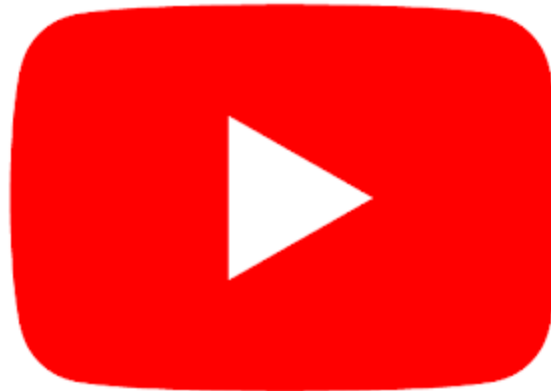


Tech How To's
YOUTUBE

How to access YouTube?

- On your computer, visit [youtube.com](https://www.youtube.com)
- On Your smartphone or tablet, Go to the App Store (Apple Devices) or Google Play Store (Android Devices) and download the "YouTube" App



- YouTube is a video-sharing website that allows users from all over the globe to upload and share videos.
- Over 500 hours of video are uploaded to YouTube every minute.
- YouTube can be used to search for news, entertainment, and as a learning tool!

YouTube Terms to Know

- **Channel** – the homepage that contains content of the user's account.
- **Subscribe** - to "follow" an account. When you subscribe, you will get updates whenever a user uploads a new video.
- **Playlist** - a collection of videos about any topic.
- **Library** - contains all the videos you have watched, saved videos, and playlists.

RSS YOUTUBE CHANNEL



RSS - Center for Ageless Living

158 subscribers

SUBSCRIBE

HOME

VIDEOS

SHORTS

LIVE

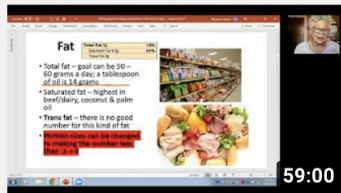
PLAYLISTS

COMMUNITY

CHANNELS

ABOUT

Uploads ▶ PLAY ALL



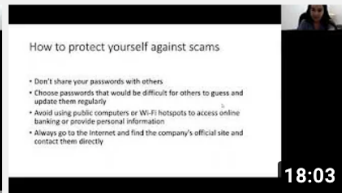
Reading Food Labels and Nutrition Claims with...

7 views • 2 days ago



Google Photos Tech How-To with RSS

11 views • 5 days ago



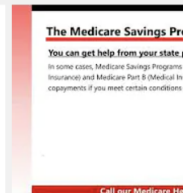
Recognize Online Scams Tech How-To with RSS

7 views • 12 days ago



How to Find Reliable Websites - Tech How-To wit...

14 views • 13 days ago



Medicare Savings Pro with NY Statewid...

