

# Educational tools (nutrition games)

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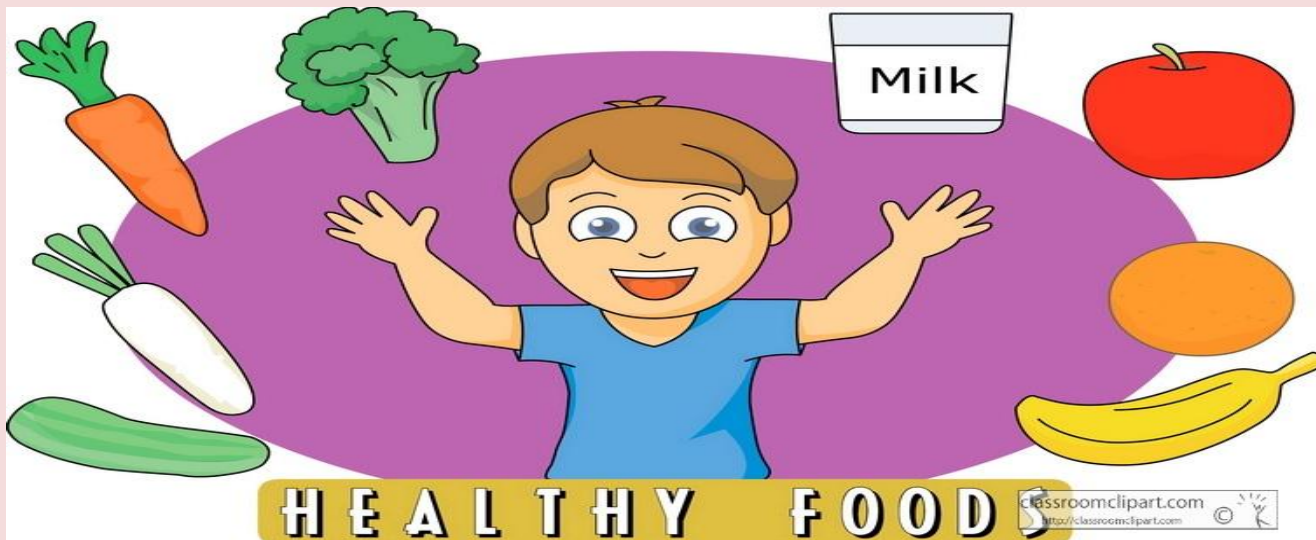


# Out line

- Introduction .
- why choosing games.
- Methodology.
- Types of game.
- Conclusion.
- obstructive.
- Future vision.

# Introduction

Raising a child with healthy nutritional habits is not easy especially with the temptations of junk food, and since children enjoy games we thought of making a combination of both games and nutritional information.



# Why choosing games ?

- Attractive.
- Fun.
- Good use of free time.
- introduce real information about nutrition especially due to spread unreliable information on social media.

# Methodology

1-Determine the type of games:

- Nutrition cubes games
- Puzzle
- Nutromino ( Nutrition domino )

