

Appendix B-1: Directions To Run the *Food and Nutrition Bytes* Sample Lesson

System Requirements:

- 166 Mhz processor or higher
- Microsoft Windows 95, 98, Me, NT 4.0, 2000, XP or Vista
- 32 MB of RAM
- Java Script enabled-www.java.com
- Adobe Flash Player-www.adobe.com
- Sound card with speakers

To run the lesson, you will need to download files to your computer. Follow these steps:

1. Click on the **View/Open** link for the file “Food Safety Video Lesson.zip.”
2. If you are prompted to open or save the file, select **Save**. Save it to an empty folder on your computer.
3. To extract or “unzip” the files, you will need WinZip or other file compression software compatible with the WinZip format. You can download a trial version at www.winzip.com. Follow instructions from WinZip to install the software and unzip the files. Create a new folder, “Food Safety Lesson,” in which to unzip the file.
4. After the file is unzipped, display the contents of the folder using My Computer or Windows Explorer.
5. Double click on this file:

Food Safety Lesson 2.html or Food Safety Lesson 2 HTML Document

6. The file should open in your internet browser and begin playing.
7. Use your vertical scroll bars to adjust the video on your screen.
8. Use the toolbar at the bottom of the screen to stop and start the video.

For assistance, please contact:

IT Help Desk
Instructional Technology Assistance Center
214 Hale Library
Kansas State University
Manhattan, KS 66506
785-532-4428
1-800-865-6143
helpdesk@ksu.edu