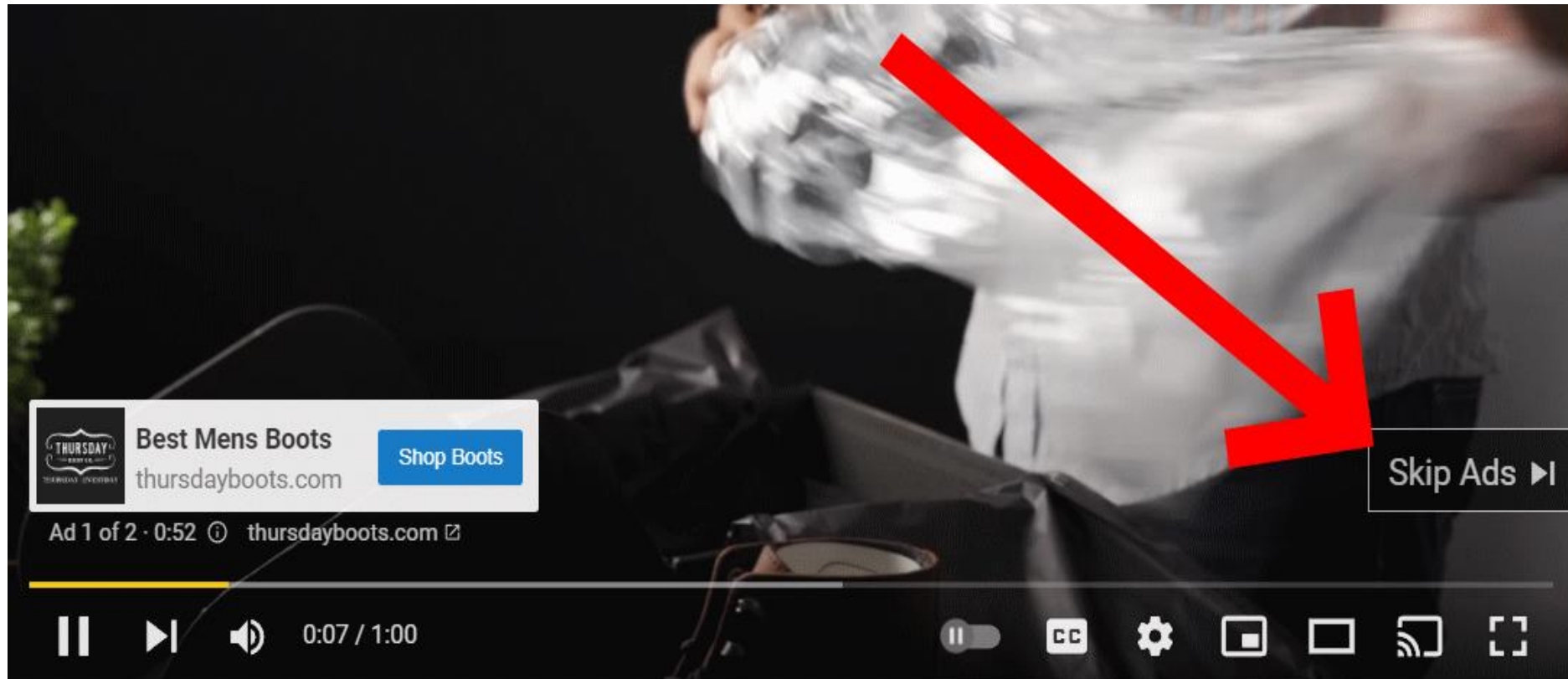
33 views • 2 weeks ago

Shorts

- Class Video Recordings on our YouTube Page
- SEARCH FOR "RSS - center for ageless living"

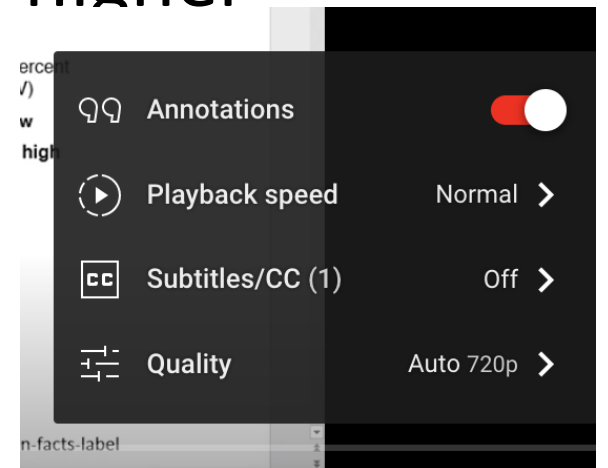
Advertisements

- Advertisements are paid partnerships of the video.
- Advertisements can appear before or during your video. Simply watch 5-30 seconds of the AD and then click "Skip AD".



