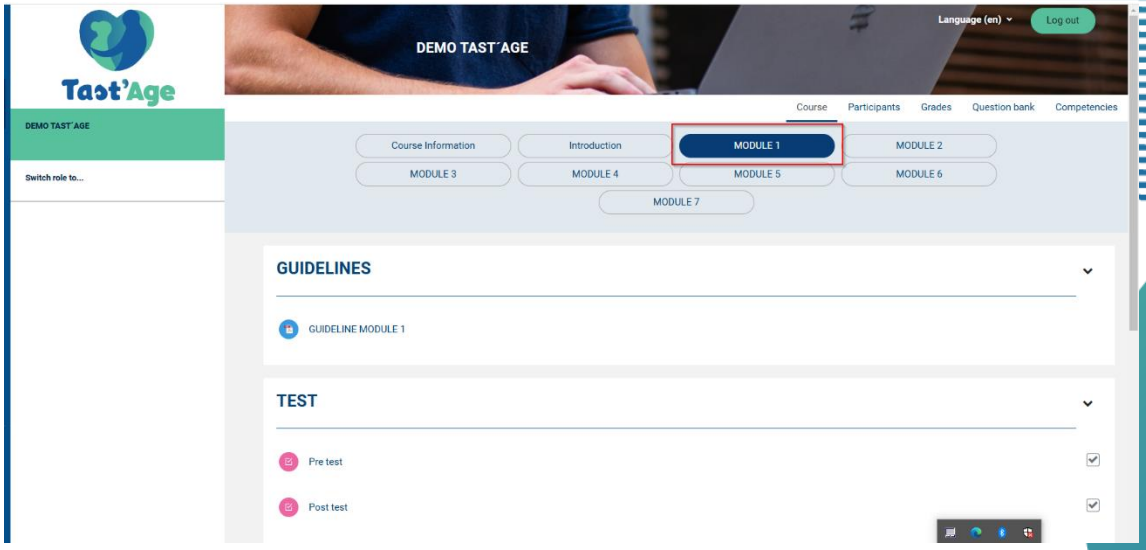
THEORICAL CONTENT

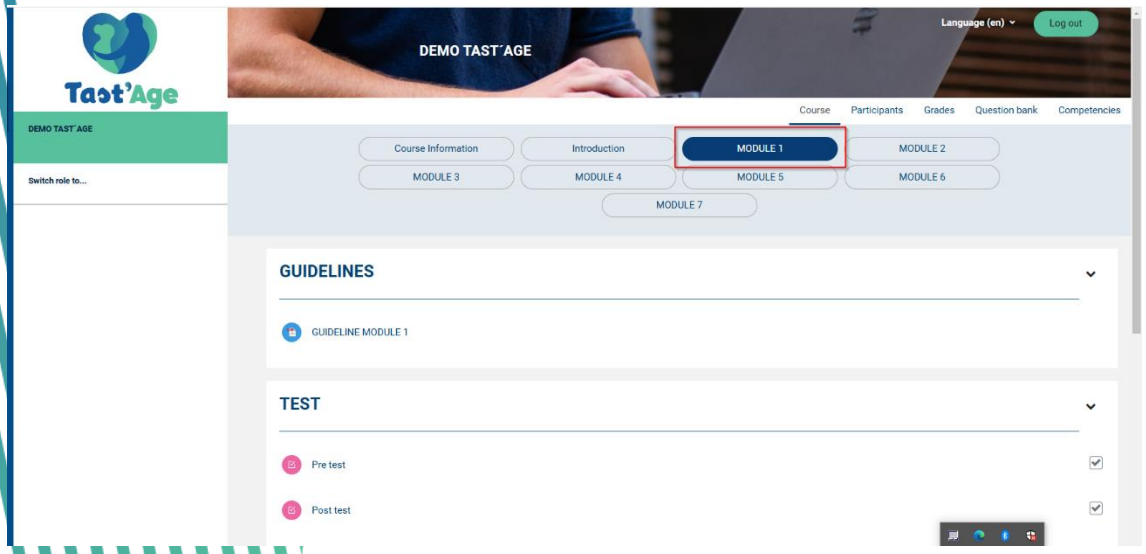
a. Select the module, for example, Module 1



