



Module 1 – Introduction to the Power of *PEN*

Applying What You've Learned

NOTE: You may complete the first five activities listed below without a PEN subscription. However, to complete the remaining activities you will either need to register for the 15-day trial or have a full subscription.

- Link to the PEN Log in page at www.pennutrition.com
- Click your mouse on the top navigation button that says ABOUT PEN; read the information you find on that web page. Click the HOME button to return to the Log in page.
- Hover your mouse over the ABOUT PEN Button. Click on each of the drop-down menu items and read the web page content. You will be able to see the complete Table of Contents, review PEN terminology and features, and find all about the expertise that has gone into the development of this dynamic tool. Click on the HOME button to return to the Log in page.
- Next, click on the button WHAT'S NEW IN PEN GLOBAL. Read about our international collaboration with dietetic associations in Great Britain, Australia, New Zealand and other International connections.
- Now, check out past issues of PEN E-NEWS by selecting that button. If you'd like to receive the PEN e-news letter, return to the PEN Log in Page, by clicking on the Home button. You can sign up right there.
- Click on the "Help" link at the top of the page and review the answers to frequently asked questions about PEN. Note the information about copyright and licenses.
- Next click on the "Contact Us" link that can be used to ask PEN for technical support, or get assistance with your subscription to PEN.

- Check out the “social side” of PEN hovering your mouse over the “Connect” link to reveal access to PEN’s Facebook page and Twitter.

Note: You will need a PEN subscription or 15-day free trial to complete the rest of these activities.

- Log into PEN by entering your user name and password.
- Notice the additions to the top navigation bar – E-NEWS ISSUES, GLOSSARY, CONTACT US AND MY ACCOUNT. Hover your mouse over the KNOWLEDGE PATHWAY button and see the drop-down menu of Practice Categories. We will explore this feature in subsequent modules.
- Click on MANAGE MY PROFILE under the Welcome Banner and review the features of that page for editing your profile and preferences.
- Click on the BROWSE THE KNOWLEDGE PATHWAY button. Here you will find links to each of the Practice Categories in PEN. Hover your mouse over the questions mark at the end of each category for a description of what each category is about. We will go into more detail on the practice categories in a subsequent module.
- PEN has developed client counselling handouts for many nutrition topics. These handouts have been developed using the evidence in PEN as well as being designed using adult education principles. You can access the entire collection of client handouts through the PEN HANDOUT COLLECTION link by clicking your mouse on that option.
- If you didn’t read about our Global partners of the Log In page, use the Scroll Bar in the WHAT’S NEW section to read information about them.
- Finally, check out the links to NEW EVIDENCE IN PEN and PEN COMMUNICATIONS.
- That’s all your “home work” for this module – you are now ready to start Module II – Searching PEN Using the Table of Contents.