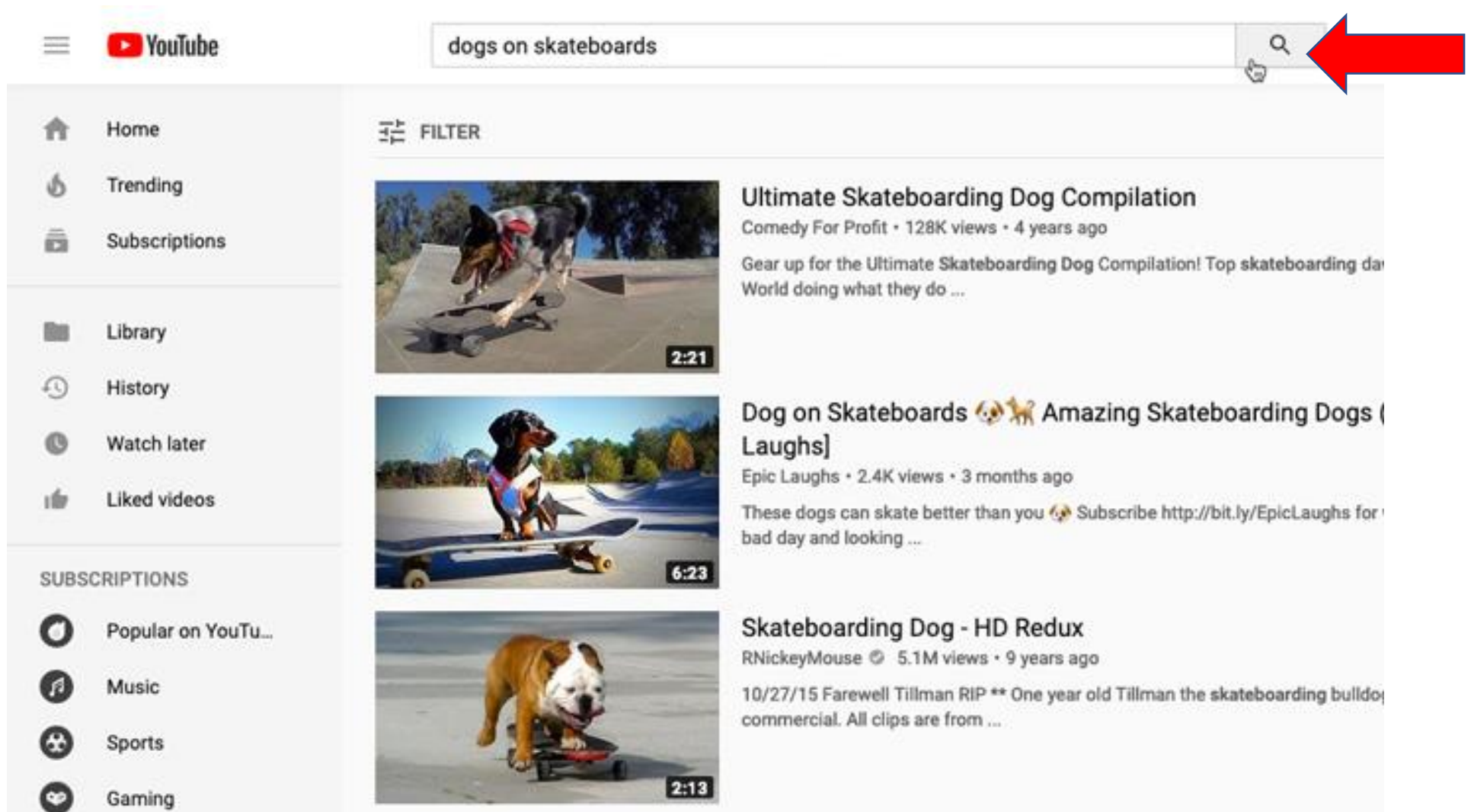
YouTube Video Settings

- **Annotations** - time stamped notes to indicate different topics throughout the video
- **CC (Closed Captions)** - YouTube will generate automated subtitles
- **Playback Speed** – make the video slower or faster
- **Quality** – this will change the video resolution; a higher number will indicate a higher quality.



