



Functions TNS Portal www.nutrinforma.eu

The TNS Portal is not a “project homepage”. It is an interactive web tool with the thematic focus on nutrition education using the didactical elements of activity oriented learning. It includes gaming elements and a user community for the virtual exchange between users and the option to upload and discuss user generated content.

Landing Page

The landing page is not a standard web layout. The user starts with a thematic graphic and could decide if he wants to go to the “game” or the “community”. At the bottom of the landing page are some direct links to special content, chosen by the TNS editors.

Concept grafic

Konzept_MK_10.2



The landing page selects the user language by analysing the browser language of the user. There is also a possibility to choose the language by the named language word.

Game

The game on the website is the same as the mobile Game “Essmobile”. Before the game starts the user must register and log in.



The game has three main pages.

Screen 1:

Feeding of a virtual creature.

Easy mode: Categories of food ordered like the "Lebensmittelpyramide"

(<http://de.wikipedia.org/wiki/Ern%C3%A4hrungspyramide>) on a shelf in a small shop.



Advanced mode: Input of real food or the own nutrition of the user by using the BLS (Nutrition Database), with the option to type in extra nutrition data from e.g. convenience food by the users.

Screen 2:

Presentation of virtual creature with summarized nutrition data and data about "psychological" factors belonging to the creature. Possibility to change the values of "psychological" date: Feed with hamburgers and french fries, let it watch TV, let it play computer games, hug it, make sports, etc.

It is possible to have a detailed nutrition analysis in the community in the section of the nutrition diary. The data for the diary can be created in the game or in the community.

Screen 3:

Game

The competences of the creature in the game are affected by the data of the creature in screen 2.

There should also be the option to increase the competences of the creature by having a lot of user activities in community.

Community

The user can use the community without logging in. But he can only read content. For writing the user must be logged in.

The Community contains the following pages:

Forum

Standard forum

Users can discuss in different Categories.

- Categories (generated by editors)
- Themes (generated by users or editors)
- Read themes in the different categories (all users)
- Answer and generate themes (logged in users)



Logged in users can also present their game results in the forum. In the game they can store the score. This score with e.g. Screen 2 can be easily imported to the forum.

The users can also refer easily on cooking recipes by the link names to the recipes. Discussed recipes can be opened in a new window.

Cooking recipes

All users can read the recipes.

- Recipes can be searched by a searching function.
 - Alphabetical order
 - Name/description of the recipe
 - Number of stars/chef's hats
 - Nutrition data: Calories/ Fat / Protein / Carb, etc. Using the data for 4 Portions
 - Starters, Main dish, dessert, etc.
 - Tags: sweet, light, etc.
 - Ingredients
 - User
- Users can assess the recipes by e.g. 1 to 5 stars/chef's hat
- Amount of ingredients and nutrition data can be changed by user to different number of portions.

Logged in users can write own recipes.

Logged in users can modify/delete their own uploaded recipes.

- The nutrition data for every ingredient is obligatory and can be found with the nutrition calculator. Number of portions is a mandatory field.
- A text field must be filled in for the preparation obligatory
- It is possible to upload photos of the preparation of the ready dish.
- It is possible to integrate a video of the preparation (via YouTube)
- It is possible to mark the cooking receipt as a "European" dish. Then the obligatory fields must be also filled in in English. Only if it is marked "European" the additional form is shown.
- Nutrition data is recalculated internally to 4 portions.

Nutrition diary

All users can read an instruction how to use the diary or to combine it with the game and mobile game.

Logged in users

- Can make a nutrition diary
- All meals can be recorded by the user. Nutrition data for the food can be searched with the nutrition calculator.
- If convenience food was eaten, the nutrition data from the packing can be typed in.
- There are small "help" files with examples for the weight of typical food. (1 Egg = 50g, 1 Teaspoon = 6 g, etc.). Presented in a small list.
- Nutrition data can be imported from game / mobile game
- All meals for the past days can be inserted in every moment



Analysis of user nutrition

- Nutrition data can be displayed as chart. Standard chart with Calories/ Fat / Protein / Carb. Week, Month, Year, With lines of average need of this nutrient contents. Also obligatory if nutrition data is typed in manually.
- If all nutrition data is recorded with BLS data the user can generate individual charts with vitamins, fibres, etc.
- Individual needs of nutrient contents can be calculated with the calculators on the page "Tests"

Healthy Nutrition / Content Links

Collection of content and links for (healthy) nutrition. Individual for the different countries.

Tests

- BMI
- Hip to Waist ratio
- Calorie needs: gender, age, body exercise

Stand alone nutrition calculator

Frame with the single nutrition calculator. Food can be searched nutrition date is displayed.



GD Bildung und Kultur

Programm für lebenslanges Lernen

This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.