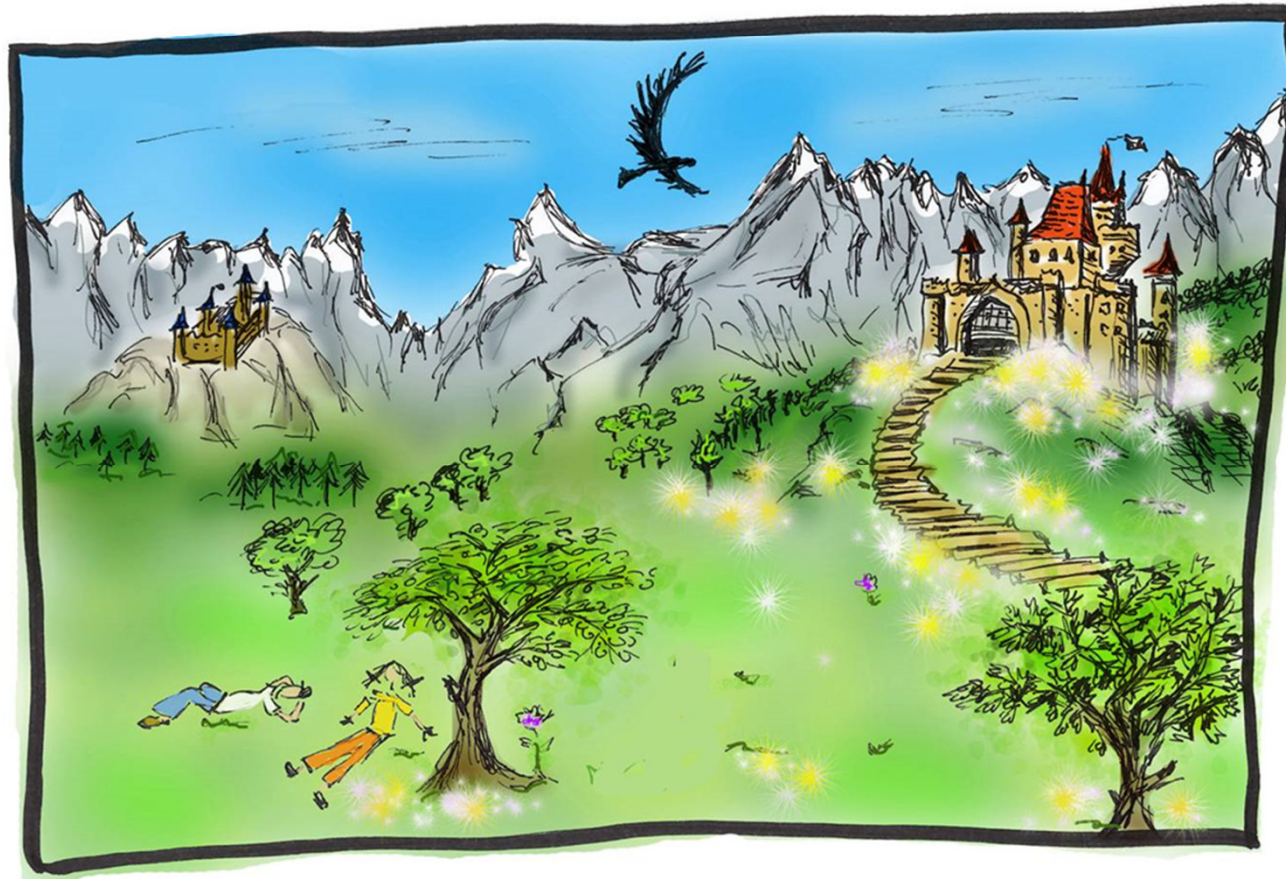
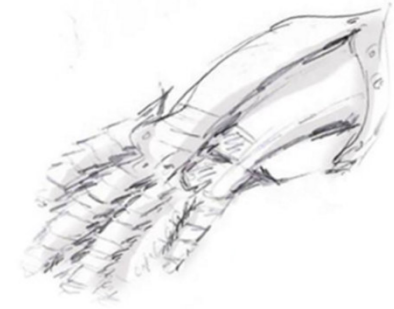


## KOP – Introduction to story



## Navigation through the world



# Game module – Pack your backpack with food

Game interface for "Pack your backpack with food".

