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1 Welcome to the Meal Plan Challenge! I'm Mama Moderation, and I'll be helping you plan a great balanced meal.

2
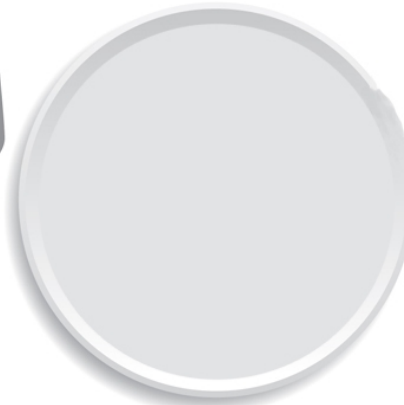
3 Meal Plan Challenge!

START

LSC   MCCC

1 When the game begins, this is the first screen that will appear. Mama Moderation will greet the user. She can move around the screen during the game (for the sake of clarity, she is stationary in this wireframe), and she will "speak" using speech bubbles with written dialogue and audio recordings of that same dialogue. Her speech bubble will display a few lines of text at a time. If Mama has more to say, an arrow pointing right will be present (on later screens). When that arrow is clicked, the words will shift left, and additional dialogue will appear and audio will play. When the user is in a second bubble, a back arrow will appear, allowing them to go back and re-read/listen to previous instructions. There will also be a replay button in the bottom left corner that replays the audio.

2 Audio plays automatically. This semi-transparent mute button will go red or have a red X over it when clicked, silencing Mama's audio. Clicking ti again will unmute the audio.

3 Welcome screen with the name of the app and a start button. Once the user clicks Start, the next screen will appear.

Let's start by checking your navigator for the total number of calories girls your age need to eat in a day.

Calorie Requirements

2

Step 1   Step 2   Step 3

1

An **8** year old girl should be eating around **1400** calories a day.

Next

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❶ When the user clicks Start, this screen appears. The navigator will show the daily recommended calorie intake for a person the age/gender that reflects the information the user input at the beginning of the journey. It will also show a non-specific figure of either a male or female. The status bar at the top will indicate which of the three steps the user is on. On each page, the current step will be a different color than the other two. User will click Next in the bottom right corner when finished reviewing this information. ❷ This is the title bar that will tell the user on every page where they are in the game.

You should always strive to eat a balanced meal. Which meal would you like to plan today?
↻

2 Calories Choose Your Daily Meal

Step 1 Step 2 Step 3

1 ● breakfast

● lunch

● dinner

Next

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1 Mama will ask what meal the user wants to create. User will choose from the radio button options of "Breakfast", "Lunch", and "Dinner". When finished, user will click Next.

2 A back button will appear to allow the user to go to the previous page. When the user clicks the button, the information he has already entered on every page remains saved. However, if the user clicks a different option on that previous page, the information on the following pages is set back to the default, and the user will have to make their choices again.

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Some meals are heavier, or higher in calories, than others. What you choose will depend on how active you are.

