

Supplement: Overview of the addressed areas, topics and modules of the game

Core areas	Nutrition	Physical Activity	Stress and Stress Coping
Topics	Food groups/food pyramide Energy density concept Sugar in liquids Self-reflexion of daily food intake	Moderate physical activity	Eustress and distress Coping with stress Reflexion and planning of everyday activities
Game Modules	Baloon game ¹ Pack your backpack with food ^{1,2} Foods under the microscope ¹ Liquid rankings on the sugar scale ² Kangaroo-Turtle race ²	Motion control of the game ^{1,2}	Bursting bubble game ¹ Relaxation story ² Everyday activities task ²

1=Modules of game session 1

2=Modules of game session 2