

## Considerations When Selecting a Delivery Method for Educational Course Design

Posted on 13 February, 2024

As part of course design, instructors consider their learners' needs to develop goals and objectives for course content. With the rising interest in non-traditional delivery methods for course content, instructors must also determine which method best suits their content and learners.<sup>1</sup> The selected delivery method can impact the instructional activities for efficient and effective learning.<sup>1</sup> [...]

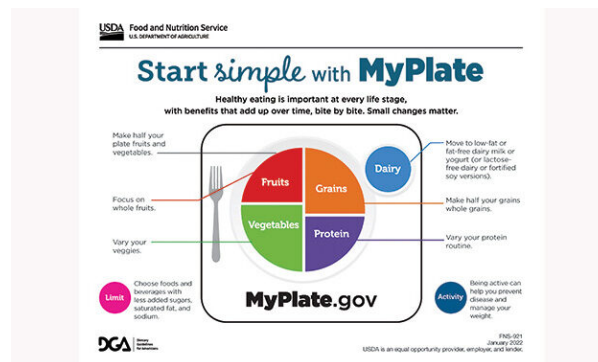


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## MyPlate: A Guide to Healthier Eating

Posted on 1 February, 2024

Maintaining a healthy diet can be challenging in today's fast-paced world. Diet quality can have an important impact on the ability to perform everyday activities and overall health. In an effort to help Americans improve diet quality and increase physical activity, the "Dietary Guidelines for Americans" document was created. Formally known as MyPyramid, the MyPlate [...]



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