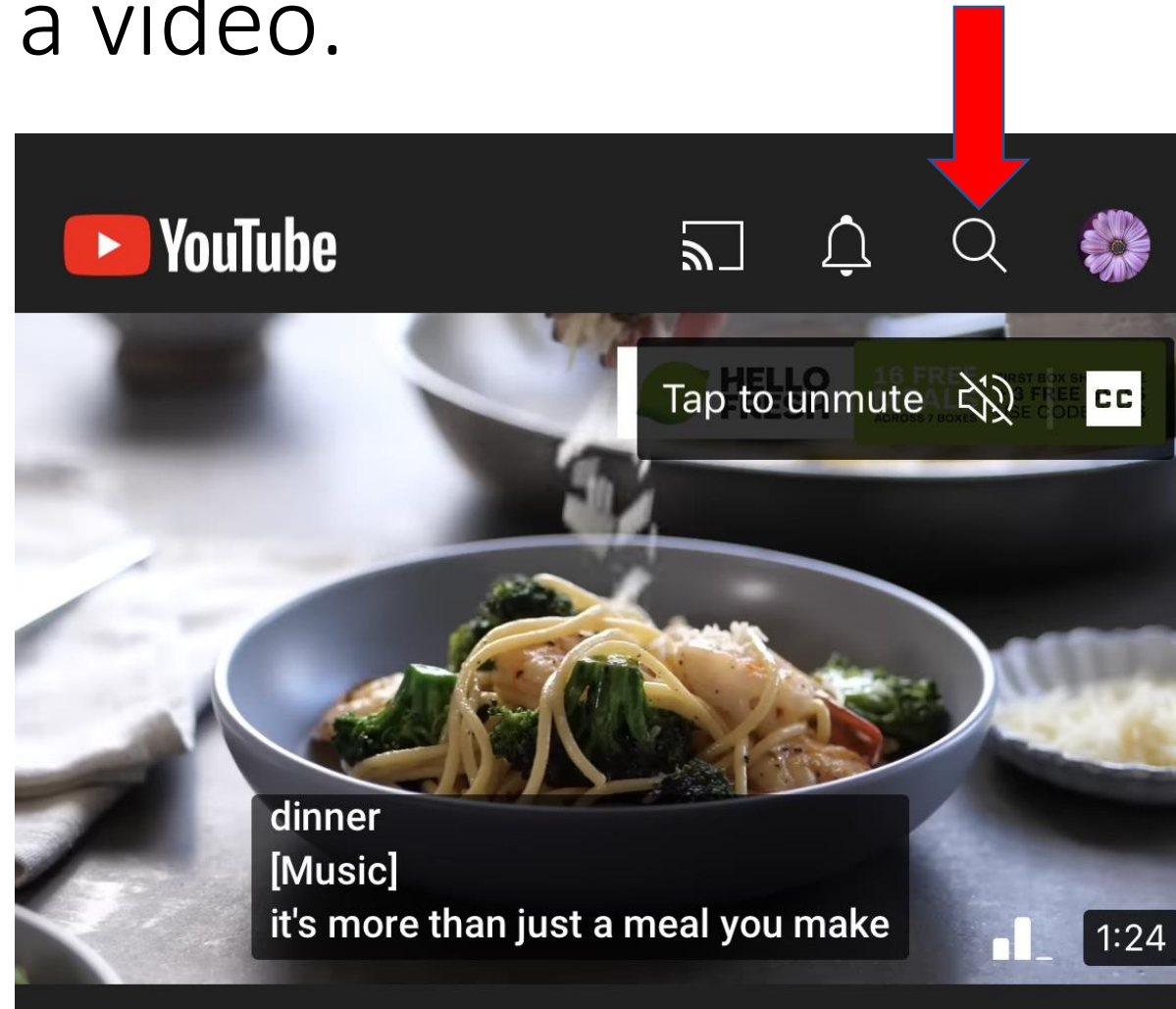
Search on YouTube

- On a computer, find the search bar at the top of the page. After typing, hit the magnifying glass icon.



The image shows a screenshot of the YouTube website interface. At the top, the YouTube logo is on the left, and a search bar contains the text "dogs on skateboards". To the right of the search bar is a magnifying glass icon, which is highlighted by a large red arrow pointing from the right side of the image. Below the search bar, the left sidebar contains navigation options: Home, Trending, Subscriptions, Library, History, Watch later, and Liked videos. The main content area displays a list of search results. The first result is "Ultimate Skateboarding Dog Compilation" by Comedy For Profit, with 128K views and posted 4 years ago. The second result is "Dog on Skateboards 🐕🐕 Amazing Skateboarding Dogs (Laughs)" by Epic Laughs, with 2.4K views and posted 3 months ago. The third result is "Skateboarding Dog - HD Redux" by RNickeyMouse, with 5.1M views and posted 9 years ago. Each result includes a video thumbnail showing a dog on a skateboard and a duration indicator in the bottom right corner.

- On a smartphone or tablet, locate the magnifying glass icon at the top of the screen to search for a video.



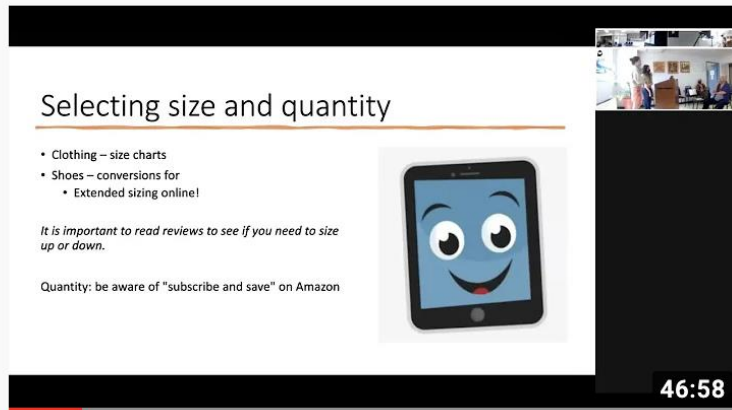
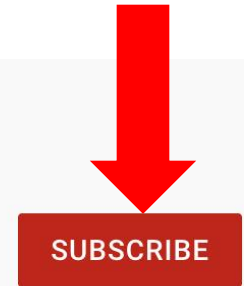
Subscribe to Channels on a
computer

- **On a Computer**, after you search for a specific channel, you will have a subscribe button on the right-hand side of the page.
- Click on the **subscribe** button to get notifications every time a channel posts a new video.