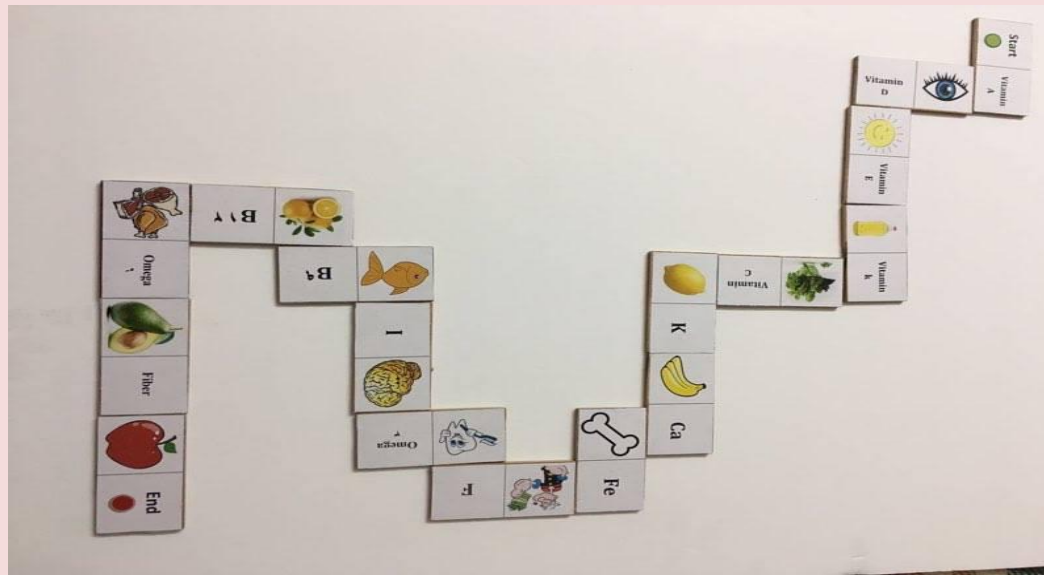
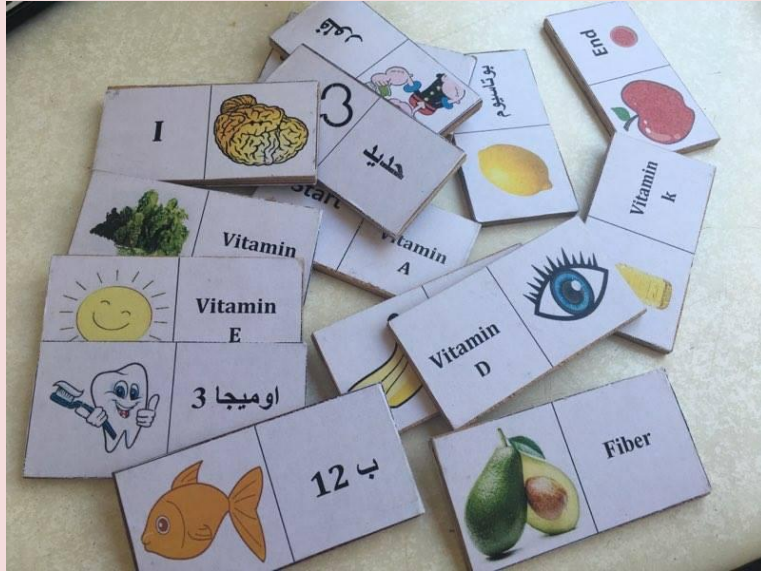
2-Determine content for each game.

# 3-Experimental work

Seeing the reactions of children while playing the games , and getting feed back from them in order to improve the game , we visited “ Sara Taher Hannon “ sixth grade.



# Nutromino ( Nutrition domino )



# Nutromino (nutrition domino)

Goal: introduce the sources of vitamins and minerals Dominoes to children in a fun, active and easy way. is a family game that is played with rectangular "domino" tiles.

Each domino is a rectangular tile with a line dividing its face into two square ends. Each end is marked with a type of food, vitamin or mineral. the Domino tiles are ordered side by side where each type of food matches the vitamin or mineral that contains until all the tiles finished and the game ends.



# Modifications

First I asked my Family members to play the game and I noticed That they had some difficult matching the domino tiles, Because they didn't have enough nutritional information so I attached a handle book that has the nutritional information about the food sources included in the game



# Modifications

When I asked a few children to play the game they had difficulty in English symbols and abbreviation of minerals and vitamins , so I added an Arabic version of the game and on the back of tiles







