

Nutrition Kitchen



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6th Grade Class Study

Curriculum

- Students vaguely learn about nutrition
- Currently learning fractions, vocabulary, and genetics

Interested in video games

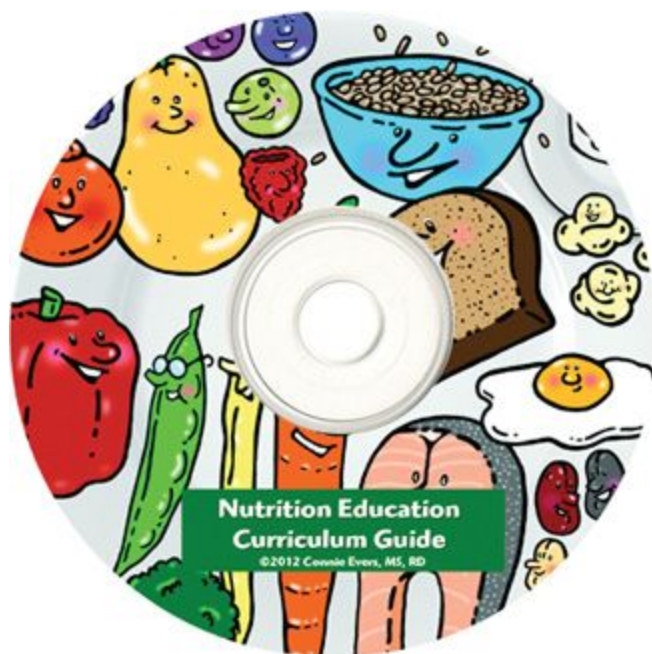
Low income families

Original Goals

Encourage a more active role in cooking

Teach the food pyramid in a more engaging manner