**Navigation:** < Fragen (left), Auswertung > (right)

**Backpack:** A green backpack icon is shown at the top left.

**Meal Selection:** Five analog clocks represent different meals. The "Mittagessen" (Lunch) clock is highlighted in white, indicating it is the selected meal.

- Frühstück (Breakfast)
- Zwischenmahlzeit (Snack)
- Mittagessen (Lunch)**
- Zwischenmahlzeit (Snack)
- Abendbrot (Evening bread)

**Food Categories and Items:**

- Category 1:** Hühnerbein, Mischgemüse, Beilage Kartoffelpüree, Ketchup
- Category 2:** Getreideprodukte und Kartoffeln, Obst und Gemüse, Milch und Milchprodukte, Fisch, Fleisch und Eier, Fettiges und Süßes
- Category 3:** Brezel, Brötchen, Cornflakes, Dinkelflakes, Haferlocken, Haselnüsse, Kartoffelpüree, Beilage Kartoffelpüree, 4 Krokette, 7 Krokette, Mandeln
- Category 4:** Sahnequark, Magerquark, Tomatensoße, Ketchup, Mayonnaise, helle Soße, Bratensoße

**Controls:** Navigation arrows (> and <) are present on the right side of each category. A plus sign (+) is located on the right side of the second category.

# Game module – Pack your backpack with food

← Rucksack packen

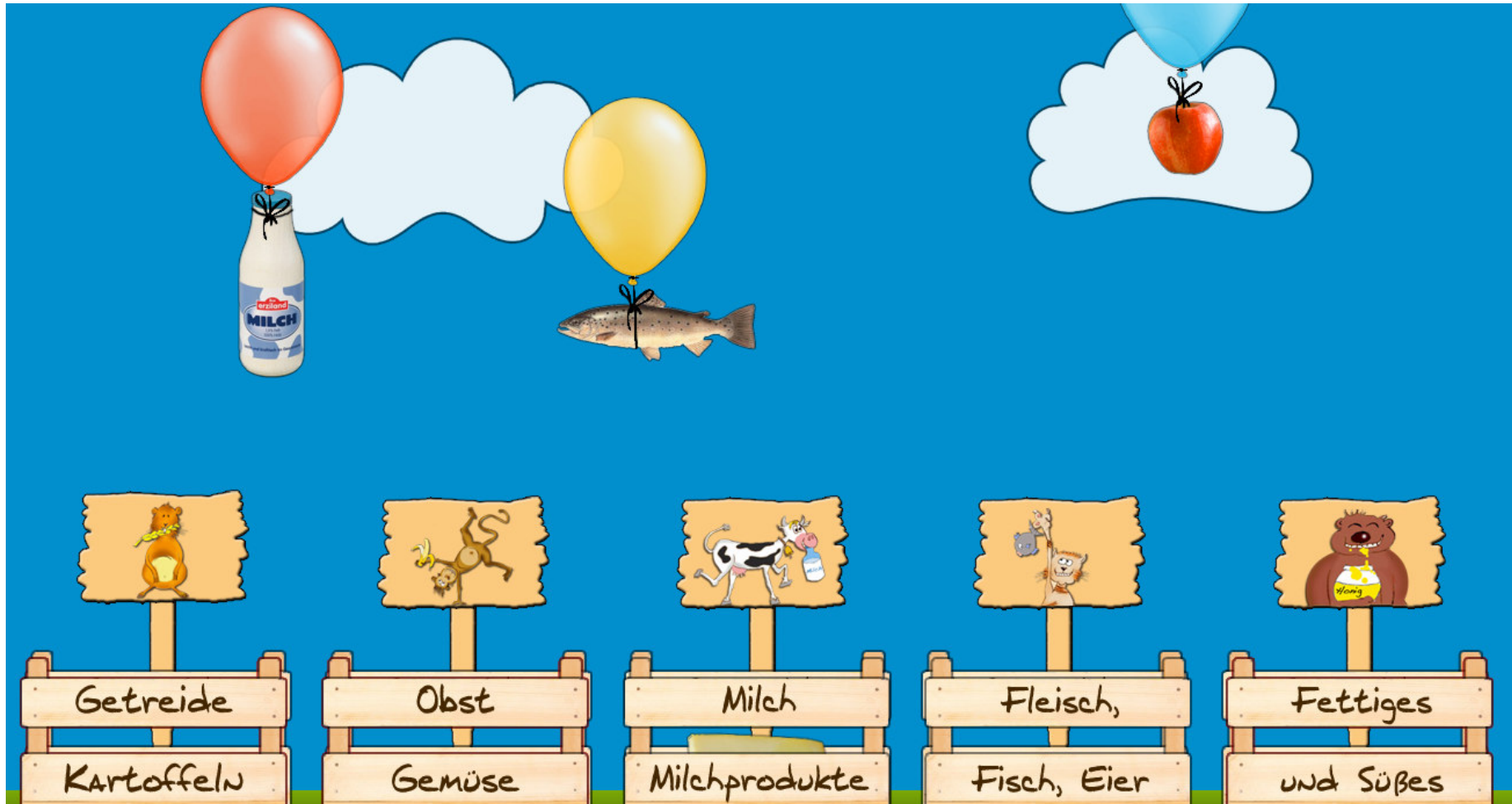
Frühstück      Zwischenmahlzeit      Mittagessen      Zwischenmahlzeit      Abendbrot

