EDCI 337

Module 5 Blog Post

Appendix 1 – Generative Artificial Intelligence Outputs

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Prompt (version three):

please create a lesson plan for me with the following: An asynchronous and independent course with 4 different modules learning objective: attaining a balanced diet assessments: make one half-way assessment (after module two that tests on module one and two) that uses real world examples and interactive testing, and one final cumulative assessment that requires project-based work (after module 4 that tests on all modules) learning activities: add four different learning activities that are engaging in different ways Ensure that the content follows Mayer's cognitive theory of multimedia learning Make sure to add lots of supplemental materials for further intrinsic learning Make sure the course is accessible to people with different abilities by providing supplementary materials with various formats and alternative modes of testing.

ChatGTP Output:

"Course Title: Achieving a Balanced Diet

Learning Objective: Students will attain knowledge and skills necessary to develop and maintain a balanced diet.

Module 1: Understanding Macronutrients

- Learning Objectives:
 - Identify and describe the three macronutrients: carbohydrates, proteins, and fats.
 - Understand the role of macronutrients in the body.
- Learning Activities:

1. **Interactive Multimedia Presentation:** Present information using visuals, audio, and text to explain macronutrients and their functions.

2. **Case Studies:** Analyze real-world scenarios where individuals may struggle with macronutrient balance and propose solutions.

- Assessment:
 - Half-way Assessment: Quiz on macronutrients and their functions using real-life examples.

Module 2: Exploring Micronutrients

- Learning Objectives:
 - Define micronutrients and identify common ones such as vitamins and minerals.
 - Understand the importance of micronutrients in maintaining health.

• Learning Activities:

1. **Virtual Lab Experiment:** Simulate nutrient absorption processes to understand how micronutrients are utilized in the body.

2. **Interactive Infographics:** Explore interactive infographics highlighting sources and functions of different vitamins and minerals.

• Assessment:

• Half-way Assessment: Quiz on macronutrients and micronutrients.

Module 3: Planning Balanced Meals

- Learning Objectives:
 - Learn principles of meal planning for a balanced diet.
 - Understand portion control and food group distribution.
- Learning Activities:
- 1. **Meal Planning Simulation:** Use a virtual platform to plan balanced meals for different dietary needs.

2. **Cooking Demonstration Videos:** Watch videos demonstrating how to prepare balanced meals using diverse ingredients.

• Assessment:

• Final Cumulative Assessment: Create a meal plan for a specific individual or group, considering their dietary requirements.

Module 4: Overcoming Challenges and Sustainable Practices

- Learning Objectives:
 - Identify common challenges to maintaining a balanced diet.
 - Explore sustainable practices for food consumption.
- Learning Activities:
- 1. **Discussion Forums:** Engage in online discussions about overcoming common obstacles to healthy eating.

2. **Guest Speaker Lectures:** Invite experts to discuss sustainable food practices and their impact on personal health and the environment.

- Assessment:
 - Final Cumulative Assessment: Develop a project proposal outlining strategies to overcome specific dietary challenges and promote sustainability.

Supplemental Materials:

- Accessible PDF documents summarizing key concepts in each module.
- Audio recordings of lectures and presentations for auditory learners.
- Transcripts of all video content for those with hearing impairments.

- Interactive quizzes with alternative text-based questions for diverse learning preferences.
- Additional readings and case studies for further exploration.

Alternative Modes of Testing:

- Provide options for oral exams or presentations for students who may struggle with traditional written assessments.
- Allow for extended time or breaks during assessments for individuals with attention or processing difficulties.
- Offer one-on-one assessment sessions with instructors for personalized evaluation.

Conclusion: This course provides a comprehensive and accessible approach to achieving a balanced diet, incorporating engaging activities, assessments, and supplementary materials to cater to diverse learning styles and abilities. By adhering to Mayer's cognitive theory of multimedia learning, students are guided through a structured and effective learning experience."

Perplexity Output:

"Lesson Plan: Attaining a Balanced Diet CourseCourse Overview:

- Title: Attaining a Balanced Diet
- **Duration:** Self-paced, asynchronous
- Modules: 4
- Learning Objective: To achieve a balanced diet through understanding nutrition principles and healthy eating habits.

Assessments:

- 1. Halfway Assessment (After Module 2):
 - Real-world examples and interactive testing.
 - Tests on Module 1 and Module 2 concepts.
- 2. Final Cumulative Assessment (After Module 4):
 - Project-based work that integrates knowledge from all modules.

Learning Activities:

- 1. Module 1 Understanding Nutrition Basics:
 - Interactive quiz on food groups.
 - Video tutorial on reading nutrition labels.

2. Module 2 - Macronutrients and Micronutrients:

• Virtual cooking class incorporating balanced meal preparation.

• Case study analysis on nutrient deficiencies.

3. Module 3 - Healthy Eating Habits:

- Discussion forum on meal planning strategies.
- Infographic creation on portion control and mindful eating.

4. Module 4 - Implementing a Balanced Diet:

- Virtual grocery shopping challenge to select nutritious foods.
- Recipe creation task using balanced ingredients.

Content Design based on Mayer's Cognitive Theory of Multimedia Learning:

- Utilize multimedia elements like videos, interactive quizzes, and visual aids to enhance learning retention.
- Present information in a coherent and organized manner to reduce cognitive load.
- Incorporate relevant graphics, animations, and narration to facilitate understanding.

Supplemental Materials for Intrinsic Learning:

- Additional readings on nutrition research and dietary guidelines.
- Podcast interviews with nutrition experts discussing balanced diets.
- Interactive tools like meal planning templates and calorie calculators.

Accessibility Features:

- Provide transcripts for all audio content for those with hearing impairments.
- Offer alternative text descriptions for images to assist visually impaired learners.
- Allow for extended time or alternative modes of assessment for individuals with disabilities.

This comprehensive course structure aims to engage learners through varied activities while ensuring accessibility and adherence to cognitive learning principles."

References:

"Please create a lesson plan for me with the following..." ChatGPT, 13 Feb. version, OpenAI, 10 Mar. 2024, chat.openai.com/chat.

"Please create a lesson plan for me with the following..." Perplexity, Aug. version, OpenAI, 10 Mar. 2024, perplexity.ai.