5

Choose Your Meal Type

Daily Meal

Step 1 | Step 2 | Step 3

1 ● light meal
● average meal
● heavy meal

4 Create

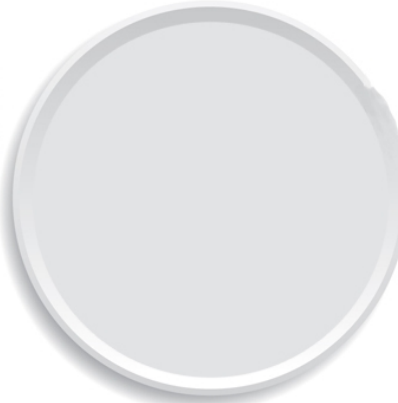LSC | MCCC

2 total calories

your meal

3 empty calories

1 On this screen, the user will choose from the radio buttons the amount of food in their meal. This choice will determine the amount of calories the meal consists of. **2** The meal calories will be kept track of here. This will be a figure of a human body. The entire body will be labeled "Total daily calories" and list the number determined by age/gender. There will be a line about a third of the way through the figure labeled "Total meal goal" with the target amount of calories listed. These labels will be on one side of the figure. On the other side will be a line at the very bottom called "Your meal now" and a 0 at the start of the game (since the user hasn't yet added anything to their plate). **3** This will be a representation of a trash can labeled "Empty Calories" that will fill up as the game goes on with the empty calories from foods that the user chooses. **4** When the user has chosen a meal type, they wil click "Create". **5** There will be a next arrow in Mama's peech bubble when she has more to say. The user wil click that arow to read/hear more. It will not continue automaticaly.
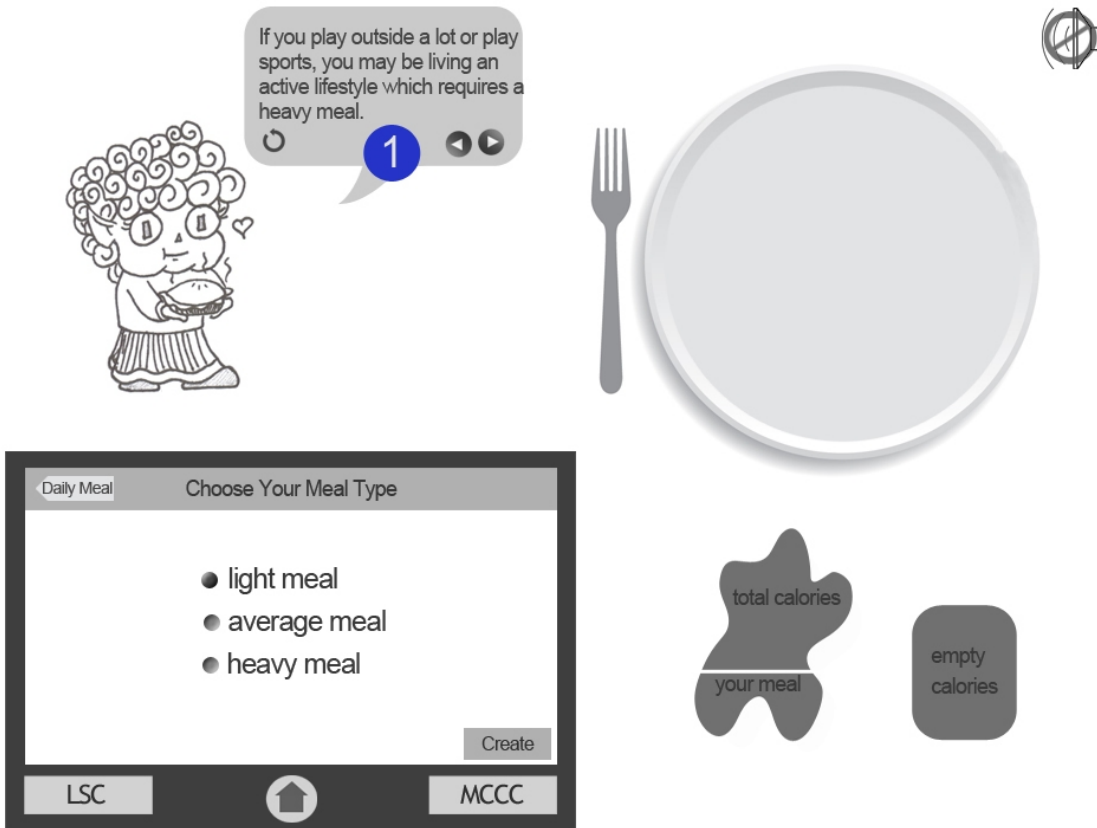
If you play outside a lot or play sports, you may be living an active lifestyle which requires a heavy meal.