Inspire the students to be more creative in their meal making process



Drum1: items

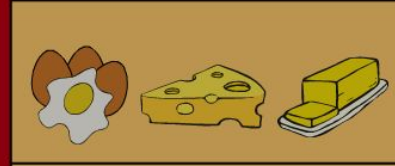
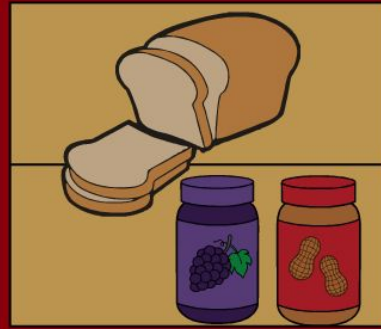
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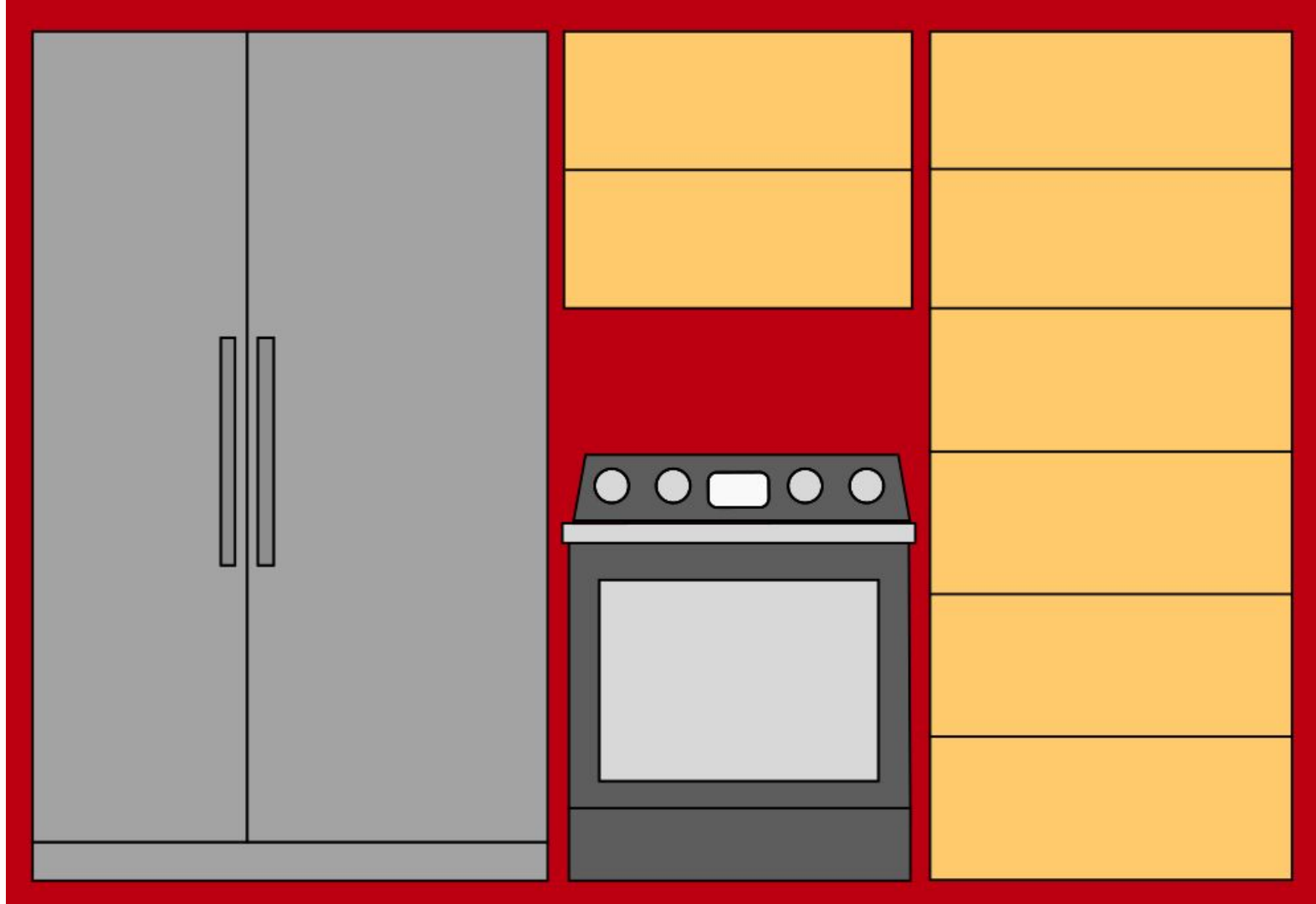
sandwich

0

omlet

0





Nutrition Kitchen

Play

How To



How To Play

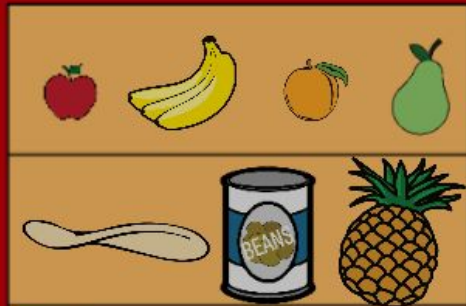
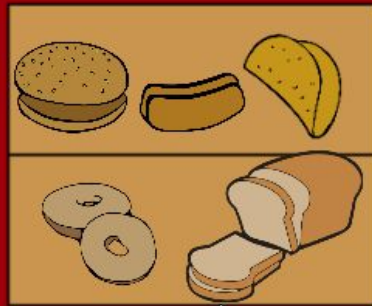
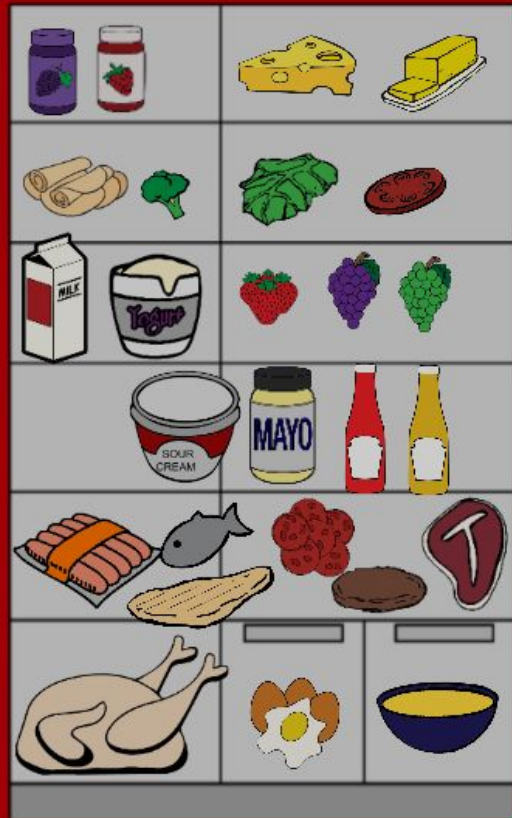