b. Select the section "Theorical content"
c. Click on the file

PRESENTATION

a. Select the module, for example, Module 1



b. Select the section "Presentation"
c. Click on the file

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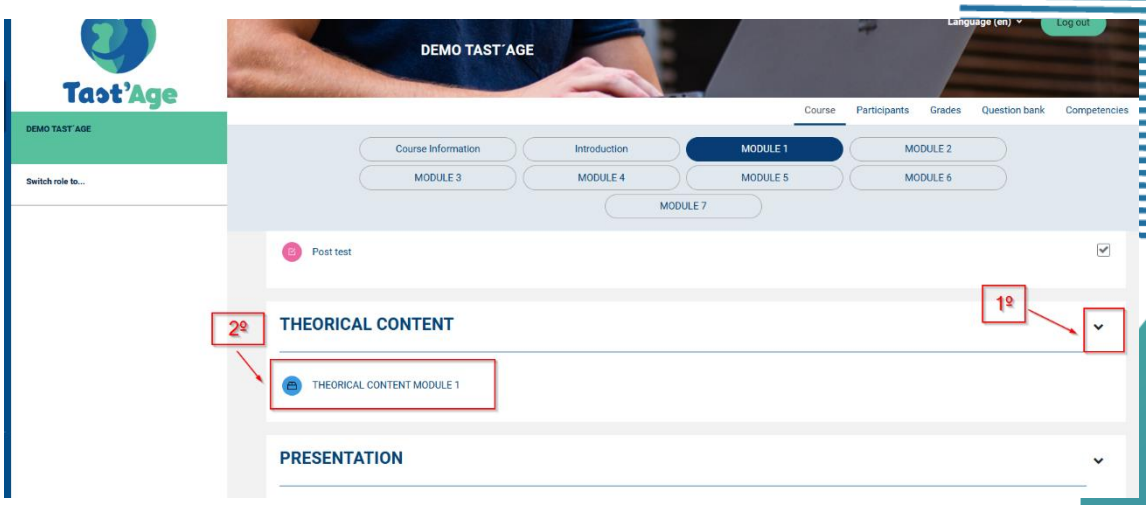
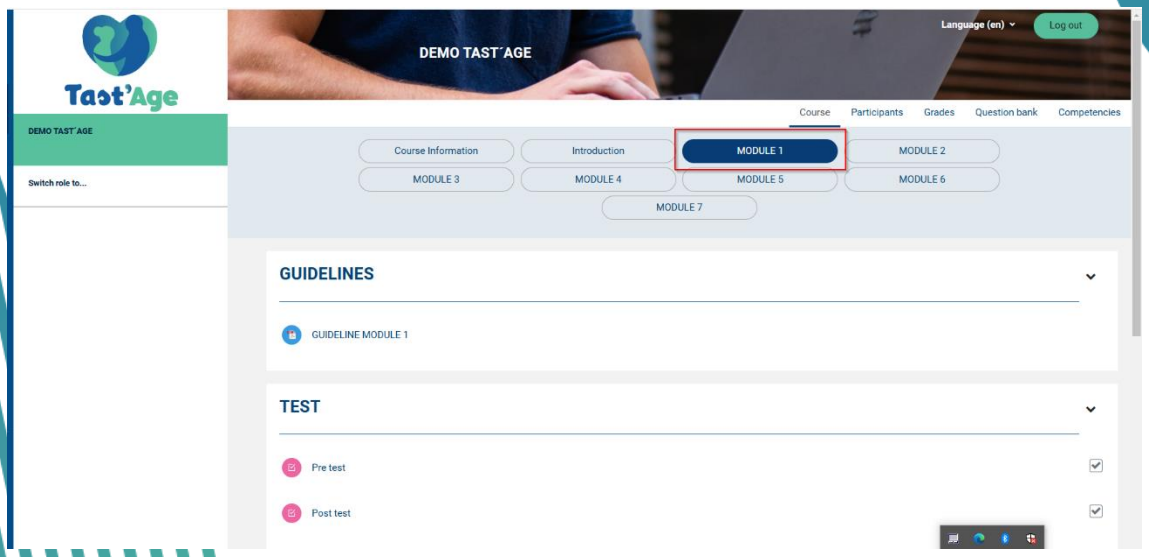


QUIZZ

a. Select the module, for example, Module 1



b. Select the section “TEST”