1

Choose Your Meal Type

Daily Meal

- light meal
- average meal
- heavy meal

Create

LSC

MCCC

total calories

your meal

empty calories

If you prefer to stay inside and play video games or read, you would probably choose a light or average meal.
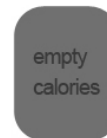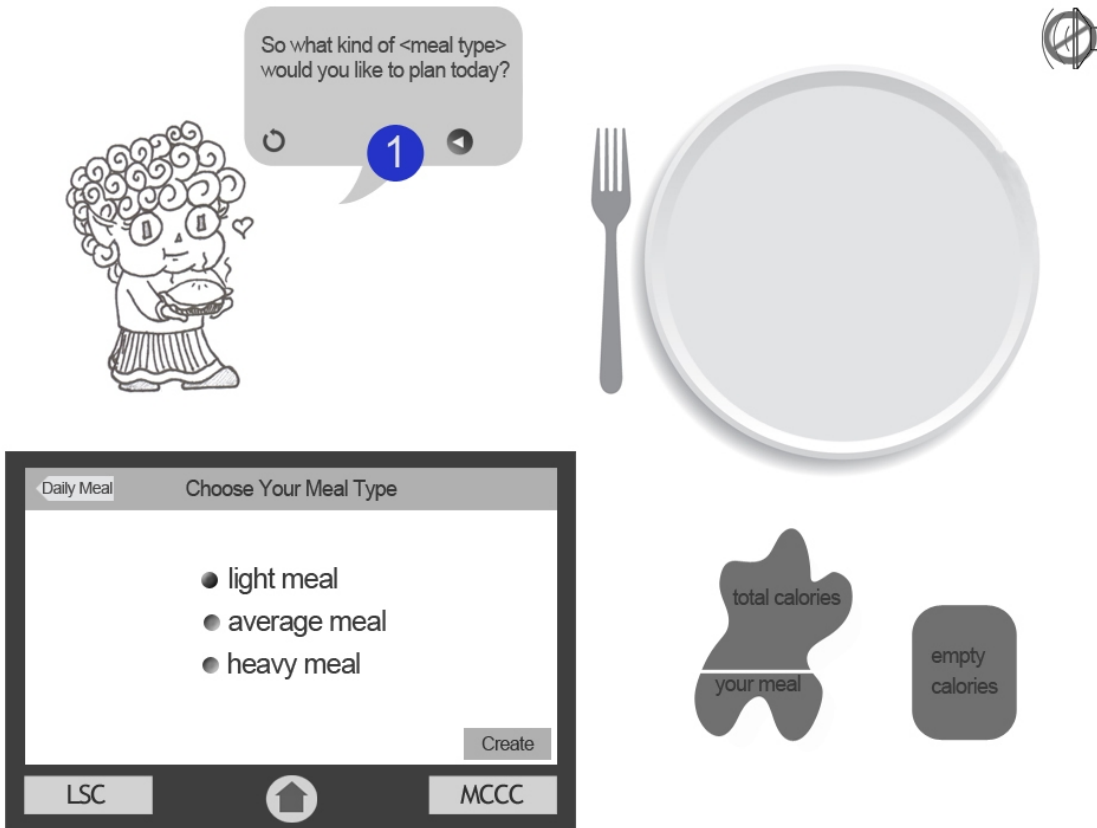
total calories

your meal

empty calories

Choose Your Meal Type

Daily Meal

- light meal
- average meal
- heavy meal

Create

LSC

MCCC

So what kind of <meal type>
would you like to plan today?

1

Daily Meal   Choose Your Meal Type

• light meal

• average meal

• heavy meal

Create

LSC   MCCC

total calories

your meal

empty
calories

Your goal here in the Meal Plan Challenge is to get your plate 100% filled with nutritious foods.

3

My Foods

Add foods

1

You have nothing on your plate yet.

