

**FOOD
GAMING**
FOR ACTIVE AGEING

Newsletter #4, April 2022

The **Food Gaming for Active aGeing (FG4AG)** project is now in the final stages. The project was set up to promote good nutrition and a healthy lifestyle aimed at older adults (aged 55+), to improve quality of life and reduce the risks of chronic diseases and cognitive decline.



Project Outputs



Nutrition Guide

Educational Program and Nutrition Guide

- ◆ 20 Factsheets in an interactive guide (based on the main guide) for quick reference on particular hot topics.

- ◆ A comprehensive Nutrition Guide, with information on key nutrients, food sources of nutrients, guideline intakes, hints & tips for healthy eating and a healthier lifestyle. The guide also includes recipes and an example exercise plan.

Interactive Guide

Nutrients and food groups

Age related changes and common clinical conditions

Tips for healthy eating, lifestyle and physical activity

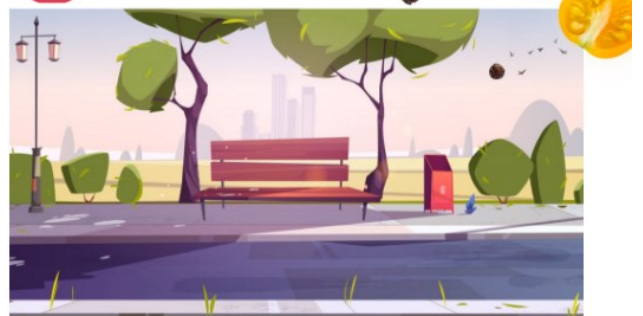
Game 1 - Healthy Chef



- ◆ A game which takes users through a variety of recipes from the UK, Spain, France, and Italy. The game allows the user to choose between ingredients and cooking methods then check the nutritional values for their selections at the end of the recipe. The healthiest version of each recipe is available for download.

- ◆ A game which takes users through daily activities, providing tips for a healthier lifestyle. There are fun mini games to play along the way, and some downloadable materials to take away.

Game 2 - A Good Day!



Final stages of the project

Piloting the games

Piloting of the 2 games, 'Healthy Chef' and 'A Good Day!', started in the week commencing 14/3/2022 (conducted by E-Seniors, University of Abertay, and AIJU) involving a total of 60 participants, with 20 in each of the UK, France and Spain. Participants are split across age groups (from 55 to over 85), include different genders, levels of education, and device use (e.g., mobile phones, tablets, desktops).

Participants are asked to fill in questionnaires:

- ◆ Educational value questionnaire (Before piloting activity)
- ◆ Educational value questionnaire (After piloting activity)
- ◆ Satisfaction of use questionnaire (After piloting activity)

The findings from the pilots will be presented in the final multiplier (dissemination) events.

Multiplier Events

Multiplier events will be held by each of the project partners; these are the final project dissemination events which will be used to present the main results and achievements including:

- ◆ Nutritional Guide
- ◆ Factsheets
- ◆ Game 1 - Healthy Chef
- ◆ Game 2 - A Good Day!

The events may include:

- ◆ Presentations
- ◆ Flyers
- ◆ Posters
- ◆ Workshops

After the events, each partner will provide the event agenda, attendance sheets, pictures from the event, and a final report.

This is the final newsletter from the 'Food Gaming for Active Aging' project; check out the website and Facebook page for more information, or email the project at info@foodgaming.eu.

www.foodgaming.eu



Project Partners



**Abertay
University**



VITECO
elearning solutions



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