



## Portion Control (Virtual) Hand-in Package

Welcome to the virtual education session of Portion Control!

The course is going to take approximately 15 minutes to complete. It needs to be completed in one sitting.

**Your progress in the course is not saved, so if you close out of your browser while in the middle of the session, you will need to start from the beginning again.**



Before starting the virtual education session, please ensure you have the following:

- A distraction-free space
- A stable internet connection
- Approximately 10 minutes to dedicate to completing the course
- 5 minutes to dedicate to completing the Knowledge Check Quiz
- A personal device (computer, laptop, tablet or smartphone)
- Speakers or headphones for audio sections
- Hand-in Package

Please connect with your manager or facility's local education facilitator or designate to arrange a space and time at your facility to complete the virtual education session of Portion Control.

*Please ensure that you complete this package in its entirety before handing it in. You must return the completed Hand-in Package to your manager or site's education facilitator or designate in order to have a record of completion of this education in your personnel file.*



# Portion Control (Virtual) Sign Off

Please confirm that you have completed the virtual education session of Portion Control and submit the completed hand-in package in to your manager or facility's education facilitator or designate.

**I confirm that I have completed the following:**

- Portion Control (Virtual) Education Session
- Knowledge Check – Quiz

*\*Please note that all quiz results are collected for verification purposes. We will verify that the quiz has been completed so only check if the quiz has been done. Staff who has not finished the quiz will not be marked as completing the virtual education session until the quiz result has been received*

**Employee's Full Name:** \_\_\_\_\_ **Work Site:** \_\_\_\_\_

**Employee ID #:** \_\_\_\_\_ **Date:** \_\_\_\_\_

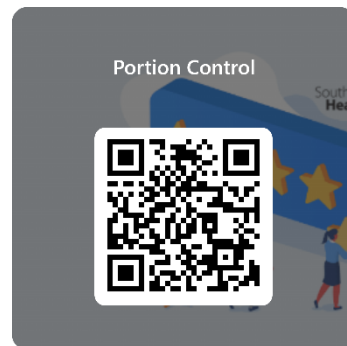
**Employee's Signature:** \_\_\_\_\_

**Did you complete the virtual education session while on duty or off duty?** \_\_\_\_\_

## Education Session Evaluation

Please scan the QR code or click on the link to fill out an evaluation for virtual education session of Portion Control.

Your feedback is important!



<https://forms.office.com/r/rgwGi1t7hY>

**Healthier people. Healthier communities. Thriving together.**  
**Le mieux-être des gens. Le mieux-être des communautés. Prospérons ensemble.**