2

Done

LSC   MCCC

total calories

your meal

empty calories
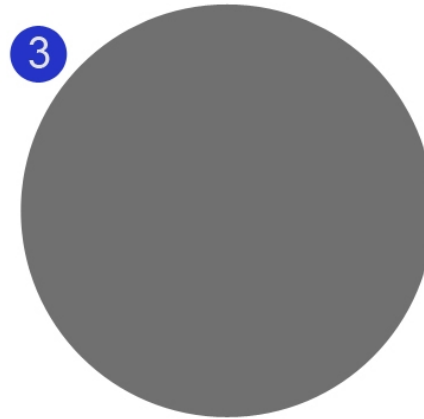
1 My Foods is a place that lists al the foods a user has added to their plate. It is empty when the game begins. The navigator will reflect this. **2** Mama will prompt the user to click the Add Foods button to start making their meal. **3** The image of the plate is empty when the game begins.
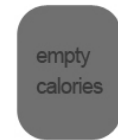
You can begin creating your meal by clicking the Add Foods button on your navigator.

My Foods

Add foods

1

You have nothing on your plate yet.

Done

LSC

MCCC

total calories

your meal

empty calories

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Food Groups   **1**   My Foods

2   Fruits   **3**

Breads, Cereals, Bakery Items

Beverages

Mixed Dishes

Meats, Poultry, Eggs

LSC   ⌂   MCCC

total calories

your meal

empty calories
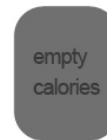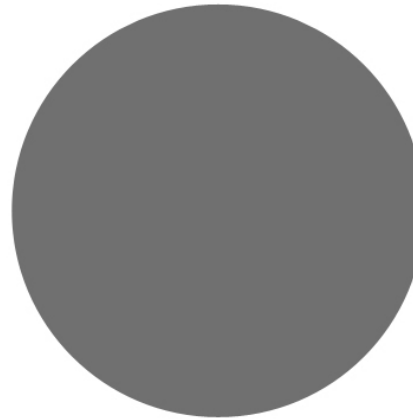
1 The bar at the top of the navigator will tell user what screen is open when they are choosing their foods. The My Foods inventory will always be accessible at the top right corner of the nav from this point on throughout this game. **2** The food groups will be listed on bars that run acros the screen with arrows that allow the user to scroll up and down the list. When the user is at the top of the list, the up arrow is not visible. At then bottom of the list, the down arrow is not visible. If the list fits in the nav screen (such as on this screen), no arrows are visible. **3** When user mouses over the name of a food group, the color of the bar will change slightly and a progressive disclosure symbol will appear next to the name. Clicking that symbol will bring you to the next screen.

1 Food Groups   Fruits   My Foods

2 Banana   **3** >
Fruit cup
Grapes
Strawberry
Canned peaches

LSC   MCCC

total calories

your meal

empty calories
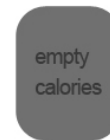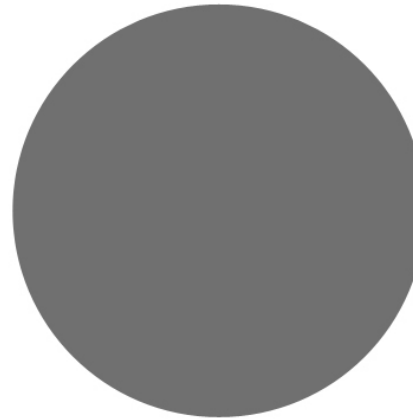
1 As the user progresses through the food options provided, there will be a back button telling the user the previous page they were on and allowing them to easily go back. **2** If the Fruit food group (for example) is clicked, a list of foods in that group will appear. User will have the ability to navigate the list with arrows at the top and bottom of the list. At the top of the list, the up arrow will not be visible. At the bottom of the list, the same will be true for the down arrow. **3** A progressive disclosure symbol will appear when user mouses over a food option. When they click that food bar, the next screen will appear.

