



To sign up for a Wellness Workshop, click on ENB Workshops at the top of the page.

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### Manage Workshops

Disclaimer: This program is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified medical healthcare professional prior to starting any new program or treatment or with any questions you may have regarding a medical condition.

Active	Add
No workshops currently active.	All Workshops
	2021 Weight Management Workshop
	April 2021 Nutrition Workshop
	Smoking Cessation
	Select a workshop to view its details here.
	Once selected, you may select signup to start that workshop. Afterwards, workshops can be added to the queue to setup automatic enrollment

The next screen looks like this. Click on any Workshop you would like!

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The screenshot shows the 'Manage Workshops' interface. On the left, there are two columns: 'Active' and 'Queue'. The 'Active' column contains the text 'No workshops currently active.' The 'Queue' column contains the text 'No workshops currently in queue.' and a link '- Click and drag to sort queue items -'. On the right, there is an 'Add' column. It features a dropdown menu for 'All Workshops' and a list of workshops: '2021 Weight Management Workshop', 'April 2021 Nutrition Workshop' (highlighted in blue), and 'Smoking Cessation'. Below the list, there is a section for the selected workshop: 'Objective: Establish better eating habits.', 'Description: The nutrition workshop is a 4 week workshop designed to assist you in establishing better eating habits. Throughout the workshop, you will be guided through a series of tasks to strengthen your understanding of healthy eating habits.', and 'Concurrent: Yes - can be taken with other concurrent workshops'. At the bottom of this section, there are two buttons: 'Signup' (highlighted in green) and 'Add to Queue'. A large red arrow points from the 'Signup' button towards the left.

When you choose a workshop, (in this case we chose April 2021 Nutrition Workshop), the “Signup” button turns green. Click on this button to sign up.

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The screenshot shows the 'Manage Workshops' interface after a workshop has been signed up for. The 'Active' column now contains the text 'April 2021 Nutrition Workshop' (highlighted in blue), 'Week 1 of 4', and a link 'Options'. A large red arrow points from the 'Options' link towards the left. The 'Queue' column still contains the text 'No workshops currently in queue.' and the link '- Click and drag to sort queue items -'. The 'Add' column is the same as in the previous screenshot, but the 'April 2021 Nutrition Workshop' is now marked as 'enrolled'.

Now, you will see your chosen workshop under the “Active” column on the left-hand side. Click on the workshop highlighted in blue. You will notice that this particular workshop is four weeks in length.

## Workshop

**April 2021 Nutrition Workshop**

Tasks

* Learn About Nutrition Basics	<b>Do this now</b> <small>Required: 04/01/2021</small>
* Watch a Video: Five Ingredients of Healthy ...	<b>Do this now</b> <small>Required: 04/01/2021</small>
* Explore Your Water Intake	<b>Do this now</b> <small>Required: 04/01/2021</small>
* Review Tips on Healthy Grocery Shopping	<b>Do this now</b> <small>Required: 04/01/2021</small>

Week 1 of 4

### Week 1: Getting Started

**From:** 03/26/2021 - 04/01/2021

**Goal:** Become familiar with the basic food groups.

**Tip:** Replace your juice or soda with ice cold water, adding basil and watermelon or mint and strawberry for a little extra flavor!

### About Workshop

*Establish better eating habits.*

The nutrition workshop is a 4 week workshop designed to assist you in establishing better eating habits. Throughout the workshop, you will be guided through a series of tasks to strengthen your understanding of healthy eating habits. The weekly goals will help support you to:

- Become familiar with the basic food groups.
- Learn about food labels and serving sizes.
- Eat a minimum of 3-5 servings of fruits and vegetables per day.
- Get the facts about fats.

Resources

- Quick Tips: Adding Fruits and Vegetables to Your Diet
- Healthy Eating: Starting a Plan for Change
- Dietary Guidelines for Good Health
- Quick Tips: Avoiding Empty Calories
- Quick Tips: Healthy Eating on a Budget

Useful Tools

- Meal Planner
- Food Log
- Track My Weight
- My Nutritional Needs

Now, the screen looks like this. You have four tasks to do. Click on the blue highlighted area to start your first task! Please note that this is week one of your Workshop. You will have to log on every week to complete new tasks. You cannot fast forward through the weeks. They must be done one week at a time. A suggestion would be to set a calendar reminder so you don't forget to complete the tasks weekly.

## Major Nutrients in Food

### Topic Overview

The major nutrients—protein, carbohydrate, and fat—provide the body with energy. This energy keeps your heart beating, your brain active, and your muscles working. The energy is measured in calories.

#### Media Gallery (1 video)



Learn more about  
Reading a Food Label

#### Nutrients in foods

Nutrient	Function	Some sources
<a href="#">Protein</a> has 4 calories per gram	Provides energy; builds and repairs body cells; part of various enzymes, hormones, and antibodies	Meat, poultry, fish, eggs, beans, milk and milk products, grains, seeds and nuts
<a href="#">Carbohydrate</a> has 4 calories per gram	Provides energy needed by the brain, nervous system, and red blood cells	Breads, cereal grains, pasta, rice, fruit, starchy vegetables, milk, sugar
<a href="#">Fat</a> has 9 calories per gram	Provides energy; carries fat-soluble nutrients (vitamins); part of cell membranes, membranes around nerves, hormones, bile (for fat digestion)	Meat and poultry, some fish, milk and milk products that are not fat-free, nuts and seeds, oils, butter, margarine, salad dressing, some candy, some desserts

[Related Information »](#)

Current as of: **May 27, 2020**

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Close

Print

When you click on your first task, it will look like this. Don't forget to click on the green "Close" button when you are done. The computer won't recognize that you are finished with this task if you don't.

## April 2021 Nutrition Workshop

Week 1 of 4

Tasks	
* Watch a Video: Five Ingredients of Healthy ...	<b>Do this now</b> Required: 04/01/2021
* Explore Your Water Intake	<b>Do this now</b> Required: 04/01/2021
* Review Tips on Healthy Grocery Shopping	<b>Do this now</b> Required: 04/01/2021
▼ Completed	
Learn About Nutrition Basics	



Resources
<input type="checkbox"/> Quick Tips: Adding Fruits and Vegetables to Your Diet
<input type="checkbox"/> Healthy Eating: Starting a Plan for Change
<input type="checkbox"/> Dietary Guidelines for Good Health
<input type="checkbox"/> Quick Tips: Avoiding Empty Calories
<input type="checkbox"/> Quick Tips: Healthy Eating on a Budget

Useful Tools
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<input type="checkbox"/> Food Log
<input type="checkbox"/> Track My Weight
<input type="checkbox"/> My Nutritional Needs

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When you are done with your first task, you can see that it will show up in the “Completed” section. As tasks become completed, they will move to the “Completed” section. When you are done with your last weekly task, you are done with your Workshop! Give it about a week before you see your points for completion.