

Cat 4 Resource Development

Group 4-093

The Healthy Board Game

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Abstract

We want to educate teenagers through our board game and website and encourage them to practise good eating habits. Our board game and website educates teenagers on how to eat healthier by teaching them about food nutrition and health problems that are caused by unhealthy eating. The 8 organs we mainly talk about in our board game and website is liver, pancreas, large and small intestine, stomach, kidneys, lungs, brain and the heart. Families can bond together, play and learn new information at the same time.

1 Introduction

1.1 Rationale

Many teenagers like to go to hawker centers and fast food restaurants instead of eating at home as the food is quick to prepare and delicious at the same time. Fast foods are high in sodium, saturated fat, trans fat and cholesterol. Many teenagers are unaware of that and are unknowingly harming their body. This is why we want to educate them on the benefits of healthy eating through the board game, a fun and interactive activity. We chose the board game as a research on 16 year olds in 2013 showed that people

get a memory jog when learning through a way they enjoy, and we believe that the board game allows people to have fun and learn at the same time. We also want to educate them on what foods improve the health condition of the different organs and what foods bring harm to their bodies.

1.2 Objectives

The objectives of the healthy board game is:

- To educate teenagers and families on healthy eating and keeping a healthy diet
- To educate teenagers and families on unhealthy eating and the health issues they might cause
- To encourage teenagers and families to keep to a healthy diet and focus on foods that will bring benefits to their bodies.
- To encourage teenagers and families to avoid unhealthy foods that may cause health issues.
- To ensure that the teenagers also remember what they learnt.

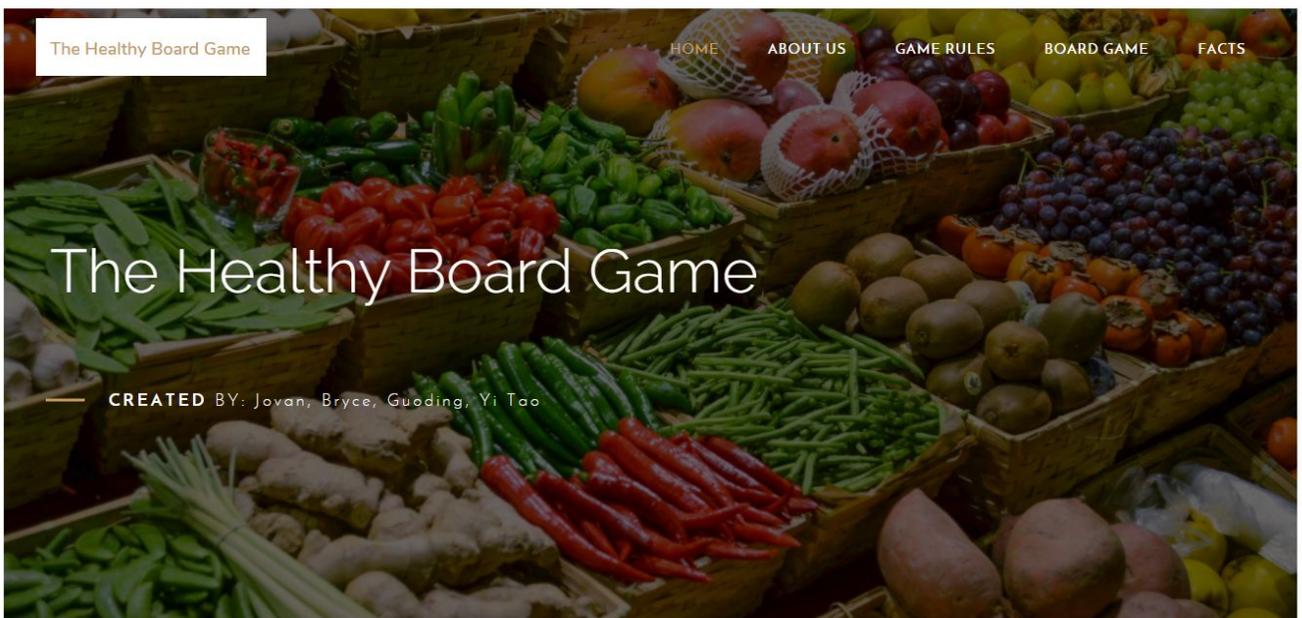
1.3 Target Audience

Our board game is suitable for all age groups but is mainly targeted at teenagers and their families.

1.4 Resources

The resources created for this project suits our concepts and target audience. It is an integrated online platform consisting of a website and a board game that explains the benefits of healthy eating and consequences of unhealthy eating. The link to our website is:

<https://thehealthyboardgame.webnode.com/>



Our website

2 Review

There are many websites about eating healthy and keeping a healthy diet. However, these are all scattered and do not directly hit the point. We then decided to consolidate all these information into one website and make a board game that will attract the attention of people. By doing this, people will feel motivated to play our game and will be interested to know more about healthy eating and keeping a healthy diet. This will improve their health and reduce the chances of developing a disease.