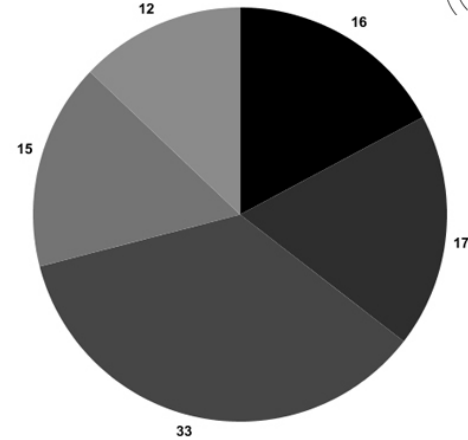Your meal is coming along nicely. Be sure to add foods that will balance your meal and meet your calorie goal.

④

③

12 **16**

15

17

33

Fruits   Banana   My Foods ②

Banana ›

A whole banana = 1 serving
How many servings will you have?

① Fruit cup

Grapes

Strawberry   1

Canned peaches
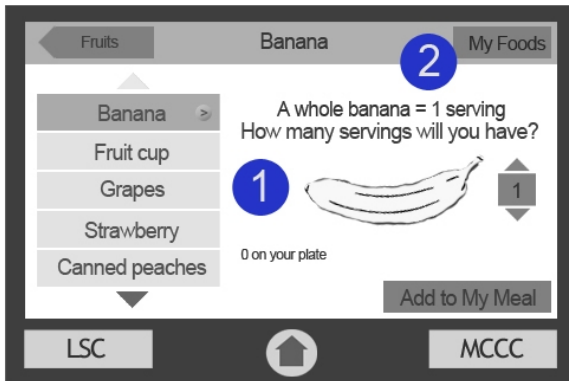
0 on your plate

Add to My Meal

LSC   MCCC
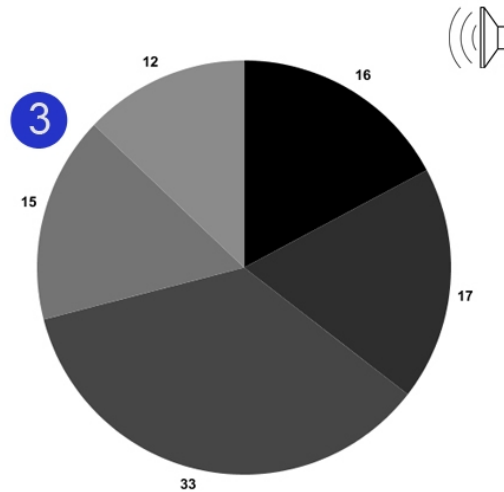
total calories

your meal

empty calories

① This screen will give the user details about the food they clicked. It will show a picture of the food, list what one serving is, how many calories is in oner serving, say how many servings are already on the plate, give the option to change how many servings will be added. ② When "Add to My Foods" is clicked, a copy of the image of the banana will animate up to the My Foods button and disappear, acting as a visual indication that the food is being added to that list. ③ Also, the plate diagram will fill up with the percentage of the food group that that food takes up in the meal so far. For example, if the user adds only a single banana, the plate will show 100% fruit. If they add a banana and a piece of toast, the plate will show 50% fruit and 50% grains. This will continue as the user builds their meal. ④ When the user takes too long to interact with the game, Mama will prompt the user to continue building the best meal they can.

②

My Foods

Add foods

① **1** 🍌 Banana

1 🍞 Toast

2 🥛 Milk

▼ **③** Print | Done

LSC | ⌂ | MCCC

12 16
15
17
33

total calories
your meal

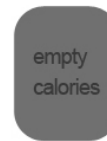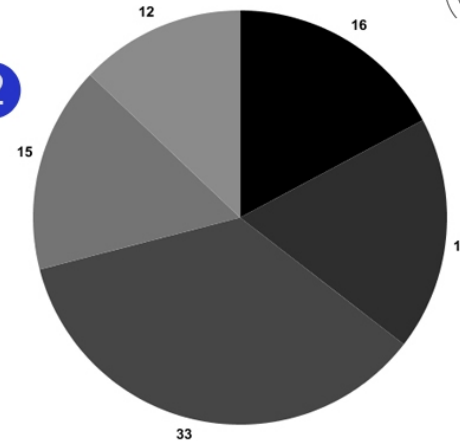empty calories