Hühnerbein      Mischgemüse      Beilage Kartoffelpüree      Ketchup      Schokorippe

Energieaufnahme      Getreideprodukte und Kartoffeln      Obst und Gemüse      Milch und Milchprodukte      Fisch, Fleisch und Eier      Fettiges und Süßes

Audio for detailed analysis and proposing alternatives

## Game module – Balloon game



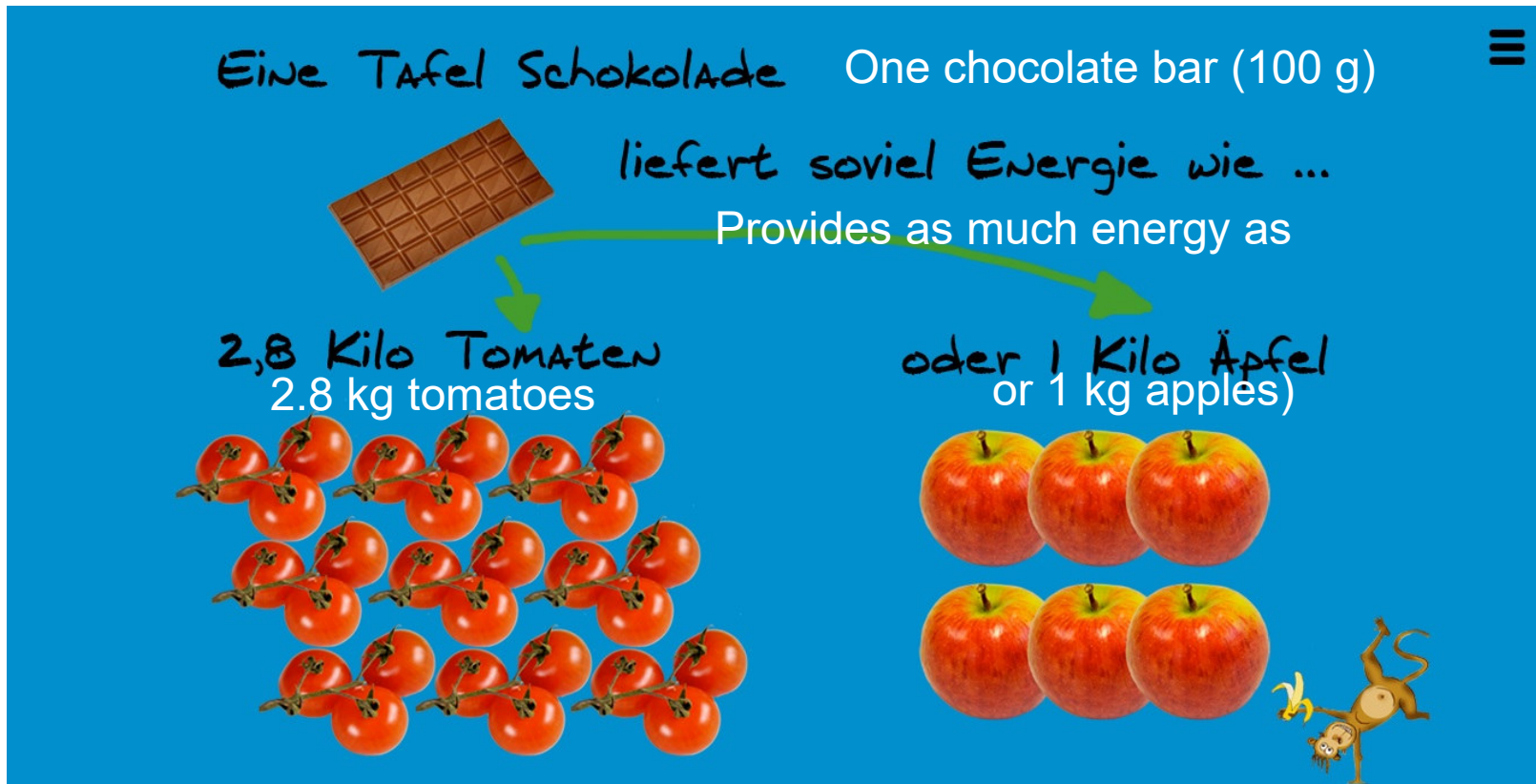
## Game module – Foods under the microscope: What causes satiety?