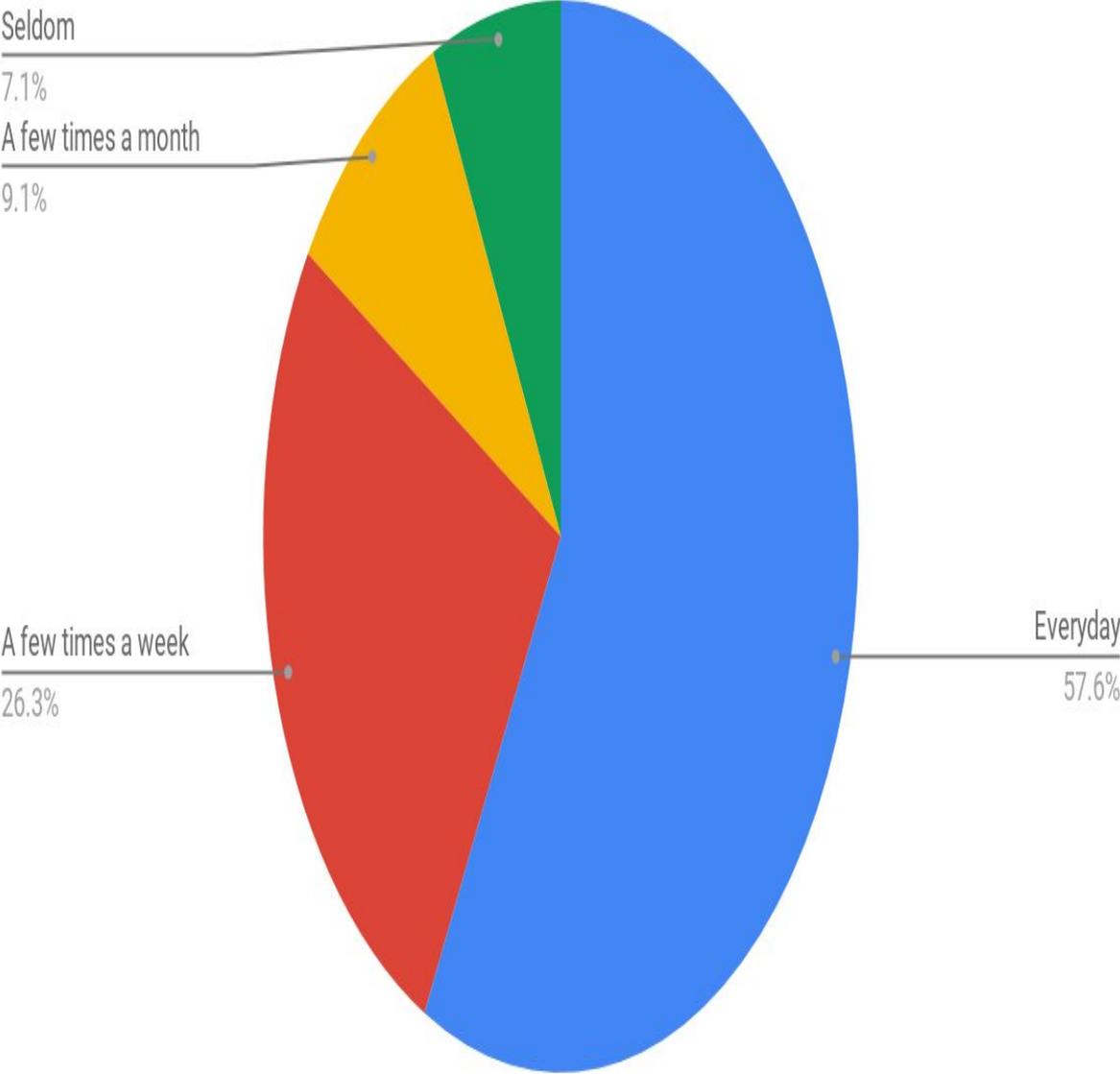
3 Methodology

3.1 Needs Analysis

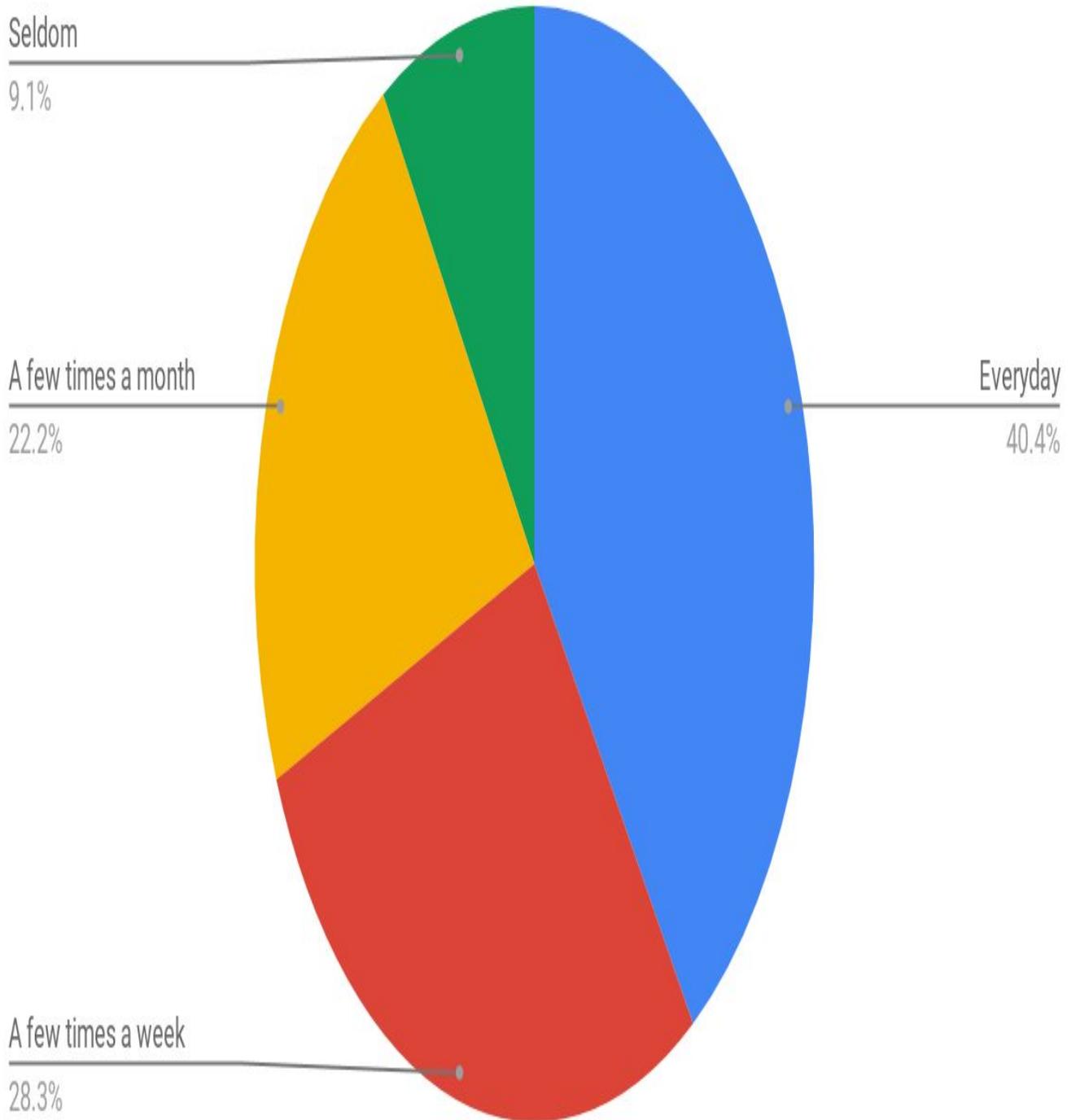
A needs analysis was conducted to ascertain the relevance of such a project. A questionnaire was conducted to establish the respondents' position on healthy eating and unhealthy