

H5P Interactive Video Training Supplement

Note: This storyboard provides an example of the type of document you can use to accompany a video that you post on a public website or LMS to ensure compliance with accessibility requirements. Instructional developers prepare a storyboard before starting the production of a multimedia project. A storyboard includes a script, images shown on the screen, and descriptions of interactive features. In this example, H5P elements have a box around them to distinguish them from the rest of the content.

Tip: There are no requirements for the physical format of a storyboard or transcript. However, you may want to keep the formatting as simple as possible in case you need to repurpose the text in the future.

Storyboard (Annotated Transcript) for *How to Read Nutrition Facts | Food Labels Made Easy*

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<https://youtu.be/Orj7p3KQcyQ>

(Upbeat background music playing for the duration of the video.)

0:00-0:10

[H5P: Text/Label]

Nutrition Facts Label

You can find nutrition facts labels on most packaged foods in the USA. They provide valuable nutritional information for the consumer. Reading and understanding these labels makes it easier to abide by a healthy diet.

0:00-0:03

[H5P: Crossroads]

Click to jump to Fats, Carbohydrates, or Protein (optional).

Fats (1:04)

Carbohydrates (2:40)

Protein (3:32)

0:00

[Image: cartoon conversation bubble over people icons]

People ask me, "Hey Health Nerd, what's the best way to start improving my health?..."

0:04

[Images: cell phone, Whole Foods shopping bags, woman doing pushups]

"...Is it through a calorie counting app, shopping at Whole Foods, maybe joining my local Booty Boot Camp?"

0:10

[Image: cartoon character pointing to a Nutrition Facts label]

Well actually, esteemed reader, one of the best ways to improve your health quickly is by learning how to read nutrition labels.

0:17

[Image: nutrition facts label, atom, math equation]

You may think these labels contain some complex science and mathematical equations...

0:21

[Image: cartoon character pointing to a Nutrition Facts label, magnifying glass]

...but they're really not that scary.

0:24

[Image: cartoon character pointing to the top of a Nutrition Facts label]

Let's walk through how to properly read these things.

The first thing you'll notice is that the top of the Nutrition Facts are the serving size and servings per container.

This is simply the amount in the package or container—pretty self-explanatory.

0:34

[Image: cartoon character pointing to the ingredients listed in a Nutrition Facts label]

Next you have the ingredients.

Everything inside these black lines is representative of one serving.

This is important to understand because next you'll see the calories and the calories from fat.

This is pretty much the only thing most people ever look at, and this is a common mistake.

0:52

[Image: text of voice]

If the package says "200 calories" on the bag of chips, but the servings per container say "2.5," that means there's actually 500 calories in the bag.

This is a clever little marketing trick that you should be aware of.

1:03

[Image: cartoon character pointing to a Nutrition Facts label]

Pressing on, you will see the total fat on the package, along with the number and percentage on the right-hand side.

The number represents the total fat in one serving and the percentage represents the percentage based on a 2,000-calorie diet.

So 8 grams is 12 percent of a 2,000-calorie diet.

1:04

[H5P: Bookmark]

Fats

Carbohydrates

Protein

1:04-2:19

[H5P: Label]

Information on Fats

1:22

[Image: almonds, avocados, coconuts, eggs, salmon]

I should also remind you that fat is not bad for you and there are plenty of healthy foods that are high in fat.

1:26-1:27

[H5P: Mark the Words]

Click the names of all the sources of healthy fats in the following text.

Foods that are high in fat include *avocados*, butter and margarine, *walnuts*, *olives*, sour cream, *salmon*, and ice cream.

1:28

[Image: “No Trans Fat” symbol]

What you really want to watch out for is any trans fats.

1:28

[Image: cartoon heart in poor health, cartoon of overweight man]

Trans fat is the kind linked to heart disease and all sorts of medical conditions. Avoid this at all costs.

1:35

[Image: cartoon character pointing to a Nutrition Facts label, cat with a surprised look, cartoon of a healthy heart, cartoon of a crowd with torches and pitchforks]

Saturated fats should be much less of a concern.

This may surprise some of you, so I will link a few studies below that have conclusively proven that saturated fat is fine to eat and not the cause of many diseases it was wrongly accused for.

1:52

[Image: stick figure of a child]

Think of saturated fat as the middle child of the fat family. He’s got a good heart, but he’s just a little misunderstood.

1:56-1:57

[H5P: Drag Text]

Avocados, almonds, salmon, and trout are good sources of *unsaturated* fats and are deemed *healthy* fats, while *trans* fats are considered *unhealthy* and are found in margarine, baked goods, and processed snack foods.

1:58

[Image: cartoon character pointing to a Nutrition Facts label]

Now you may be thinking, “Wait a minute, why does the total number of saturated fat and trans fat not add up to the total fat on the top? Where’s the other 7 grams?”

2:07

[Image: list of various types of fats]

Well, this is because not all fats will be listed on the nutrition label.

Only the nutrients deemed most important ever make it to the nutrition labels.

Don't worry though—the other fats not listed are generally healthy and should be much less of a concern.

2:20-2:21

[H5P: Hotspot]

Click to review Fats (1:04)

2:20-2:21

[H5P: True/False]

All types of fats are unhealthy

*False

2:20

[Image: cartoon character pointing to a Nutrition Facts label, spoken text shown onscreen]

Pressing on, you will see the cholesterol and sodium.

Remember, these numbers are based on one serving.