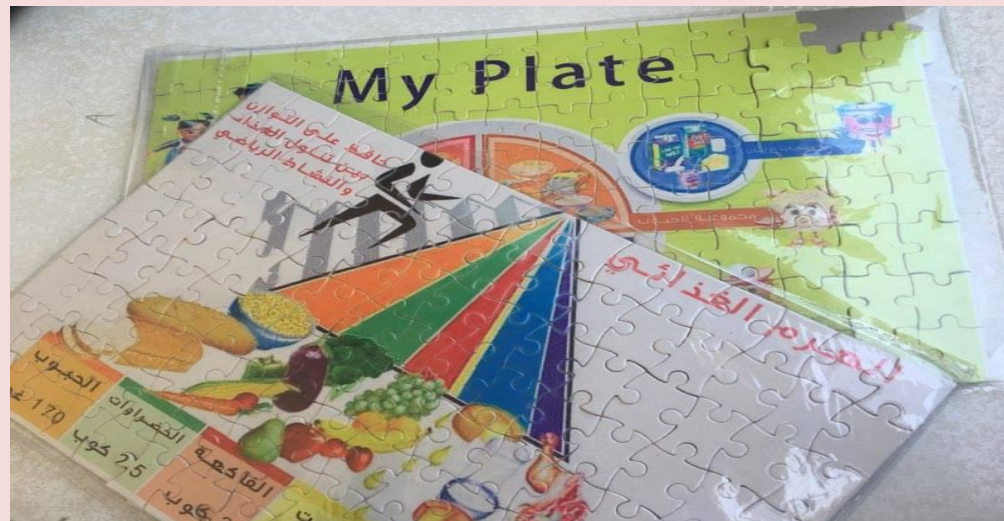
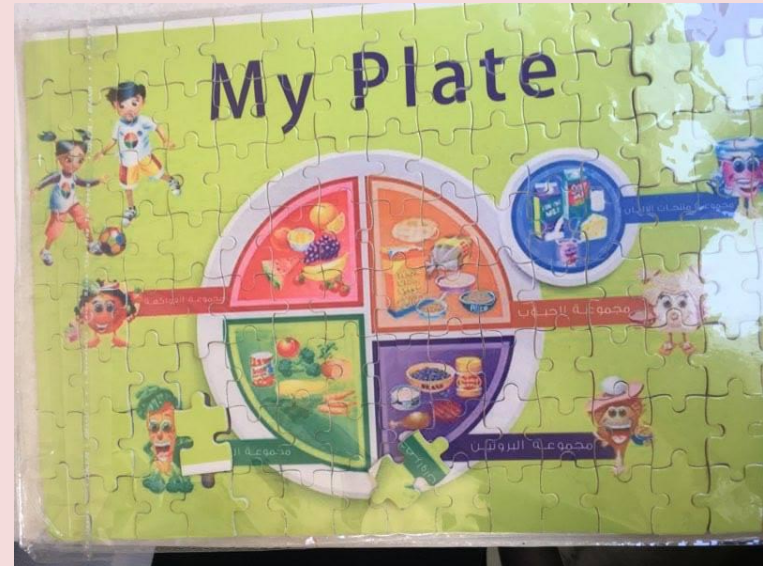








# Puzzle





# Puzzle

Puzzles are great for helping young brains develop and grow.

Puzzles are often an individual activity and can also be a small group activity .

together In a puzzle , one is required to put pieces in a logical way , in order to arrive at the correct solution of the puzzle