eating. Indeed, the 140 respondents who were teenagers indicated that they had bad eating habits as many ate sweet foods on a regular basis. This survey confirmed the feasibility of the project.

3.2 Survey results

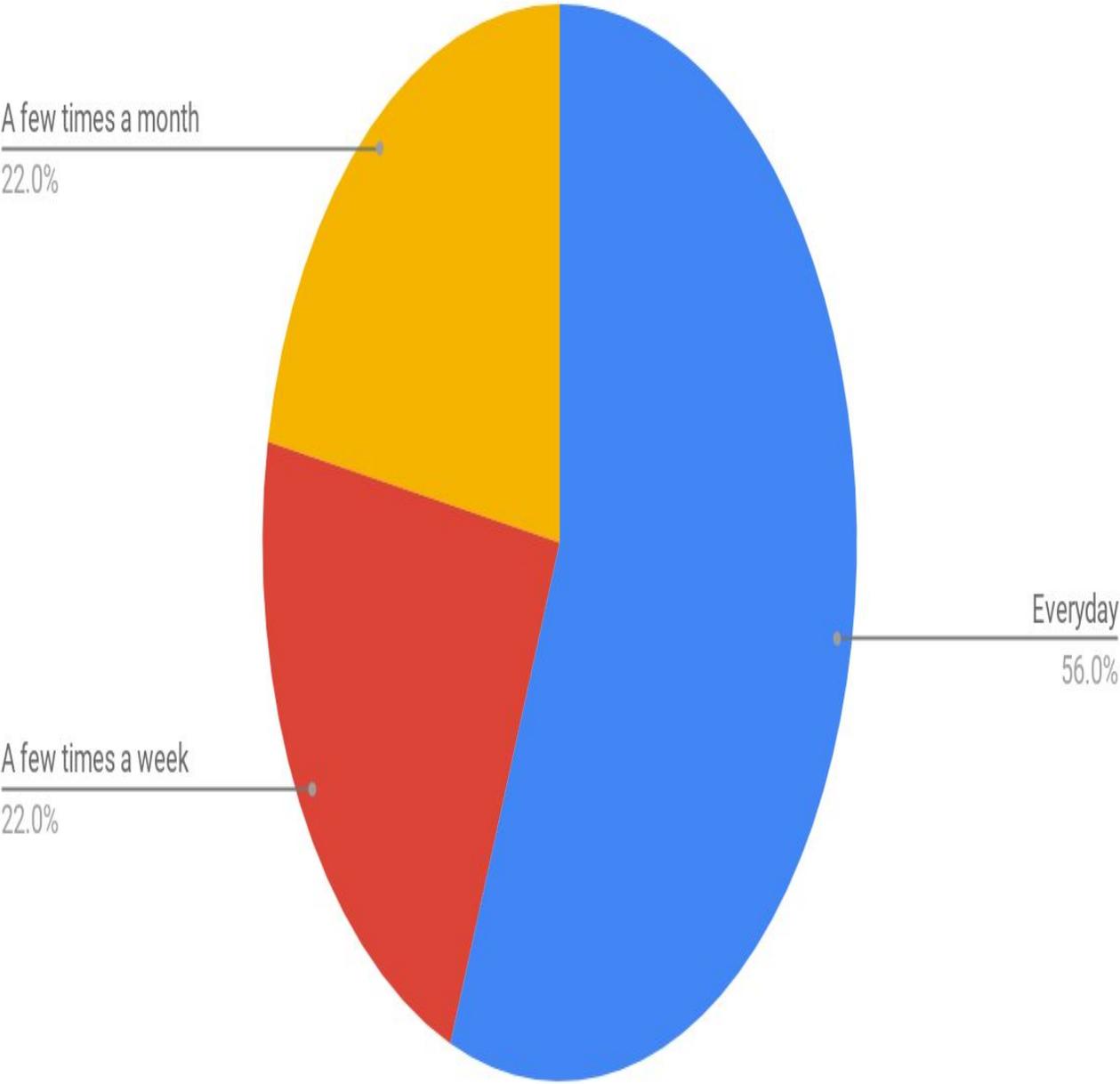
How often do you eat sweet food?