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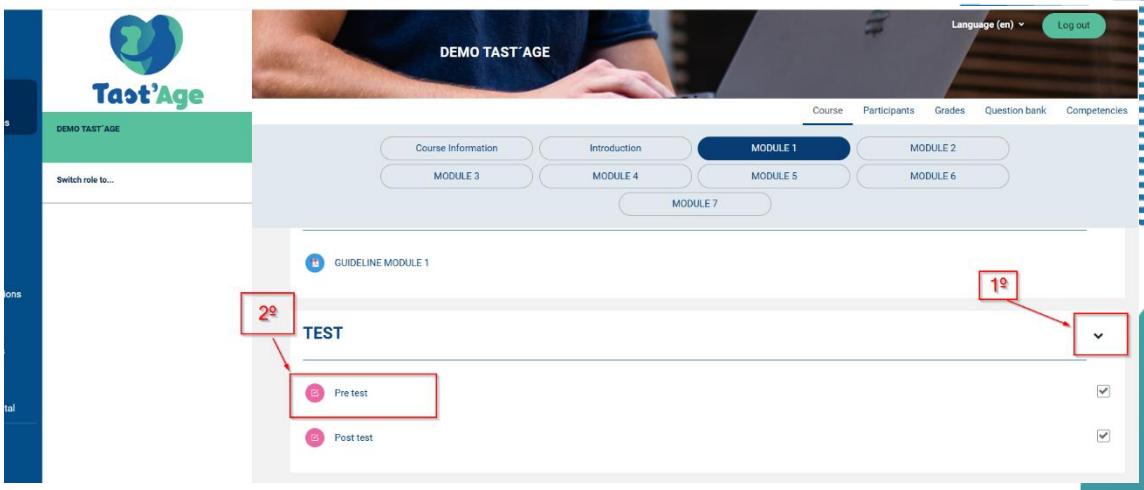
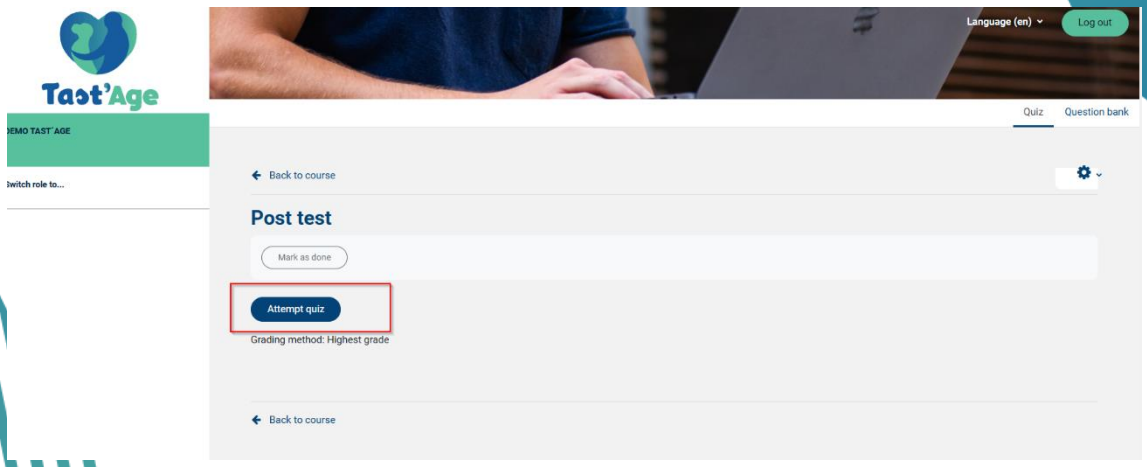