Click food
items to add
them to your
meal.

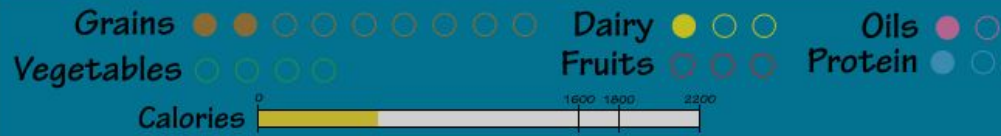


Game





Ready?

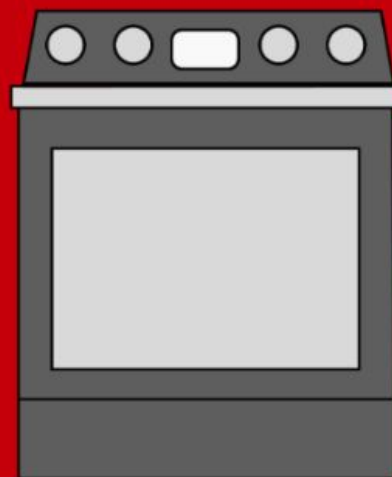
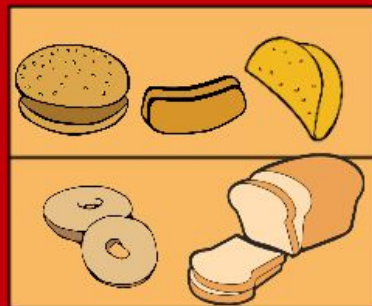


