

Instructions

Audio Descriptive Text

Title: Chapter 1. Introduction; Instructions. Training Tools for Healthy Schools logo. Screenshot of School Health Guidelines course home page with arrows for navigation instructions. Image of Active Child icon. Screenshot of Certificate of Completion.

Video Summary

- You can access training materials in several ways.
- Select a specific chapter or chapter section by clicking on a title.
- Click the “play” button and then “next” or “back” to view the entire course.
- Access more information in the Go Further section.

Audio Script

Welcome to the *School Health Guidelines to Promote Healthy Eating and Physical Activity* online course of the Training Tools for Healthy Schools series. Chapter One Introduction. In this self-paced course, you can access the training material in several ways. You may select a specific chapter or chapter section by clicking on a title. You may view the course in its entirety by simply clicking on the “play” button in the video window and then clicking “next” to proceed to the next video. Click “back” to view the previous video.

An “Active Child” icon will appear on the screen periodically to alert you to a tip for more information. You may access more information by clicking on questions or resources in the Go Further section. A full-course download is also available.

At the end of the course, you will have the opportunity to download a certificate of completion.