c. Click on Pre test/Post test
d. Click on Attempt quizz



ACTIVITIES

a. Select the module, for example, Module 1

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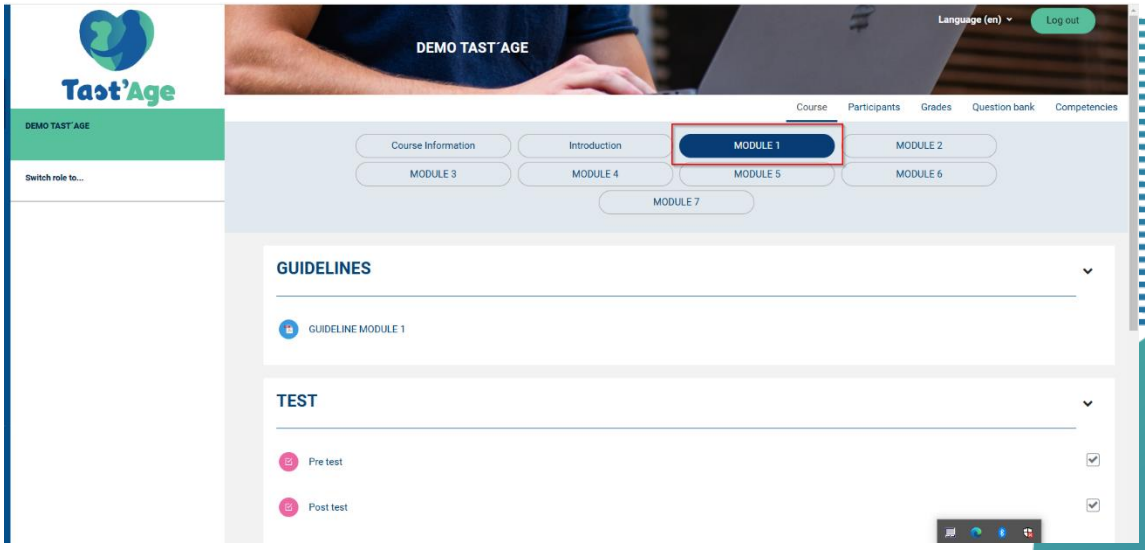
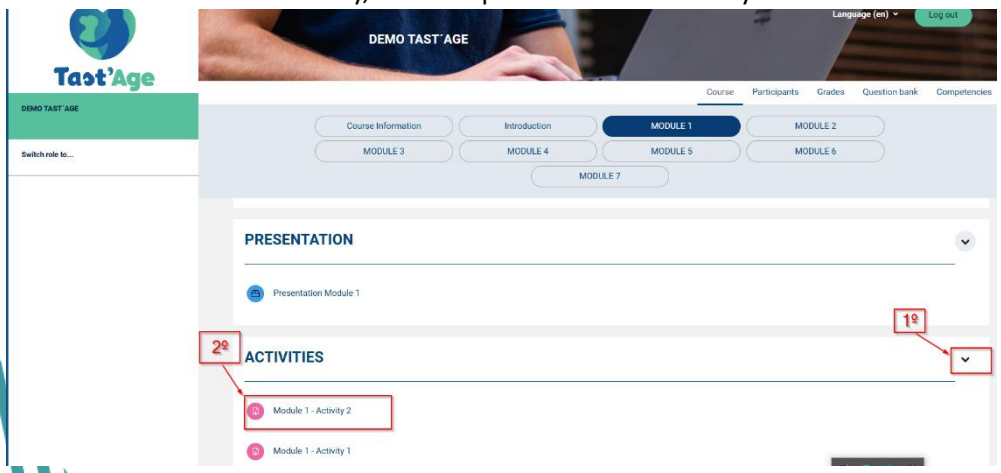


b. Select the section "Activities"

c. Click on the chosen activity, for example "Module 1- activity 2"



d. Click on the file to download it.

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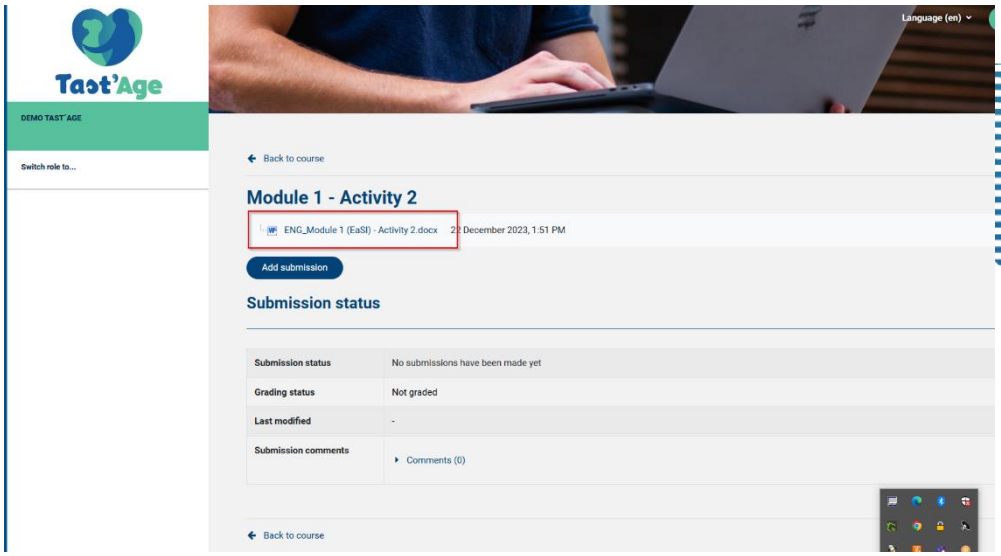
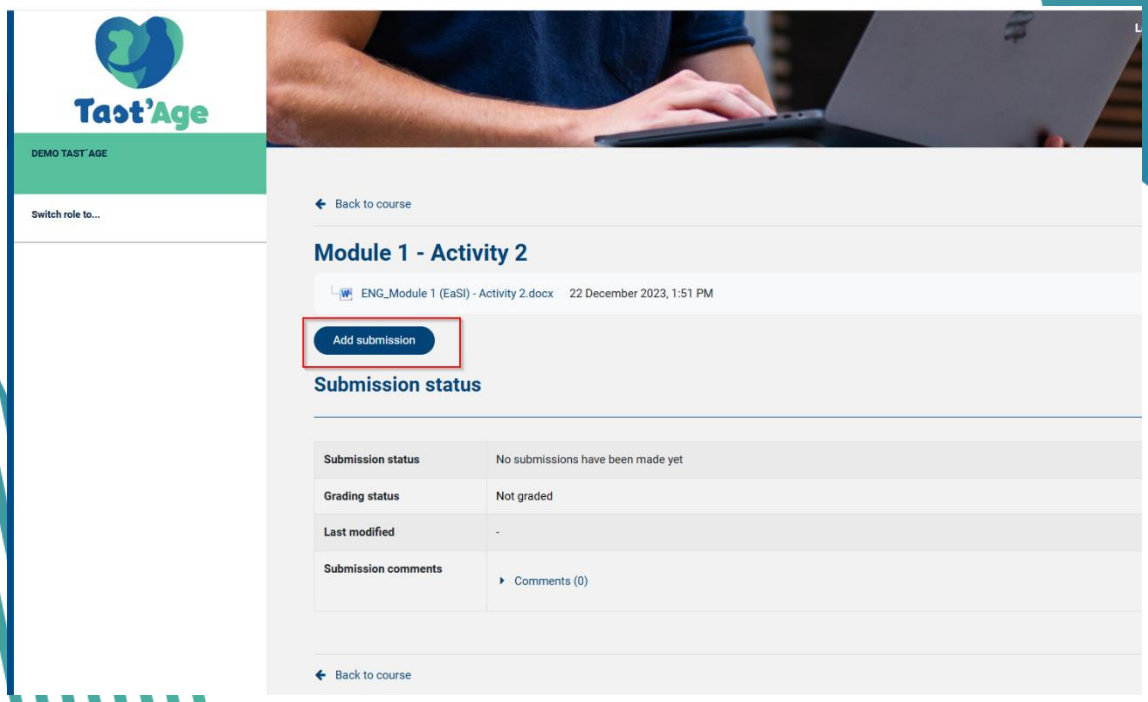


