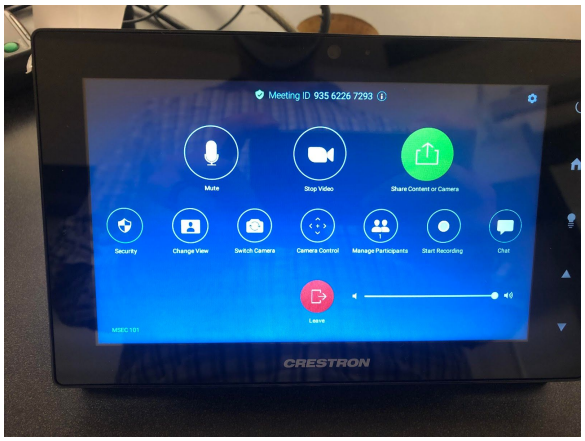
First tap anywhere on the screen.
Then select All Screens and tap on Zoom in the middle.
After that tap on the Zoom Sharing button in the bottom left corner.

On the Zoom Sharing page select what source you will be teaching with.
Then tap on Zoom Controls in the bottom right corner.



If your meeting has already started you will now see the In Meeting controls.
To start sharing tap on the Green Circle that says Share Content or Camera.