RECIPES



Help

Reset



Calories

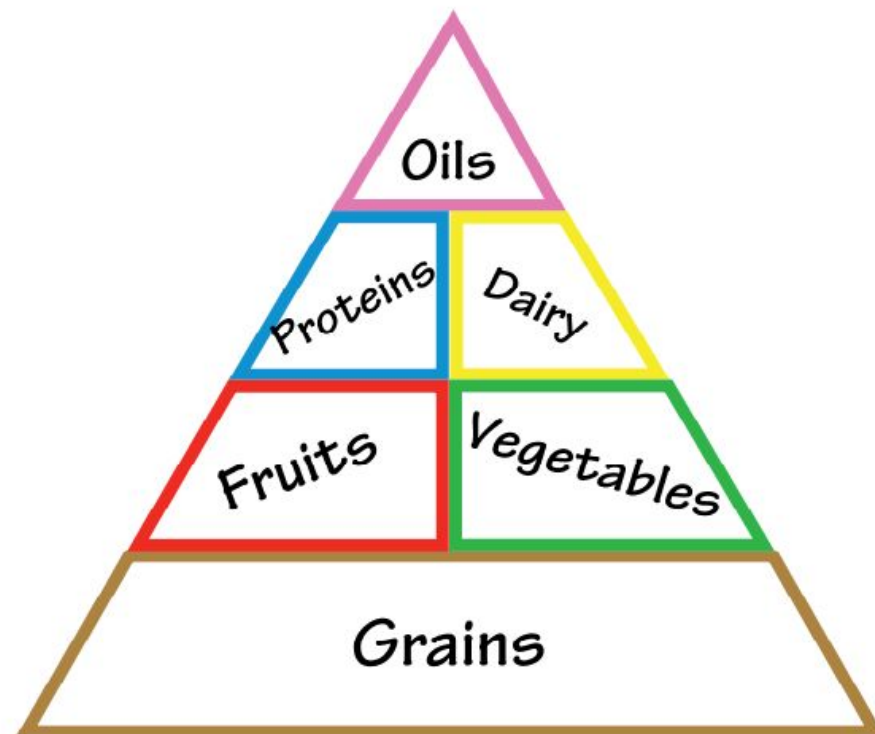


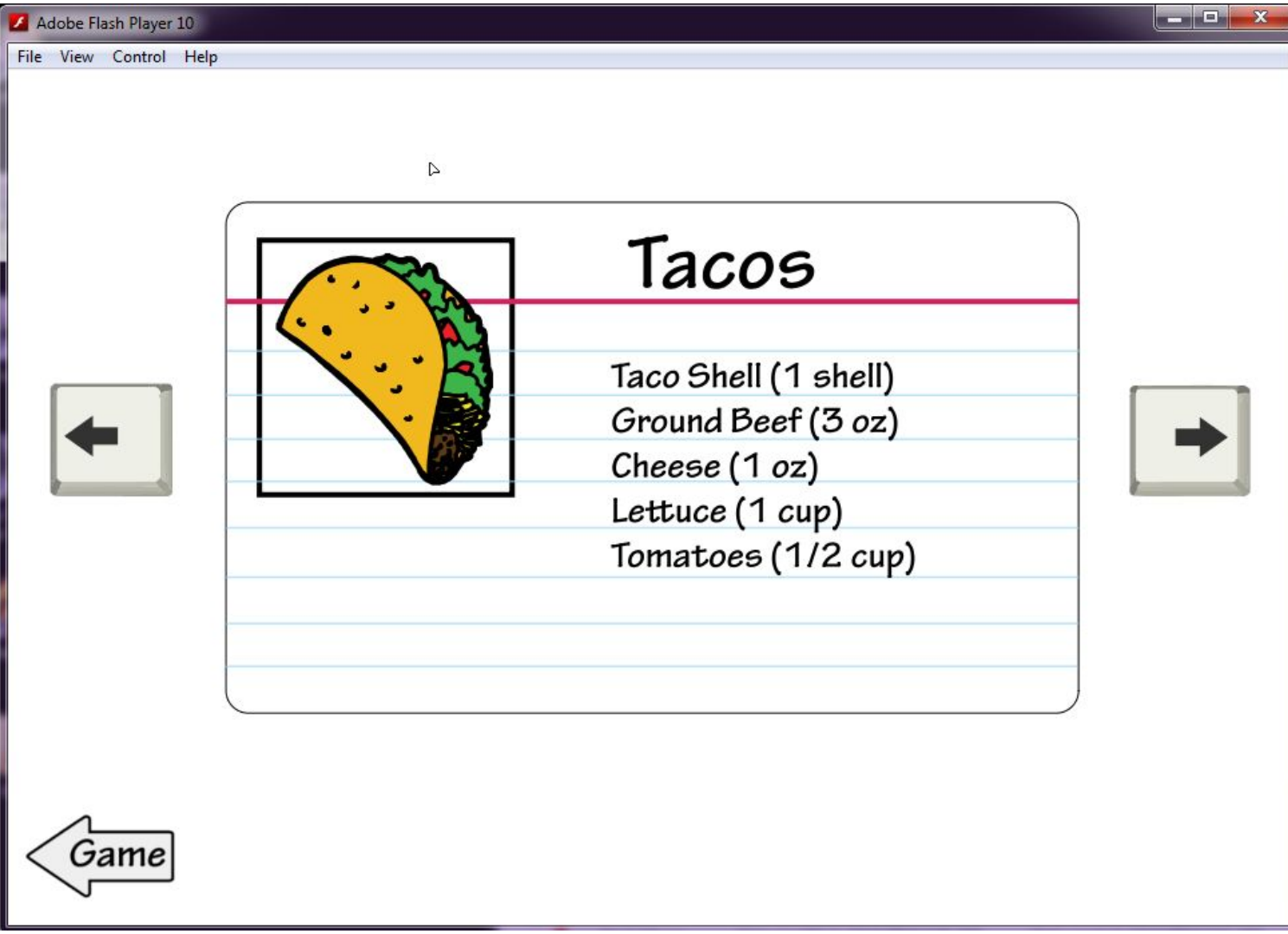
Food Item	Calories
Apple	1600
Banana	1800

