How to Navigate This Course
A Recipe for Success!

Hello, students! Included here are instructions for how to find everything you will need to be successful in this course. Please read this carefully, then read the Learning Outcomes for the Course and proceed to the "To-Do" list for how to proceed.

News/Announcements:

It will be important for you to log in to the class several times a week. I will post announcements and important information in the News/Announcements section of the course at least once a week.

Units of Study – Course Map

This course is set up into 3 Units of Study and further broken down by weeks. Unit 1 is "Basic Breakfats" and runs from weeks 1-3. Unit 2 is "What's for Lunch" and runs from weeks 4-6. Unit 3 is "Dinner's Done" and runs from weeks 7-9. All course materials and activities will be accessed by going to the Course Map located to the right of the News/Announcements, and then going to the correct week. Each week's folder will contain "This Week in a Nutshell", which will list the week's learning outcomes, and a "to-do" list for the week, followed by links to all content and activities (including quizzes, discussions, and dropboxes for assignments) in order. You should have no problems navigating through the materials for each week. If you have questions, don't hesitate to ask me via email (cooksme@coloradomesa.edu) or post to the "Ask the Instructor"discussion forum located in the Start Here folder in the Course Map.

Grades:

Go to the navbar above News and click on Grades to view your grades on individual items as well as any comments or feedback.

Let's get started!

Now that you know how to make your way around the course, let's get started!

The Learning Outcomes for this course:
Upon completion of this course, students will be able to:

1. Plan a meal for breakfast, lunch, and dinner
2. Prepare a meal for breakfast, lunch, and dinner

To-Do List (where to go next) - return to the "Start Here" folder in the Course Map and do the following:

1. Read "Meet Your Instructor - More About Me"
2. Read the Syllabus carefully.
3. Read the Course Outline.
4. Take the Syllabus Quiz - unlimited attempts to be completed by Saturday at 11:59pm
5. Click on the Introduce Yourself Discussion and respond to the prompt by clicking on Compose.
6. Proceed to Week 1 and follow the instructions listed there.