

An-Najah National University



Healthy & Fun Plate for kids

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Introduction:

- Mothers have difficulties in persuading their baby to eat healthy meals at home and go to processed foods. Our goal in this research is to improve children's acceptance of healthy meals by helping mothers to follow certain food preparation methods to solve this problem.



Inspirational Idea



Method

- Distribution a questionnaire to 57 mothers who have a child their ages ranging from (3-8).
- Making the fun plate.
- Applying study on Zaina who is one of the kids that have affected by game.



Result

| Answer NO | Answer Yes | The Question |
|-----------|------------|--|
| %16.1 | %83.9 | Encourage the idea of the new dish |
| %5.3 | %94.7 | Support the idea of decorating food |
| %28.1 | %71.9 | Diversify the ingredients of the dish when preparing for a child |
| %43.9 | %56.1 | Child participation in preparing food |
| %35.1 | %64.9 | Try to submit the rejected food again |
| %43.9 | %56.1 | Definition of the benefits of food to the child |
| %47.4 | %52.6 | Using animation |
| %24.6 | %73.7 | Child reward |



| The Ratio | Equivalent Type |
|-----------|------------------------|
| 36.7% | Game |
| 18.4% | Watching TV |
| 14.3% | Chips |
| 16.3% | Candy |
| 14.3% | Going out with friends |



- From our survey, a large percentage of mothers encouraged the idea of this dish and the most large percentage says that the mothers give their child a gift in order to encourage them to take the meal.
- After the application of the idea of the dish on , zaina it increases his desire to eat and this method for zaina is attractive and exciting for her, therefore, the way to deal with the child and take things that attract his attention helps to accept the food and improve the health status of the child and reduce the risk of malnutrition.









Conclusion

- Healthy and fun plate is one of the most attractive ways for children to healthy food.
- Mother has a big role in the analysis of the personality of her child and her Influence on him.



Budget

40 NIS

The cost of the dish
(one copy)

30 NIS

the cost of the
dish (in a big
quantities)



Difficulties

- Not finding the right place to make the dish of plastic .
- There is no carpentry that help us to manufacture this dish from wood with a lower cost.



Perspectives

- We hope to find a person or a place that manufactures this dish of plastic with lower cost and easier using.
- We also hope that the idea of this dish is applied in a kindergarten.



Thank you