Oils ● ●
Protein ● ○



Reset





Tacos

Taco Shell (1 shell)

Ground Beef (3 oz)

Cheese (1 oz)

Lettuce (1 cup)

Tomatoes (1/2 cup)



Final Field-Site Reactions

“What else can I make?!”

“That’s so cool!”

“How can I tell what I’ve eaten?”

(In terms of what food groups the student hit.)

“The food disappears!”

Assessment

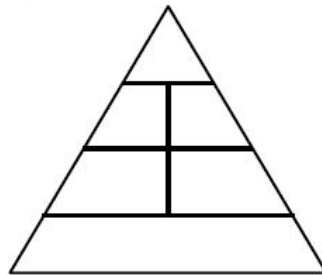
Pre- and post- quizzes

Testing a variety of aspects
throughout the whole process

Nutrition Pre-Quiz

Part 1: Fill in this Food Pyramid using the word bank.

(Hint: The food group with the most servings per day is found at the bottom of the pyramid)



Dairy

Fruits

Grains

Proteins

Oils

Vegetables

Part 2: Match the definitions

- | | |
|----------------------|--|
| 1. Calorie ____ | A. Nutrients that help supply people with energy |
| 2. Carbohydrate ____ | B. Helps to build up muscle and organs within your body |
| 3. Fats ____ | C. A mineral that your body uses for hydration, muscle movements |
| 4. Proteins ____ | D. Units of energy |
| 5. Sodium ____ | E. Makes fuel that your body uses for energy |

Part 3: Using the word bank above, fill in the blanks.

- | | |
|--|---|
| 1. Cheese is in the ____ food group. | 7. Milk is in the ____ food group. |
| 2. Bread is in the ____ food group. | 8. Rice is in the ____ food group. |
| 3. An apple is in the ____ food group. | 9. Chicken is in the ____ food group. |
| 4. An egg is in the ____ food group. | 10. Cucumbers are in the ____ food group. |
| 5. Peanuts are in the ____ food group. | |
| 6. Carrots are in the ____ food group. | |

Assessment Results

	Difference Between Pre & Post (Part 1)	Difference Between Pre and Post (Part 2)	Difference Between Pre and Post (Part 3)	Difference Between Pre and Post (Total)
1	6	1	2	9
2	2	3	0	5
3	3	1	0	4
4	6	3	1	10
5	6	-1	-1	4
6	3	1	2	6
7	4	-2	-2	0
8	2	1	0	3
9	5	0	-2	3
10	0	2	0	2
11	0	-1	0	-1
12	2	2	0	4
13	6	-2	3	7
AVG	3.46	0.62	0.23	4.31

How We Met The Goals

“Please help us eat healthy!”

- Students were interested in creating foods and finding out associated nutritional content
- Test scores increased
- Students asked questions about what types of foods they could make with the available food and were very interested in learning new recipes

Recommendations

- More dynamic design
- Outputs that reflect exactly what the user makes
- Output screen which clearly lays out what parts of the pyramid you hit and how many calories are exactly in that meal for more of a 'wow' factor
- Advanced levels and more customizability



Questions