RSS - Center for Ageless Living

143 subscribers • 113 videos



RSS Tech How To's: ONLINE SHOPPING

11 views • 2 months ago

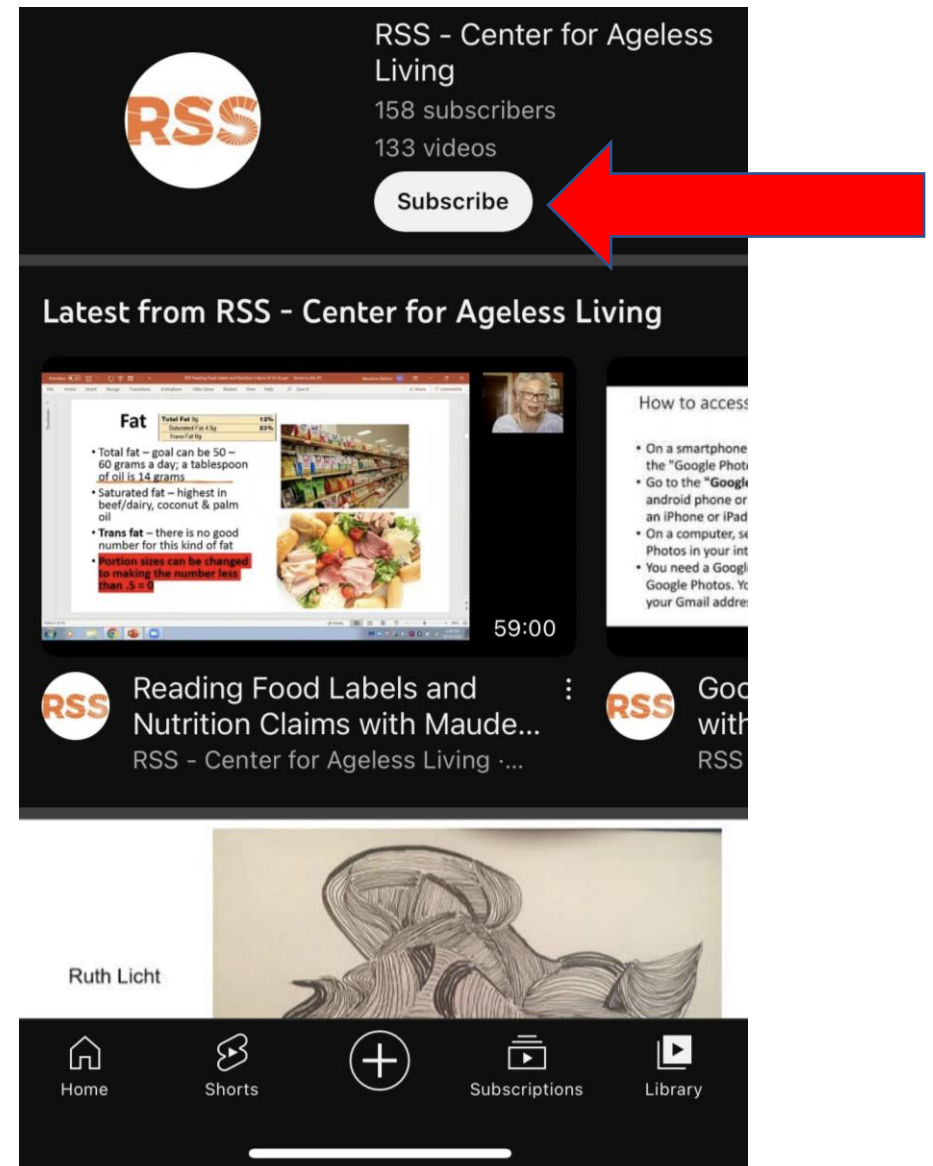
 RSS - Center for Ageless Living

14:56 So you just got to watch out for those codes like caroline center then a banner or sometimes if you're subscribed to that company ...

Subscribe to Channels on a
smartphone or tablet

- On a smartphone or tablet, after you search for a specific channel, you will have a **white** subscribe button on the bottom of the channel's name.

Click on the subscribe button to get notifications every time a channel posts a new video.





How to find specific videos
on our YouTube page
(computer feature only)

Step 1: Find and click the search icon on our YouTube Page.



The screenshot shows the YouTube interface for the channel 'RSS - Center for Ageless Living'. At the top, the search bar contains the text 'rss center of ageless living'. Below the search bar is a large green leaf image. The channel name 'RSS - Center for Ageless Living' and '155 subscribers' are displayed. A red arrow points to the search icon in the navigation bar. Below the navigation bar, the 'Uploads' section is visible, featuring five video thumbnails with their titles and view counts.

Video Title	Views	Time Ago	Duration
RSS Retirement Party for Betty!	25 views	3 days ago	11:40
Women's Equality Day	21 views	9 days ago	28:27
Massage and Mindfulness Meditation with Paula	700 views	3 weeks ago	40:30
Food Safety with Maudene	15 views	1 month ago	58:09
Guided Meditation with Barbara	192 views	1 month ago	36:13

Step 2: Type the name of the video you are looking for and hit "Enter" on the keyboard (example: Guided Meditation with Barbara)



A screenshot of a YouTube channel page. On the left is a navigation sidebar with icons for Home, Explore, Shorts, Subscriptions, and Library. The main content area shows the channel name 'RSS - Center for Ageless Living' with 155 subscribers and a 'SUBSCRIBED' button. Below the channel name are navigation tabs for HOME, VIDEOS, PLAYLISTS, CHANNELS, and ABOUT. A search bar contains the text 'Meditation with Barbara'. Two video thumbnails are displayed: the top one is 'Guided Meditation with Barbara' (36:13) and the bottom one is 'Sitting Hun Yuan Qi Gong with Bruce McKenna' (8:04).

