



HWA CHONG INSTITUTION (HIGH SCHOOL SECTION)

Cat 4 RESOURCE DEVELOPMENT

NUTRITION

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ABSTRACT:

Project Nutrition is a resource package which aims to promote the idea of leading a healthy and balanced lifestyle with the proper intake of nutrition and also educate children aged 11 to 13 the importance of proper nutrition. Project nutrition also aims to help those who are struggling to have a healthy lifestyle by providing information regarding methods and tips to help develop and maintain a healthy and balanced lifestyle. Project Nutrition uses engaging and fun resources--a YouTube video made with Powtoon and Kahoot, which helps our audiences easier digest the information.

Acknowledgement:

We would like to thank our mentor, Ms Pek Ru Heng, who has guided and helped us through our project work. She has helped set up our foundation, and from there on build the structure of this project by our side, guiding us. Hence if not for her, we would not have achieved what we had thus far.

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1 Introduction

1.1 Background Information

Proper nutrition is extremely important in leading a healthy and balanced lifestyle. It prevents illness or chronic diseases, maintains our weight and gives us strong bones and teeth. Without proper nutrition, we will fall sick easily. Eating the correct amount and type of food which contains nutrients our body needs will allow us to have proper nutrition. However, many children in Singapore do not have proper nutrition due to high stress levels which turns out to affect their nutritional intake. This can be seen in most Singaporean children's weights which are either underweight or overweight.

1.2 Rationale

Knowing the importance of proper nutrition in children especially when they are now in the growing process, we wish to promote proper nutritional intake in Singaporean children.

1.3 Target Audience

Our target audience are children aged 11 to 13 years old.

1.4 Objectives

We wish to promote the idea of leading a healthy and balanced lifestyle, with the proper intake of nutrition and to help our audience, especially those who face difficulty in leading a healthy lifestyle.

1.5 Resources

We have created a video made with Powtoon and a mini quiz made with Kahoot. The video consisted of nutritional facts and what they can do to consume the correct type and suitable amount of food containing the essential nutrients for children aged 11 to 13. For our quiz comprising questions related to the information provided in our video, it tested our users on what they have learnt from the video and reinforces their knowledge on proper nutrition.



2 Review

2.1 Existing Resources

Although there were many existing resources which educate people on proper nutrition like websites, we found out that many websites were too wordy and would thus be ineffective.

2.2 Why is our project necessary?

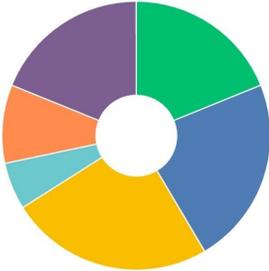
There are many physically unfit children in Singapore, most likely because they have not consumed enough proper nutrition and have over consumed unhealthy food. Our products will provide them with the information to help change their diets for the better.

3 Methodology

3.1 Needs Analysis

We have gathered a total of 53 responses from our survey.

5. When did you start feeling stressed?



Answered: 53 Skipped: 0

Secondary 1	18.87%	10
Primary 6	22.64%	12
Primary 5	24.53%	13
Primary 4 and under	5.66%	3
All of the above	9.43%	5
None of the above	18.87%	10

2. Are you satisfied with your weight?

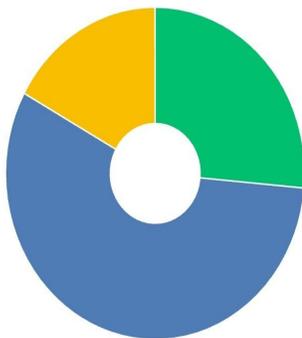


Answered: 53 Skipped: 0

Strongly agree	24.53%	13
Agree	35.85%	19
Disagree	26.42%	14
Strongly disagree	13.21%	7

According to the responses from our survey, the most people started feeling stressed at Primary 5, Primary 6 or Secondary 1.

6. When you were/are stressed, did it affect your nutrition intake?



Answered: 53 Skipped: 0

Yes	26.42%	14
No	56.6%	30
I don't feel stressed.	16.98%	9

Based on this result, approximately a quarter of our respondents felt that higher stress levels would affect their nutritional intake. Since most of our respondents felt that they experienced the most amount of stress in Primary 5, 6 and secondary 1, and a quarter of them felt that feeling stressed would affect their nutritional intake, we decided to focus mainly on promoting proper nutrition for children aged 11 to 13.(Primary 5 to Secondary 1)

3.2 Construction of Resources

This is the list of resources that we made:

List of resources	What we have included in it
Youtube Video	Tips and methods to help our audience develop and maintain a healthy lifestyle.
Kahoot Quiz	A quiz to test our audience on their understanding of proper nutrition after watching our video.
External Presentation	Presentation to teachers/ All our resources

3.2.1 Youtube Video



Link to video: <https://www.youtube.com/watch?v=fCLiI5TliSE&t=2s>

We have created a video using Powtoon. It includes soothing music and many animations to attract children to watch the video. The information included are also in short phrases. This is so that our young audiences can understand the information easier.