Eine Tafel Schokolade    One chocolate bar (100 g)

liefert soviel Energie wie ...  
Provides as much energy as

2,8 Kilo Tomaten  
2.8 kg tomatoes

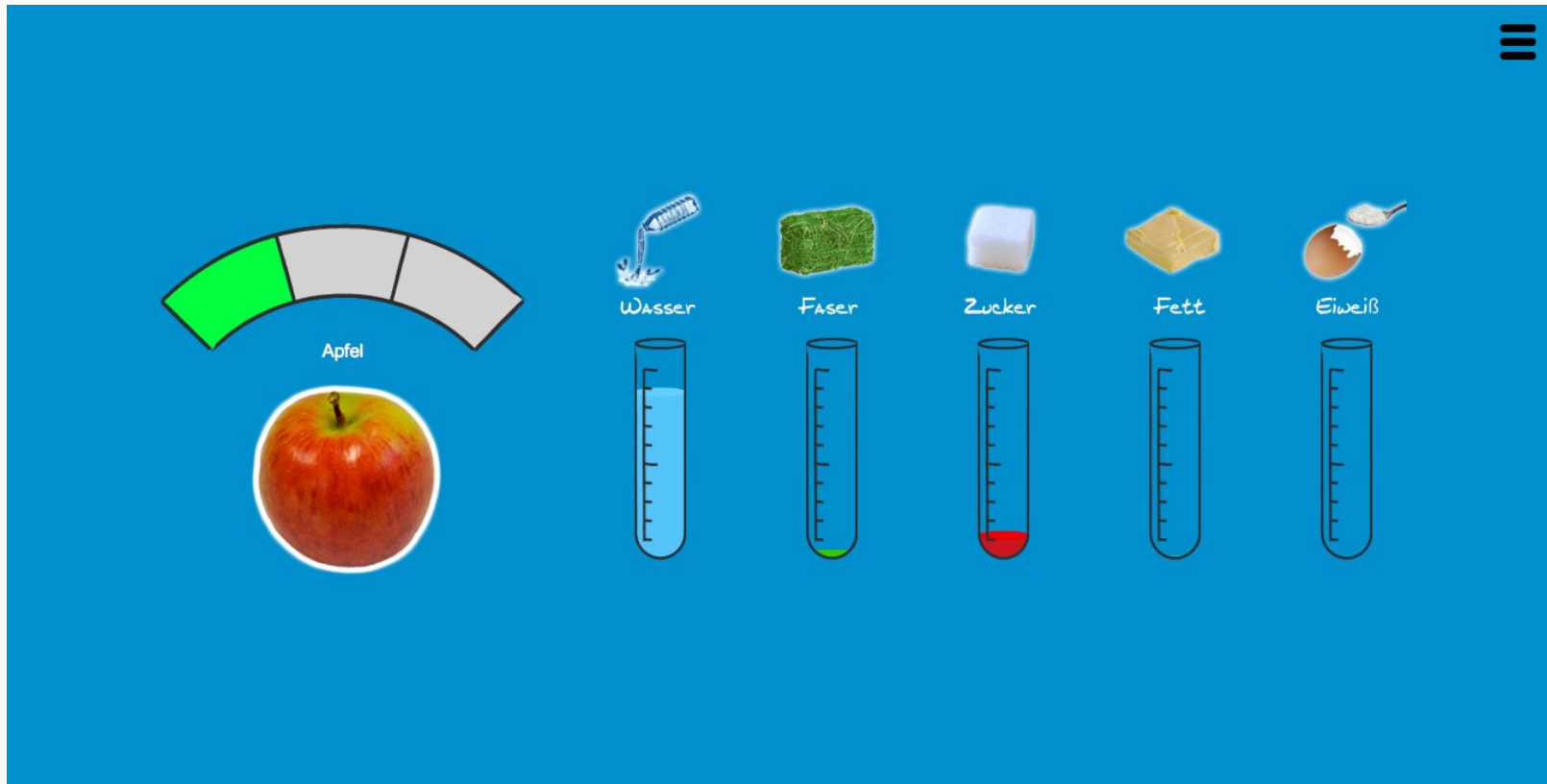
oder 1 Kilo Äpfel  
or 1 kg apples)