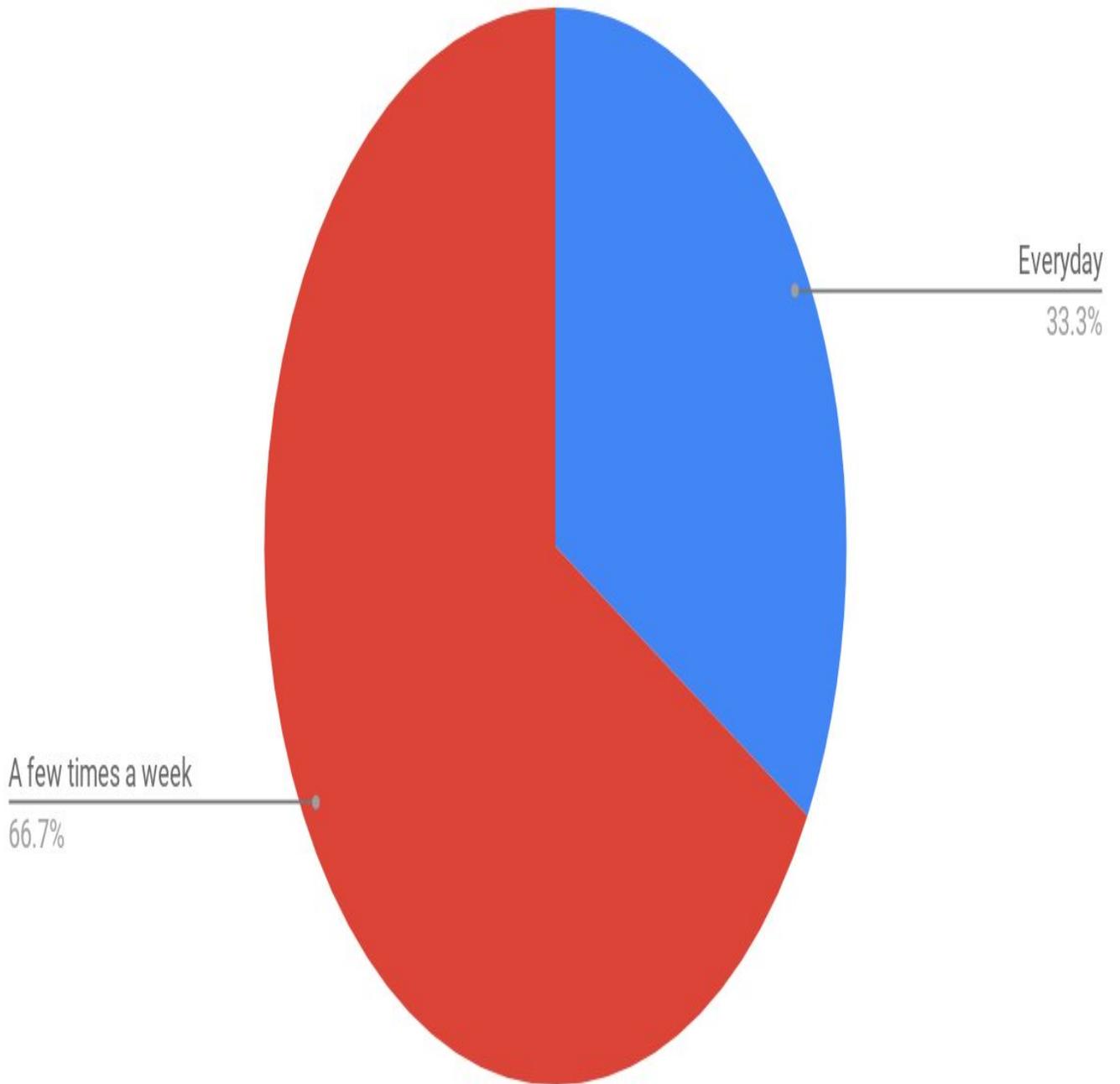
How often do you drink sweet drinks?