Create Playlists on a Computer



- Step 1: Find a video you want in the playlist.
- Step 2: Under the video, click **Save** .

Nutrition Facts
4 servings per container
Serving size 1 cup (227g)

Amount per serving
Calories 280

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

For frozen lasagna

1. Serving Information →
2. Calories →
3. Nutrients →
4. Quick Guide to percent Daily Value (%DV)
• 5% or less is **low**
• 20% or more is **high**

https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label

Reading Food Labels and Nutrition Claims with Maudene

7 views...



0



DISLIKE



SHARE



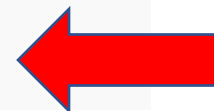
DOWNLOAD



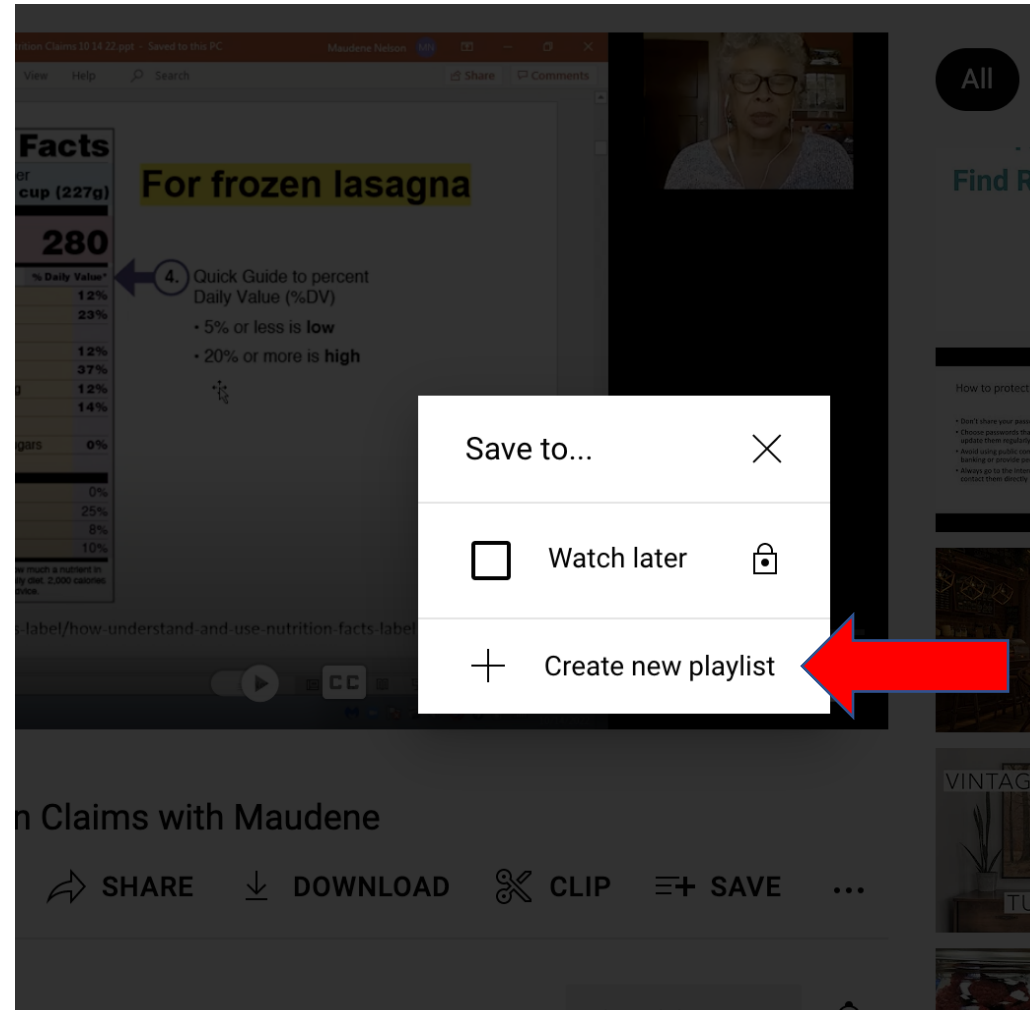
CLIP



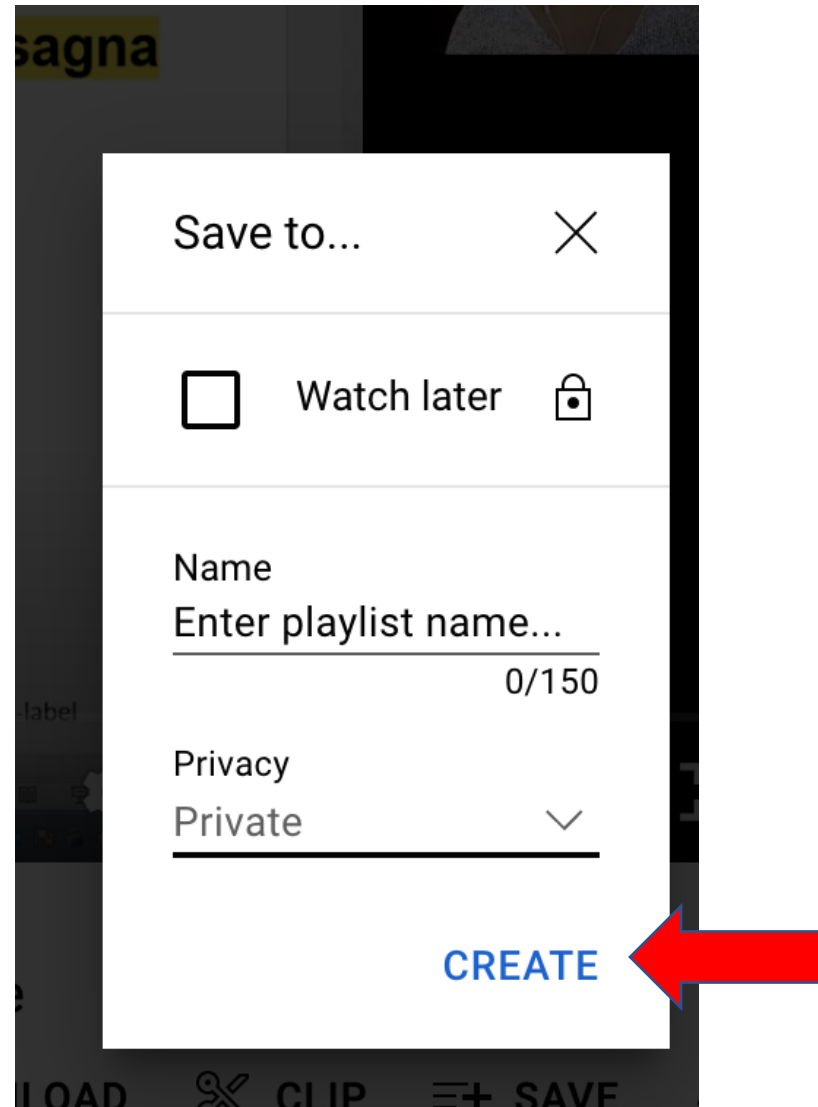
SAVE



Step 3: Select a playlist such as Watch Later or click **Create new playlist** .



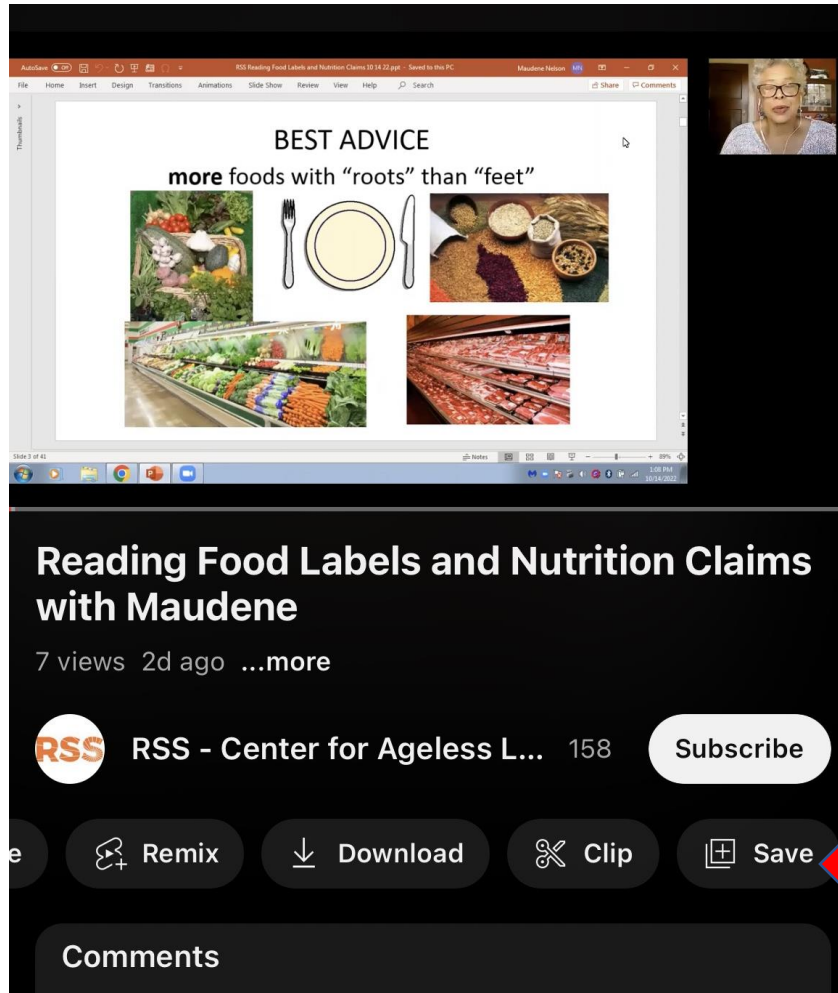
Step 4: Enter a playlist name and then hit "Create". You can always access your Playlists in the library tab.