3.2.2 Kahoot Quiz



Link to Kahoot:

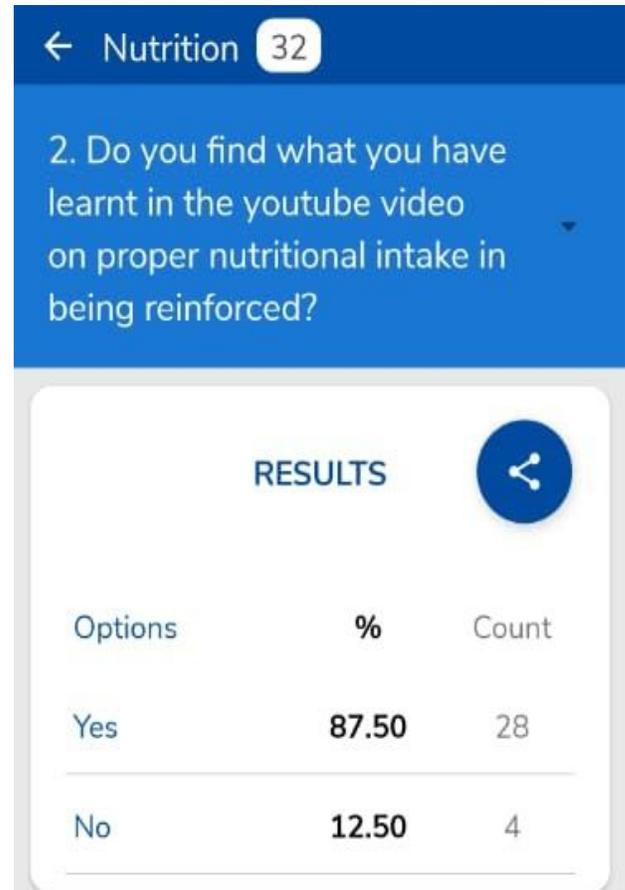
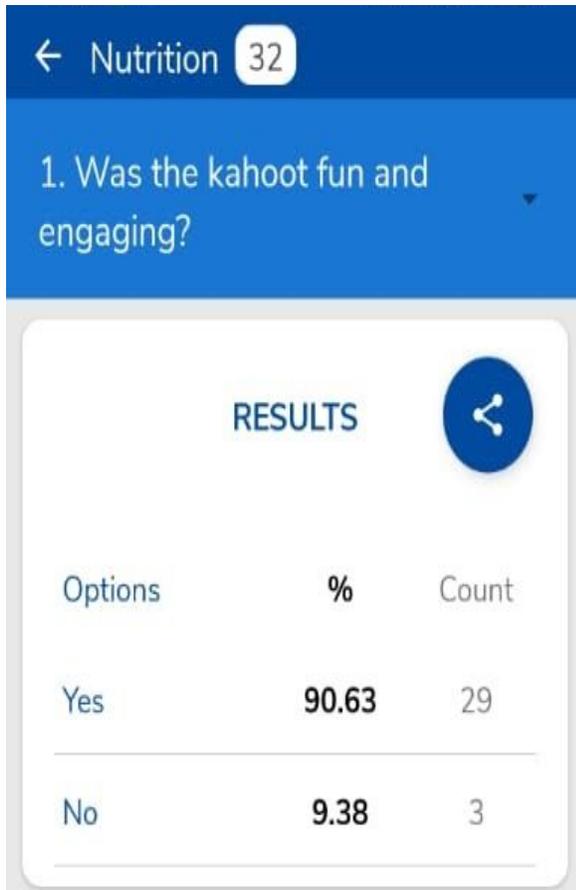
<https://create.kahoot.it/share/nutrition-quiz/6813fde2-fb90-4083-9cba-8e0749696809>

We have made a short Kahoot quiz to test our audience's knowledge regarding proper nutritional intake. Our Kahoot video was meant to test our audiences' knowledge on proper nutritional intake after watching our video. We hoped that it would reinforce our audiences' understanding of the importance of nutrition, how to have good nutrition, and lead an overall balanced lifestyle. The above picture was an example of the questions we had asked in our Kahoot quiz.

4 Outcome and Discussion

4.1 Pilot Testing

We have conducted a survey asking our audiences how they feel about our video and Kahoot Quiz. Here are the results of the survey.



According to our results, more than 85% of the participants who took part in this survey gave positive feedback for each question. This shows us that our Kahoot quiz is engaging and is able to reinforce what our audience have learnt in the video on proper nutrition. It hence proves that our products were useful for the majority.

4.2 Limitations

We were unable to do interviews and connect or meet with our audiences because of the COVID-19 crisis, which caused us unable to go out frequently and we had trouble arranging a date that we could meet up. We could also only discuss through google meet, which is not effective and efficient as discussing with each other in real life.

4.3 Future Work and Research

Our products are always accessible and so might help audiences who come across it in the future. We have developed an interest in this project and so we might go on to create a website, which will include more detailed information regarding proper nutritional intake.

5 Conclusion

In conclusion, we are very proud of Project Nutrition, and it has received many positive feedbacks as well. We really hope we have helped others through this project, and we also learned a lot while growing this project, and had a lot fun too. We would like to also thank those who have encouraged us along the way. This has been a very meaningful journey.

6 References

Images:

Hwa Chong Logo:

<https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTU8TwZxa9IJUsgYD8HkPgzMuVKwYv91SbuELVSNYMMDiqzDnfR&s>

Kahoot logo:

<https://knilt.arcc.albany.edu/images/6/6b/Kahotgrid.jpeg>

Powtoon logo:

https://mma.prnewswire.com/media/1138025/Powtoon_Logo.jpg?p=twitter

Youtube logo:

<https://cdn.mos.cms.futurecdn.net/SytNGv3ZxAVCkvcspmbbh.jpg>