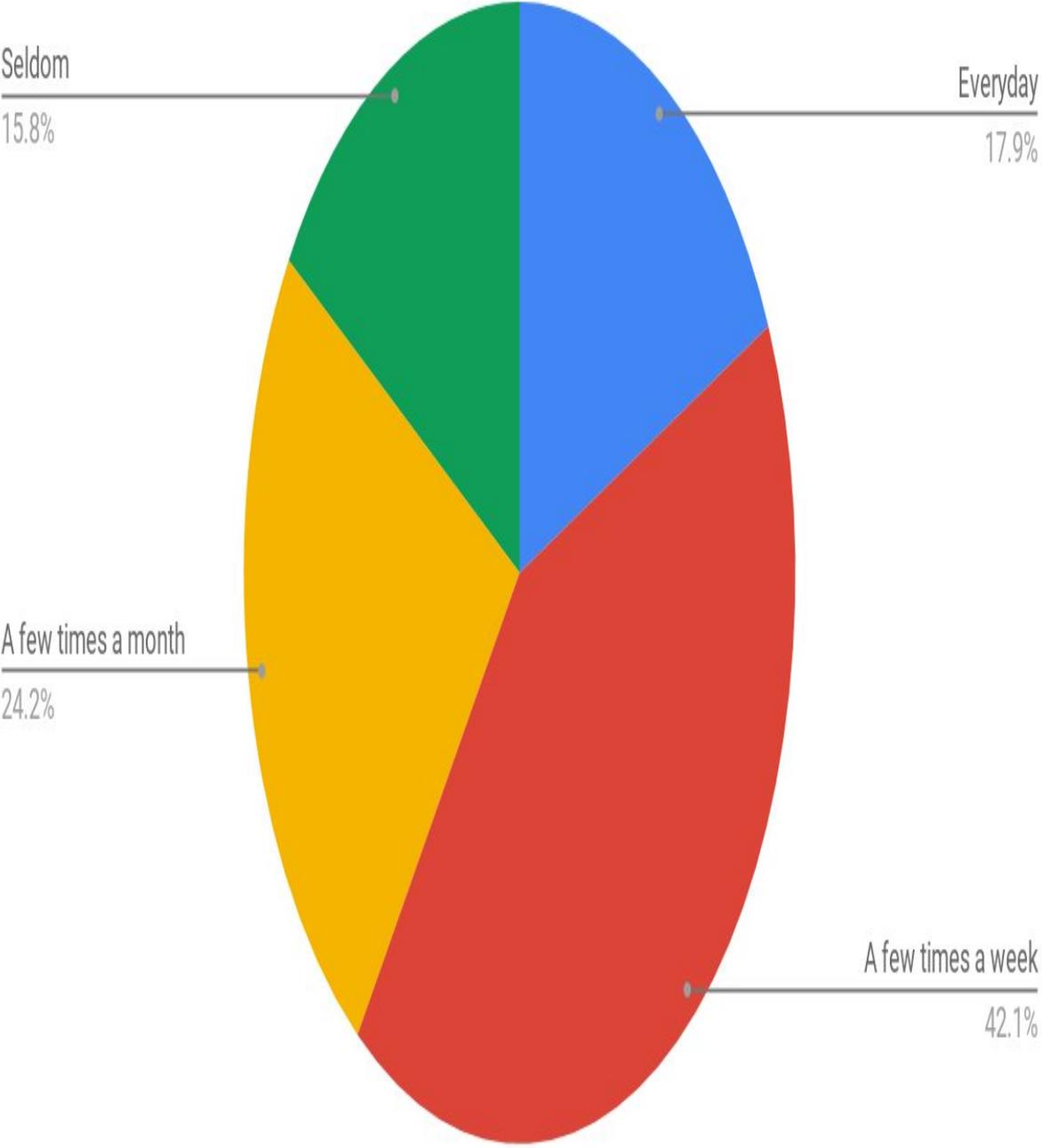
How often do you eat oily or fried food?



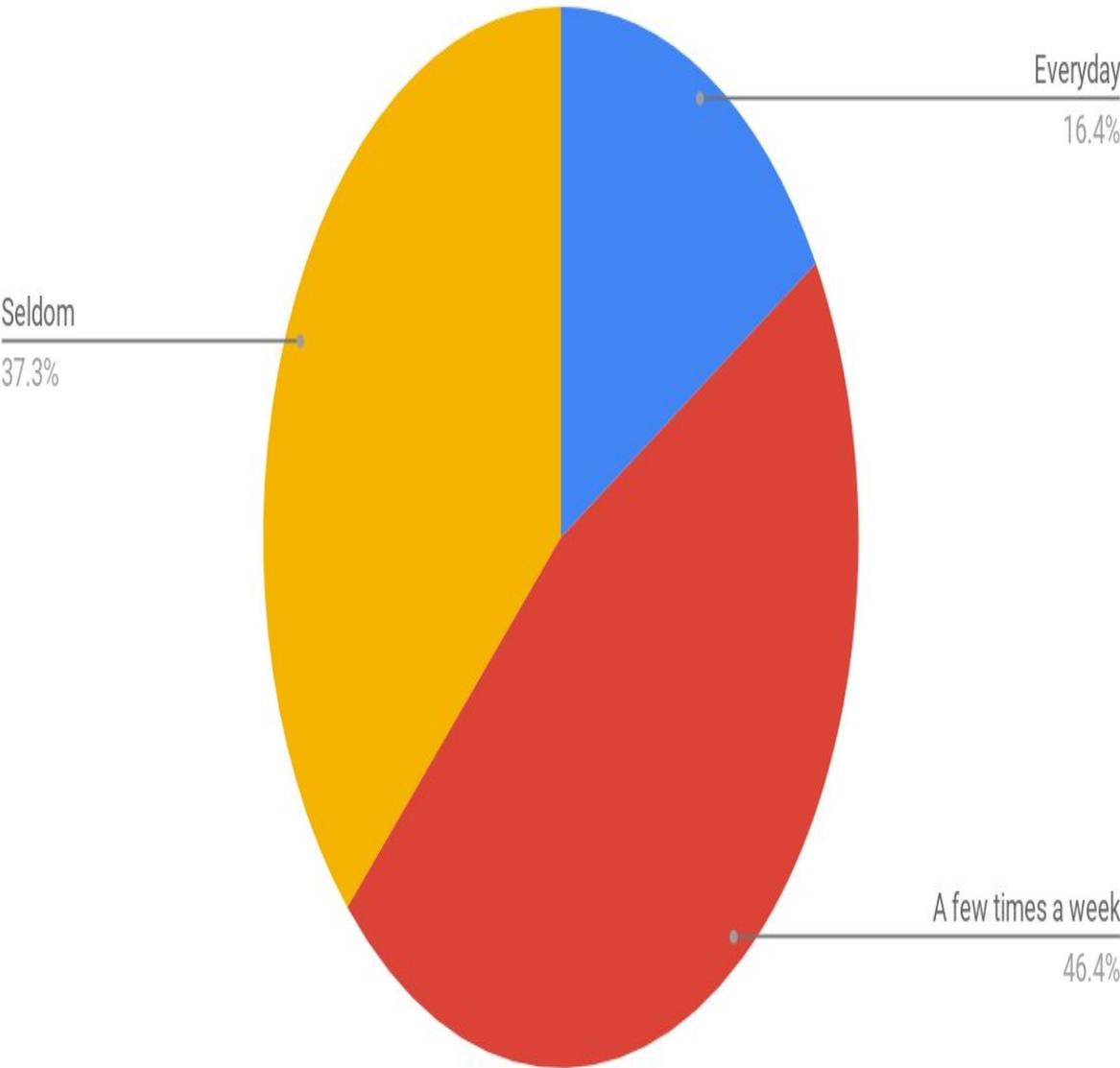
How often do you eat fruits and vegetables?