e. To upload the resolved activity, click “Add submission”



f. Attach the corresponding file and save

Project Number: 2022-1-FR01-KA220-VET-000088841

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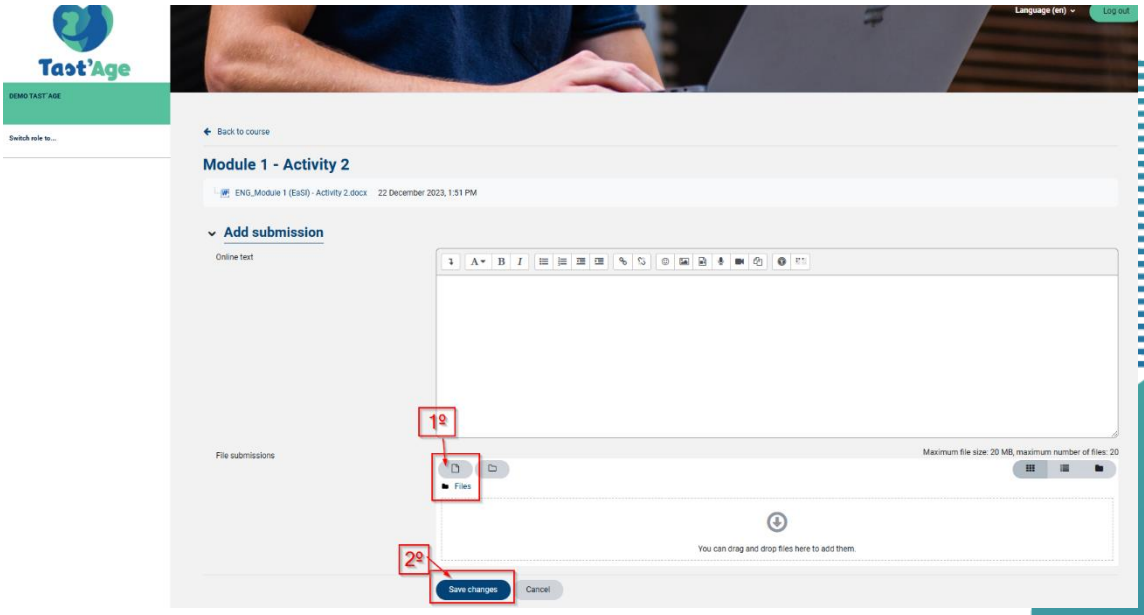

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