The diagram features a blue background. At the top center is a brown chocolate bar. A green arrow points from the chocolate bar to a large pile of red tomatoes on the left and a smaller pile of six red apples on the right. A small cartoon monkey is at the bottom right. The text is in German and English, comparing the energy of a 100g chocolate bar to 2.8kg of tomatoes and 1kg of apples.

So it is not the energy in foods which causes satiety, it is in the first place the volume of foods.

# Foods under the microscope (first part where you learn about the foods): green foods – eat plenty



# Foods under the microscope (first part where you learn about the foods): red foods – eat small quantities (for pleasure)

The diagram illustrates the composition of chocolate and the presence of various nutrients. On the left, a curved bar labeled "Schokolade" is divided into three segments: two grey and one red. Below it is a realistic illustration of a chocolate bar. To the right, five test tubes are shown, each with a corresponding nutrient label above it: "Wasser" (Water), "Faser" (Fiber), "Zucker" (Sugar), "Fett" (Fat), and "Eiweiß" (Protein). The test tubes contain colored liquids: blue for water, green for fiber, red for sugar, yellow for fat, and white for protein. A mouse cursor is visible near the bottom of the "Eiweiß" test tube. In the top right corner of the blue background, there is a hamburger menu icon consisting of three horizontal lines.

Nutrient	Color	Approximate Quantity
Wasser	Blue	Low
Faser	Green	Low
Zucker	Red	Medium
Fett	Yellow	Low
Eiweiß	White	Low



# Foods under the microscope (second part): Game

Energiedichte?

gering mittel hoch

Apfel 00

Wasser Faser Zucker Fett Eiweiß

Obst und Gemüse

# Foods under the microscope (third part after game play): Comparisons and alternatives are discussed

Energiedichte?

gering mittel hoch

6 2

Wasser Faser Zucker Fett Eiweiß

Food	Energy Density	Water	Fiber	Sugar	Fat	Protein	Quality
Wasser	gering	High	None	None	None	None	None
Faser	gering	None	High	None	None	None	None
Zucker	hoch	None	None	High	None	None	Bad (X)
Fett	hoch	None	None	None	High	None	Bad (X)
Eiweiß	mittel	None	None	None	None	High	Good (✓)
Wurst	hoch	None	None	None	None	None	Bad (X)
Äpfel	gering	None	High	None	None	None	Good (✓)
Salmon	mittel	None	None	None	None	High	Good (✓)
Chips	hoch	None	None	None	High	None	Bad (X)
Eier	mittel	None	None	None	None	High	Good (✓)

Fisch, Fleisch und Eier

# Game module - Liquid rankings on the sugar scale

The screenshot shows a game interface for ranking liquids by sugar content. At the top, a blue bar contains a question mark icon. Below it, a dark blue background displays several beverages: a mug of tea, a bottle of Eiszeit water, a bottle of Lipton cola, a bottle of O-Tipp orange juice, a bottle of Saffron apple juice, and a bottle of Fanta orange juice. A horizontal scale from 0 to 50 is positioned below these items. A white triangle points to the 20 mark on the scale. Below the scale, a grid of 20 white sugar cubes is shown, with one cube placed at the 50 mark. In the bottom left, a list of beverages is provided: Orangensaft, Wasser, Cola, Apfelsaft, Fanta, Eistee, ungesüßter Kräutertee, and Apfel-Schorle. The Apfel-Schorle item is highlighted in a grey box. A green 'OK' button is located in the bottom right corner.

?

0 5 10 15 20 25 30 35 40 45 50

Orangensaft  
Wasser  
Cola  
Apfelsaft  
Fanta  
Eistee  
ungesüßter Kräutertee  
Apfel-Schorle

OK

## Game module - Kangaroo-Turtle race



## Game module - Bursting bubble game