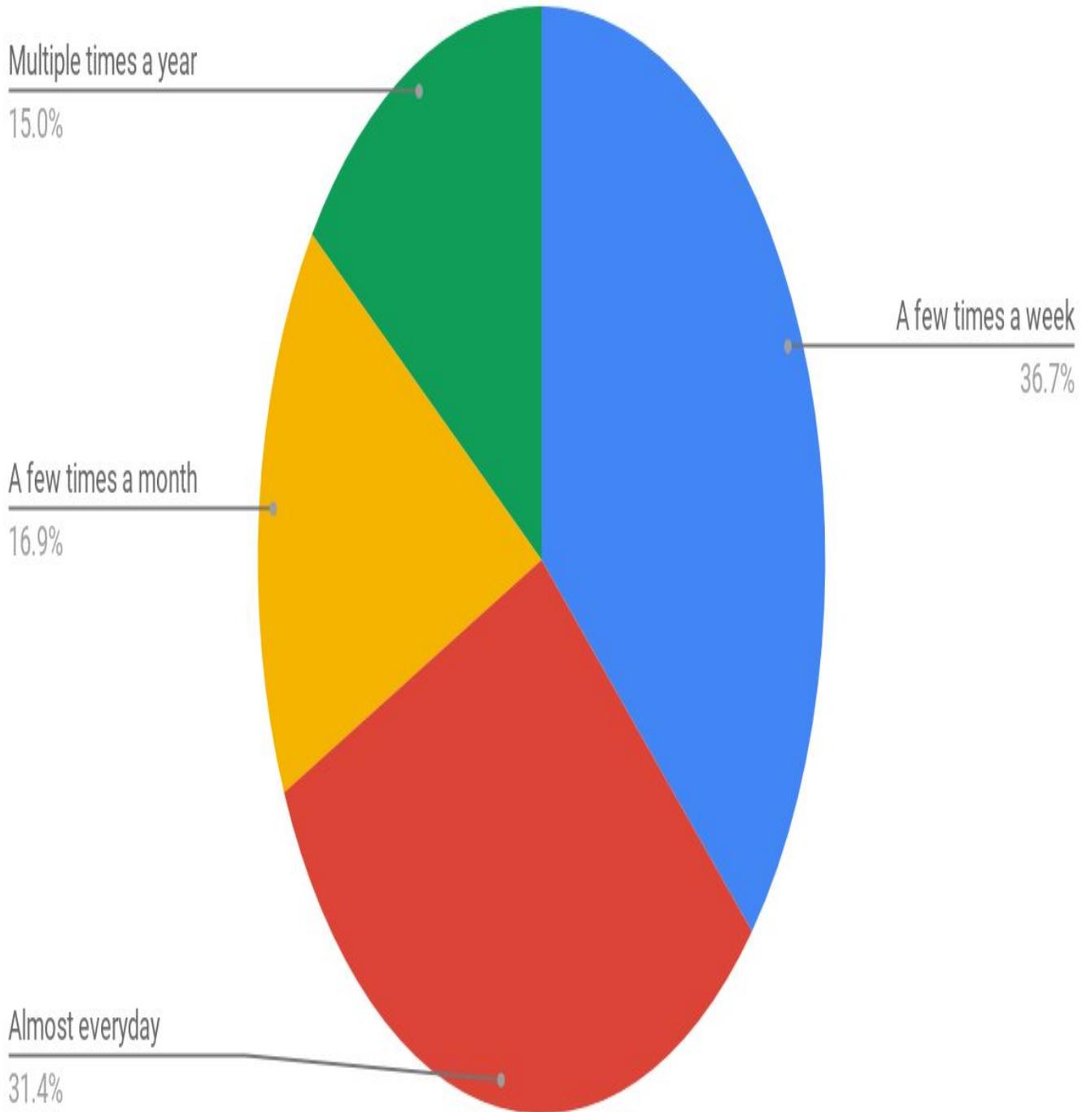
How often do you eat at fast food restaurants?