## My Plate



الهرم الغدائي  
 حافظ على التوازن  
 بين تناول الغذاء  
 والنشاط الرياضي



الهرم الغدائي

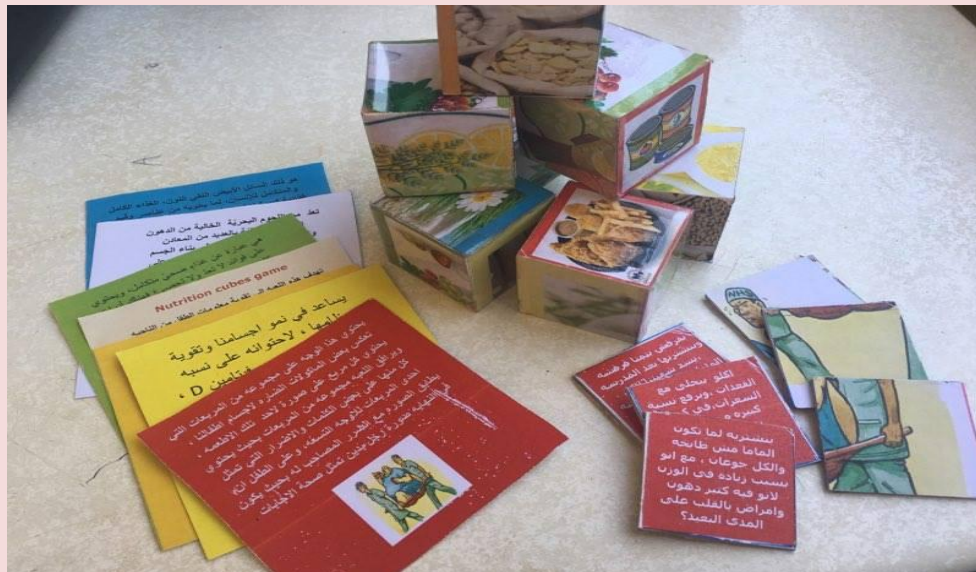
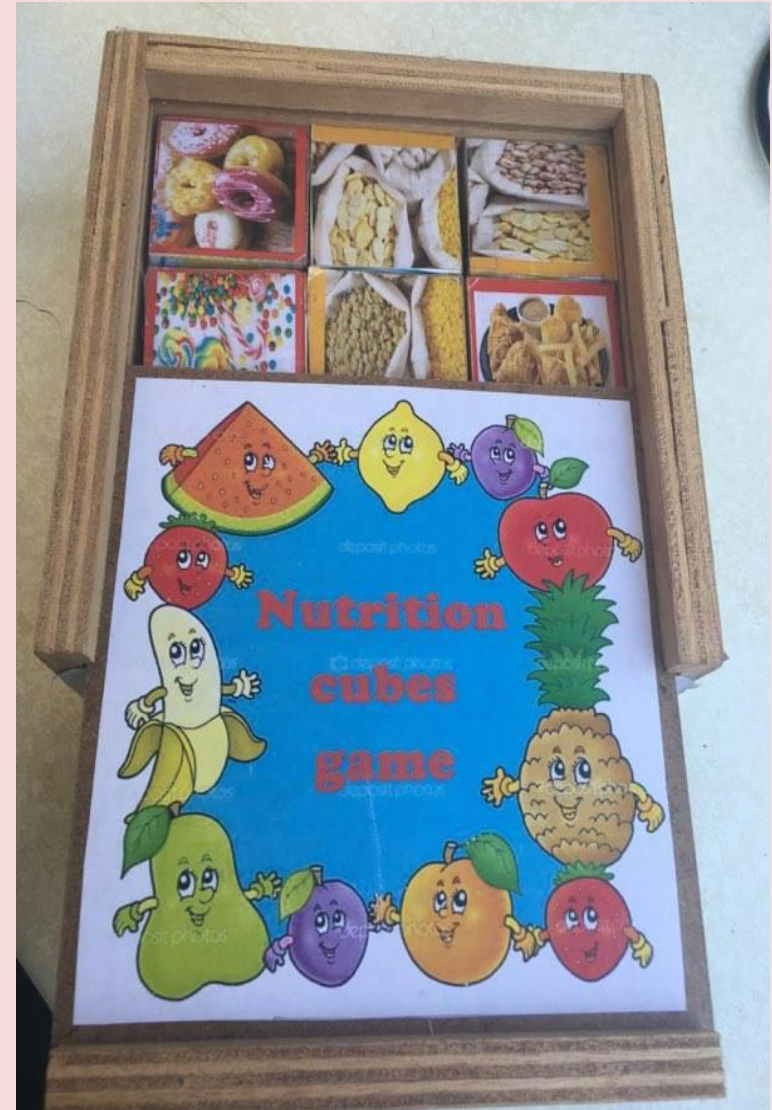




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# Nutrition cubes games





# Nutrition cubes games

**Goals :** Introduce the advantages of some food( milk , fish , eggs , legume , vegetable and fruit ) and disadvantages of other such as (soft drinks , candy , fried food , Chips ) By using method that encourage him to think and analyze and at the same time with fun.

Nutrition cubes is a game that can played Individually or with groups and with children in age (7-14) or higher , it contain 9 cubes with different faces in each cube ,The child must collect a complete picture from each cube by using an attachment handbook for the game which contain information about each image.

**- Modification on this game .**











# CONCLUSION

- we note that there are some children didn't have any information about good nutrition , so they have some difficulties during play .as a recommendation they can play with their parents .
- The usage of games to introduce nutritional information for children is very effective way that helps to keep information's in their mind. .

# Difficulties

- Many idea.



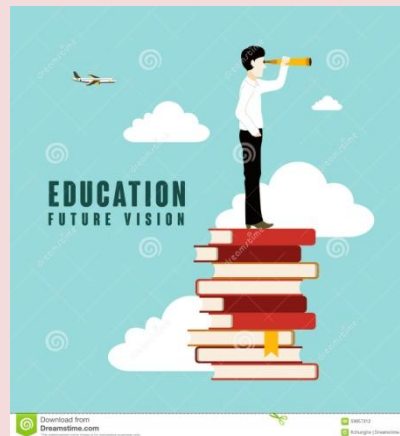
-Training pressure & Time .



-preparation of games .

# Future Vision

- 1- Developing our games with different idea .
- 2- design new games .
- 3- apply the games in different places such as , hospital , centers , schools , markets , university .
- 4- project owner to marketing the games and collect the money ( Business ).



Thank you 😊