Create Playlists on a
smartphone or tablet



- Step 1: Find a video you want in the playlist.
- Step 2: Under the video, swipe to the left until you see "Save". Click **Save**.



The screenshot shows a YouTube video player interface. The video content is a presentation slide titled "BEST ADVICE" with the subtitle "more foods with 'roots' than 'feet'". The slide features four images: a basket of fresh vegetables, a plate with a fork and knife, a bowl of grains, and a display of packaged meats in a grocery store. The video title is "Reading Food Labels and Nutrition Claims with Maudene", with 7 views and posted 2 days ago. The channel is "RSS - Center for Ageless L..." with 158 subscribers. A red arrow points to the "Save" button in the bottom right corner of the video player controls.

Reading Food Labels and Nutrition Claims with Maudene

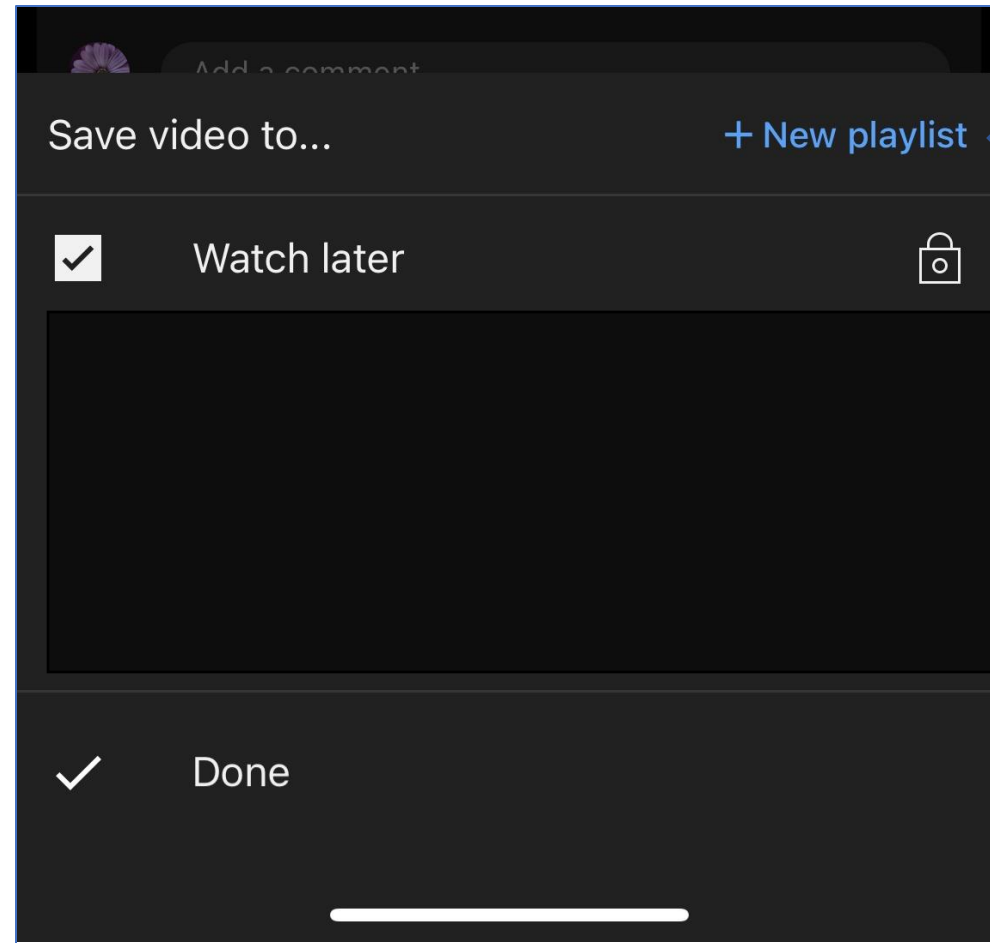
7 views 2d ago ...more

RSS RSS - Center for Ageless L... 158 [Subscribe](#)

[Remix](#) [Download](#) [Clip](#) [Save](#)

Comments

Step 3: Choose between watch later or "New Playlist" to create a new playlist.



Step 4: Enter a playlist name and then hit "Create".
You can always access your Playlists in the library tab.