How often do you eat home cooked meals?



How often do you eat at hawker centers?



3.3 Development of Resources

The development of the resources came from multiple sources. We sent it to our classmates and families, and asked them to pass on to their friends. Thus, this massive amount of data that came from multiple different sources is highly reliable.

We also went on to multiple trustable, reliable and well-known and regarded sources to take, check and confirm our information. So, the chances of our information being incorrect is low. Finally, we also tested our board game with our parents and among ourselves and classmates, and made the necessary adjustments such that our game is suitable, appealing, helpful and fun to everyone of all ages, especially teenagers.

3.4 Pilot Test

We started our first version of our board game without the time currency and a lot of details (i.e unhealthy foods). We tested it out among ourselves and found that it takes too much time to complete a single round and it is too dull and mundane. Our classmates also reviewed our board game as “interesting at first but would get boring real fast.” We

felt this was bad as teenagers tend to learn more from things they find interesting. We wanted to capture their attention the whole time. Thus, we decided to add in more details and a time controlling variable to not let it take a long time.

After adding in the healthy and unhealthy foods, and the time currency, we decided to go for another test round among ourselves, our parents and the same classmates we went for for the first round. Our new version received a lot of positive reviews and our classmates said that it was “perfectly paced, interesting and helpful”. Our parents also thought it was fun and interesting and that they learnt a lot from the games. However, they said that it is very tiring to refer back to the cards once they forgot the information and wanted to use them.

After much debate and thought, we decided to make a website in order to further explain the game rules and the facts. A website would be very useful and convenient as almost everyone has a mobile device wherever they go.

So, after much effort, we have made this version of our board game such that it is most beneficial, fun, and interesting to people of all ages to make it the best experience for everyone as learning is best when people are having fun.

Chance

Get out of hospital immediately and still collect time for staying in the hospital.

You may keep this card until you want to use it.

Chance cards

Healthy Food

You ate broccoli and the health condition of your liver improved.

If you own any liver properties, apply this card on it and your rent for that liver property increases by 1min permanently.

Broccoli is said to help prevent the buildup of fat in the liver

Healthy food cards

Unhealthy Food

You drank some sugary drinks and your health condition deproved.

Lose one property of your choice. If you have no properties, do nothing.

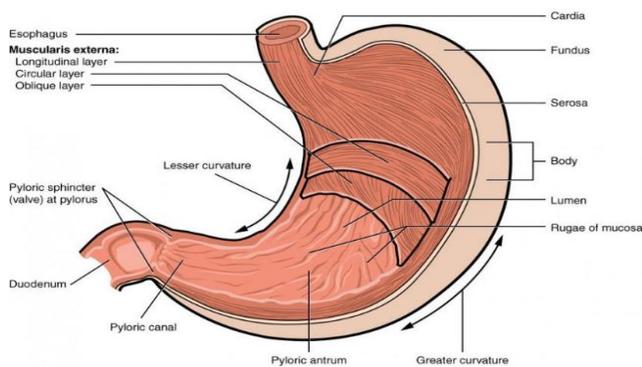
When consumed in large amounts, sugar can drive insulin resistance and is strongly linked to non-alcoholic fatty liver disease. It's also associated with various serious conditions, including type 2 diabetes and heart disease.

Unhealthy Food cards

The cardia (Stomach)

Rent: 5min

Rent with colour
set: 10min



- The stomach mixes food and grinds it into a finely divided chyme that increases the surface area of the food in preparation for digestion.
- It also secretes enzymes and digestive juices to help break down and digest the food.

Yogurt, almonds, bananas and ginger help to improve the health of the stomach.

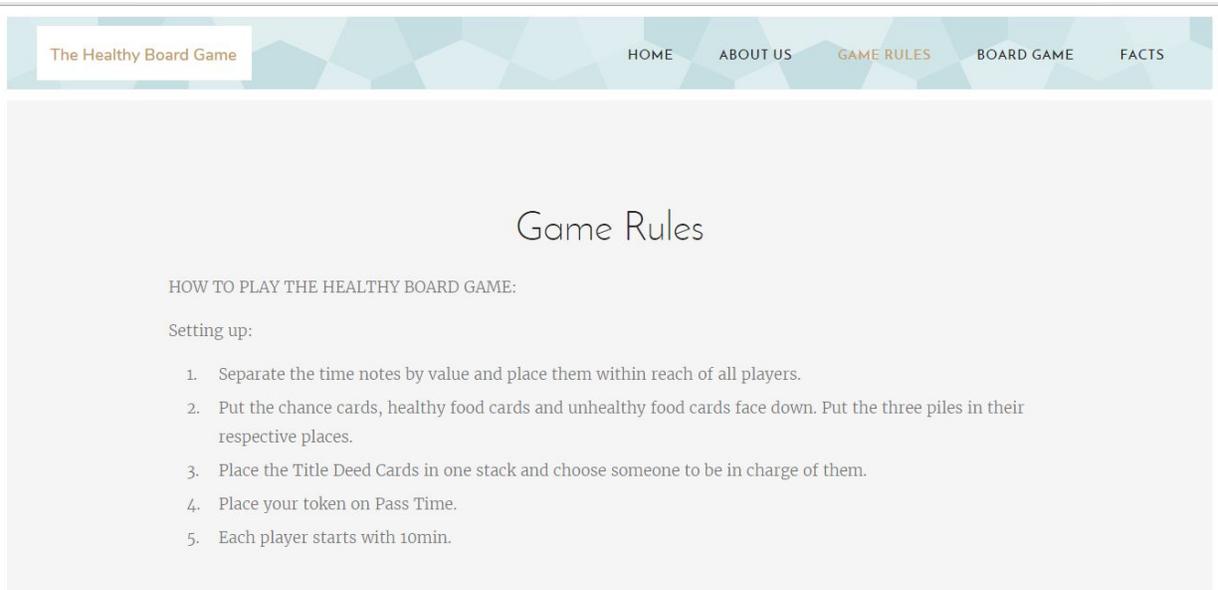
To find out more, go to <https://thehealthyboardgame.webnode.com/> or scan the QR code.