If the sodium was 25% of your daily intake and the package had 2.5 servings on it, that means the entire package contains 63% of your daily sodium intake—quite a bit considering this is one snack.

Onward, you'll see the carbohydrate section.

2:40-3:31

[H5P: Label]

Information on Carbohydrates

2:44

[Image: bread, oat grain, wheat, sugar cubes]

Carbohydrates are the breads, grains, fiber, and sugars in the food.

2:49

[Image: cartoon character pointing to a Nutrition Facts label]

The first section you'll see is for dietary fiber.

2:55

[Image: cut-away diagram of a stomach]

Having a good amount of dietary fiber is a good thing as it helps with digestion and satisfaction from your meals.

2:58

[Image: cartoon character pointing to a Nutrition Facts label, spoken text shown onscreen]

Now the next section is what you really need to pay attention to.

3:05

[Image: cartoon of heart in poor health]

The total sugars in the food you're eating are important to watch out for as, like trans fat, they have been linked to a whole host of diseases and health problems.

3:14

[Image: stacked sugar cubes, montage of grains, bread, and pasta]

Also, you should be aware of not only the sugar in the food, but what kind of carbohydrates you're eating.

3:18

[Image: cartoon character pointing to a Nutrition Facts label, spoken text shown onscreen]

If the food is very high in carbohydrates but low in dietary fiber, even though the carbs are not labeled as sugar, they will operate very similarly in your bloodstream. These are called "simple carbs."

3:30-3:30

[H5P: Fill-in-the-Blanks]

Fill in the missing words.

Like **trans** fat, **sugar/sugars** have been linked to health problems.

Foods that are high in **carbohydrates/carbs** and low in **fiber/dietary fiber** act similarly to sugars in your bloodstream.

3:31

[Image: sliced white bread, pasta]

This is why you need to watch out for unrefined carbohydrates, like white bread and pastas.

3:32

[Image: cartoon character pointing to a Nutrition Facts label]

Next up, you'll see the label for protein.

3:32-3:43

[H5P: Label]

Information on Protein

3:37

[Image: cartoon character smiling, cut-away diagram of flexed arm muscles]

Knowing that foods high in protein lead to better satisfaction from your meals and promote lean muscle tissue, you'll want most of the foods you eat to have a good amount of protein.

3:44

[Image: cartoon character pointing to a Nutrition Facts label, X drawn through the label]

Finally, we have a few key vitamins at the bottom.

It may sound strange, but ignore these.

These numbers will be notoriously low and you should be focusing...

3:55

[Image: montage of fruit and a montage of vegetables]

...instead on getting lots of fruits and vegetables in everyday to meet your vitamin requirements.

4:00

[Image: Spinach and lettuce, and montage of fruits]

Leafy greens contain calcium and iron, and fruits contain vitamin C and vitamin A.

4:05

[Image: cartoon character pointing to a Nutrition Facts label]

The rest of the Nutrition Facts label contains recommendations about how much in each category to get in.

They do not change on the nutrition label and are not that important.

Finally, on some labels, you will see the calories per gram for each macronutrient fat contains 9 grams per serving and carbohydrates and proteins contain four.

4:19-4:20

[H5P: Multiple choice]

Which of the following is a macronutrient?

*Fat

Iron

Zinc

Vitamin D

4:24-4:25

[H5P: Single-Choice Set]

Fats, Carbohydrates, and Proteins are known as...

*Macronutrients

Micronutrients

Pasta, bread, and rice are...

*Carbohydrates

Proteins

Fats

4:25

[Image: Spoken text shown onscreen]

So for every 10 grams of fat, you will have 90 calories.

For every 10 grams of protein or carbohydrates, you will get 40 calories.

4:32

[Image: cartoon character next to a Nutrition Facts label]

Safe to say you should now have a general understanding of how nutrition labels work.

4:33-4:43

[H5P: Table]

Calories per Gram of Each Macronutrient

Fats 9

Carbohydrates 4

Protein 4

4:39

[Image: magnifying glass over a Nutrition Facts label superimposed on a granola bar]

Most importantly, you can stop assuming something is healthy for you based on tricky packaging and start knowing the difference.

4:40-4:48

[H5P: Text/Label]

Overview of a Nutrition Label

4:46

[Image: question mark, arrows pointing below the video]

*Got a burning health question you need answered?
Just put it in the comment section below...*

4:49-4:59

[H5P: Statements interaction]

Recap:

Choose the correct statement.

*Nutrition facts labels can help you make healthy food choices.

Nutrition facts labels are important because they list each product's country of origin.

Choose the correct statement.

*Each gram of protein has 4 calories.

Each gram of carbohydrates has 9 calories.

Each gram of fat has 4 calories.

4:50

[Image: spoken words shown onscreen, "subscribe" button, Lamborghini sports car]

*...and rumor has it for every new subscriber I get, a brand new Lamborghini will be placed outside your door.
Yep, this is not a joke.*

4:58

[Image: "subscribe" button, SpongeBob SquarePants]

Hit the subscribe button and a Lamborghini will appear.

5:04

[Image: Health Nerd, “subscribe” button, “How to Eat Health” icon, “How to Lose Weight Fast” icon]
So please subscribe to the Health Nerd for weekly tips and tricks backed by science.

5:07

[Image: www.TheHealthNerds.com]

You can also check out TheHealthNerds.com for online health and fitness courses that will help you take your health to the next level.

Cheers!

(5:13-5:29—Background music fades.)