



The GaNE project

Game-based nutrition education of children

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Thesis for the degree of MS.c in Human Nutrition





Aims of the GaNE project

- Develop a gaming application for nutrition education
 - Based on peer education
- Investigate the effect of a four week intervention
 - On children's perception, food literacy and their vegetable and fruit consumption





Development phase

- Food-Quiz and Food-APPlE
- Learning material with evidence based sources
- Emphasise:
 - Wellness through tasty, healthy and sustainable Nordic food





Participants

- 10-12 year-old children
- Intervention group (n=30)
- Control group (n=30)

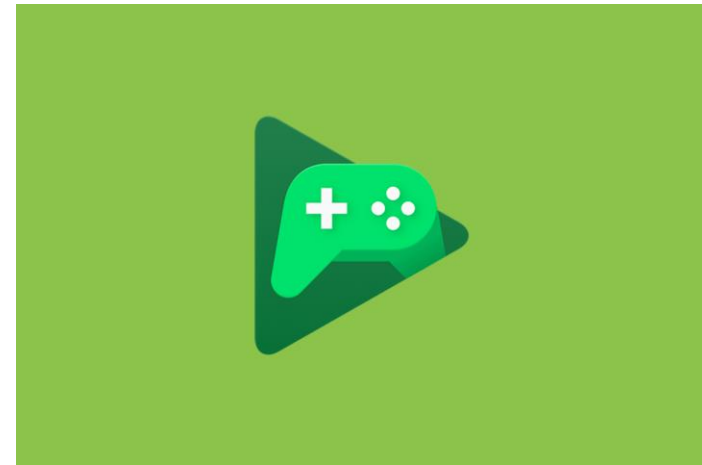


Coding PIRATES





Game play





Results

- Is there a difference between the groups in perception, food literacy and vegetable and fruit consumption.
- More interest in nutrition among all participants?
Because they love the games and the booklet 😊





If all my dreams came true..

- Nutrition education would be part of the curriculum in all elementary school in the world
- New interactive technologies used for nutrition education
 - For fun
 - Problem solving real world scenarios
 - To practise what you preach





Thank you for
listening