Mortgage value: 2.5min

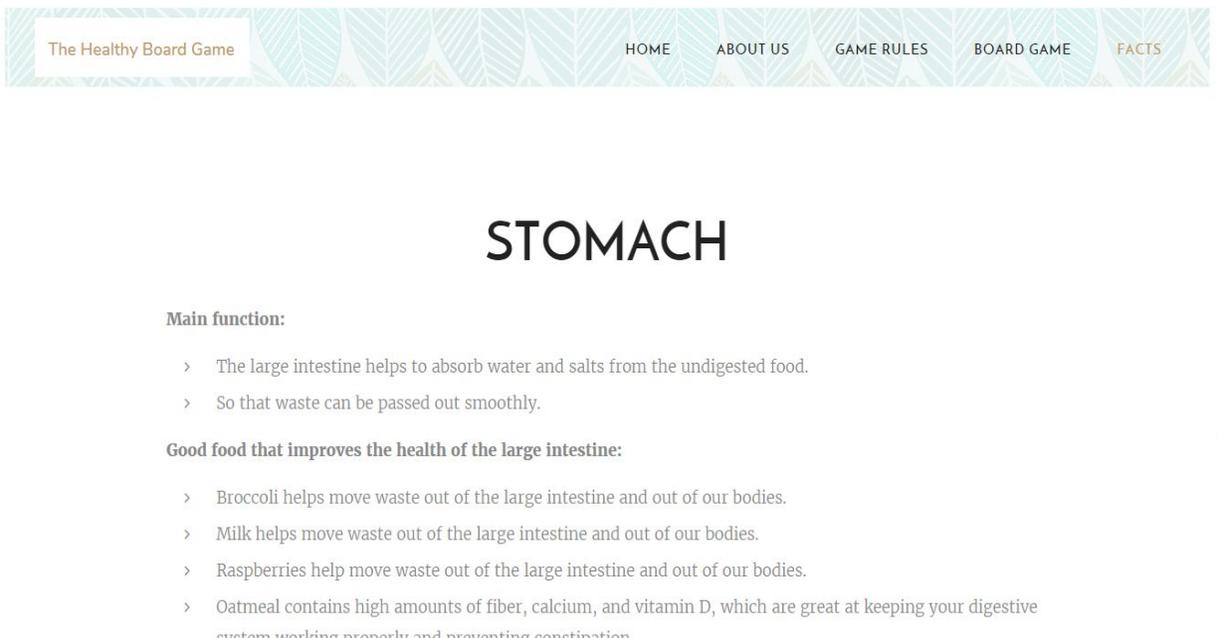
Stomach Property Card



0.5 of time currency



The game rules on our website.



Information on healthy eating for the stomach on our website.

4 Outcome & Discussion

The outcome of our project mainly consists of a board game. We had also added a website for people to revise on the facts on the go, wherever, whenever.

The board game consists of chance cards, healthy & unhealthy food cards, property cards (also known as Organ cards), and the time currency, our main currency of the game.

Our online platform consists of five parts: Home, About Us, Game Rules, Board Game and Facts. The Home part is a little thank you note for people who tried our board game and visited our website. The about us page is an explanation on why we wanted to do our board game. The game rules page is to explain the game rules, the board games page is to redirect people to download the full set of our board game to start playing, and finally, the facts page, which is where we educate people on which food improves the health of that particular organ.

We have had multiple test runs and all were successful. Thus, our game is a good and fun way to learn about healthy eating.

5 Conclusion

To conclude, the making of The Healthy Board Game has been a tiring yet fruitful time. We had to design the board game, cards, and website to make sure everything worked in peak accuracy and that it is fun yet helpful for people to learn about our organs and healthy eating. However, this was a golden time for us to bond and we also learnt a few facts ourselves. We had gritted through the tough hours with a common goal of hoping to bring down the number of cases of diseases caused by unhealthy eating and help to increase awareness of healthy food and a healthy diet. The whole project journey had enabled the group to pick up many skills. We learnt how to make a website and improved our artistic skills in designing the board game. We also improved our creativity and critical thinking. Overall, it was a really fun experience for all four of us, and we hope people who play our board game will find it useful and educational and will be motivated to learn more about healthy eating through our website.

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