❶ The user can check on their progress any time by clicking the My Foods button. When the user has chosen multiple foods for their meal, the My Foods screen will show a list of those foods as well as graphic representations of the foods and amounts. **❷** When there are foods added to the plate, the plate graphic will display a representation of the list of foods, split up accordingly. **❸** When foods have been added, a Print button will appear in the corner of My Foods next to the Done button.
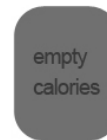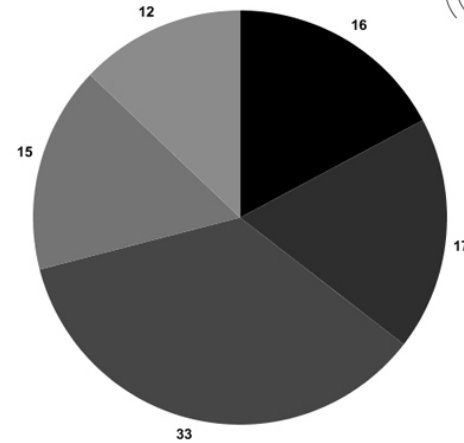
This will print out a copy of the meal you've just created. Double check that it's healthy, then click Yes on your navigator.

1

1 When the user clicks Print, Mama will speak.

12

16

15

17

33

My Foods

Print my meal?

No
I need to make more changes.

Yes
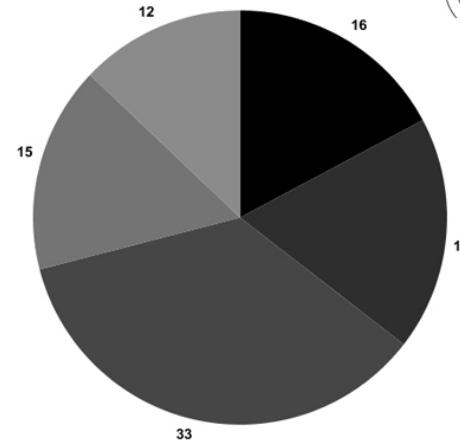My plate is balanced and healthy.

LSC

MCCC

total calories

your meal

empty calories

Are you sure you want to leave the game? Make sure your plate doesn't exceed or fall short of your calorie limit for this meal.

12

16

15

17

33
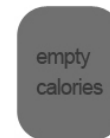
My Foods

1

Are you sure?

No
I'm still creating my meal.

Yes
I've created a healthy and balanced meal..

LSC

MCCC

total calories

your meal

empty calories

1024px

768px

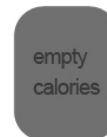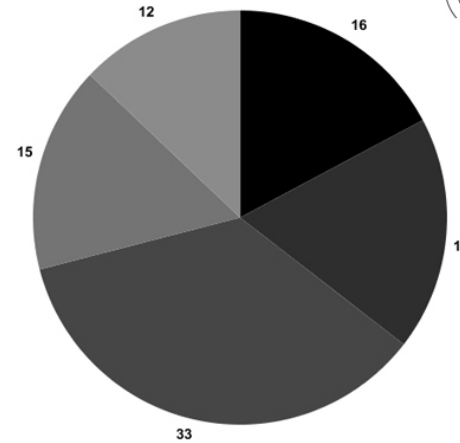**1** I'll store your meal in the Printables app for now, but be sure to print it before you exit your journey for the day or it will be lost!

12
16
15
17
33

total calories

your meal

empty calories

My Foods

Are you sure?

No
I'm still creating my meal.

Yes
I've created a healthy and balanced meal..

LSC

MCCC

1024px

768px