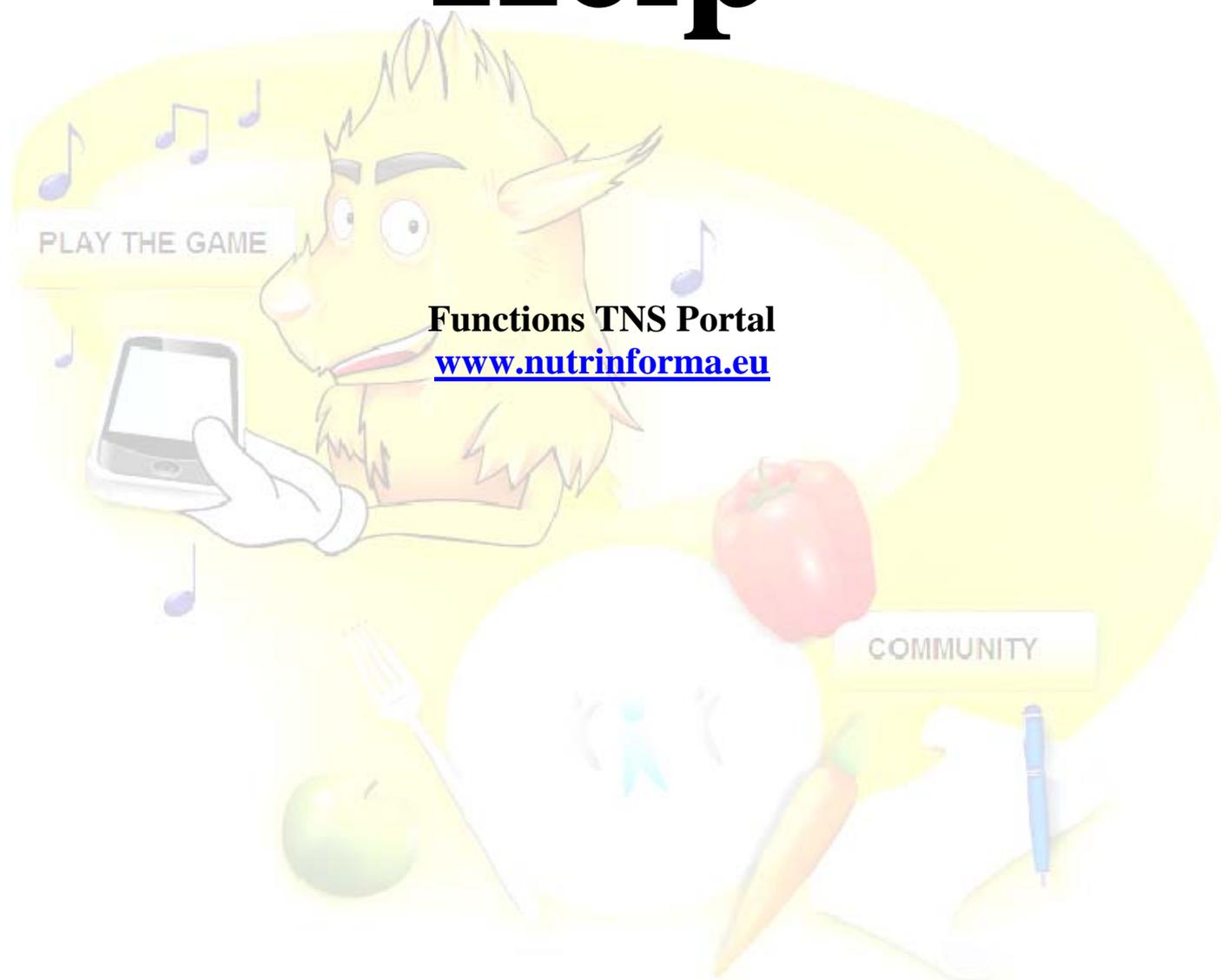




Technical Help





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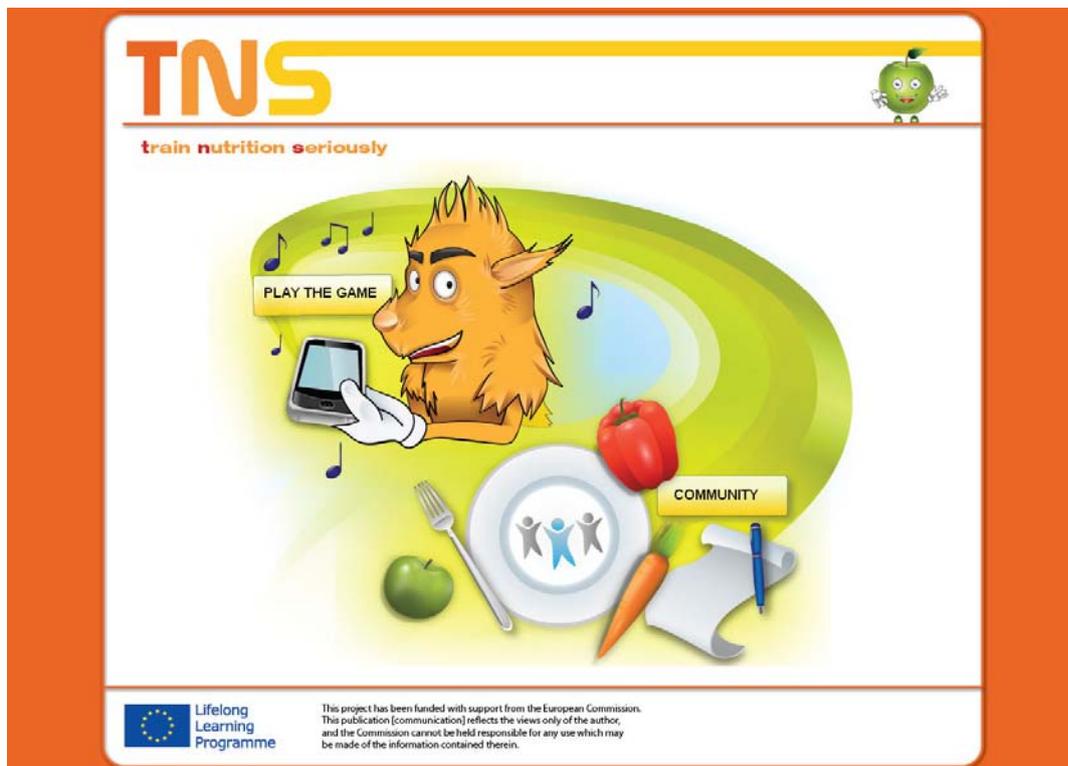


The TNS Portal is not a “project homepage”. It is an interactive web tool with the thematic focus on nutrition education using the didactical elements of activity oriented learning. It includes gaming elements and a user community for the virtual exchange between users and the option to upload and discuss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



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://en.wikipedia.org/wiki/Food_guide_pyramid) 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.

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.
- 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 in 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 date 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 these 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.



How To's

Recipes

Insert cooking recipes

Here you can insert your recipes.

Please enter the required fields and choose the food items typing the first two letters in the field **Select your food** and selecting from the list that will open.

After entering the quantity, press the **Add** button.

The system will automatically calculate the nutritional values of your recipe.

You can also associate one or more tags to your recipe in order to make it more visible in searches made by users.

Finally, if you want insert a link to a youtube video or upload images, press the **Add multimedia content** button.

Weight of food

Liquides

- * For liquids, it is sufficiently accurate if the amount is in "ml" taken as "g". (Milk, clear soup, soft drinks, etc.)
- * If there are pure oils, then should "ml - 10% = g" be calculated.

Egg

XL	75g
L	65g
M	62g
S	50g

Portion amounts in catering

If it is not possible to Gather in canteens or cafeterias portion sizes, then the following values can be used for orientation.

Food	Average amount per serving
Cooked meat,	100 g
Sea fish cooked	150 g
Vegetarian dishes, e.g.	
Stew	500 g
Vegetable Casserole / Gratin	500 g
Corn patty	150 g
Vegetables / salad	
Cooked vegetables,	200 g
Lettuce and raw vegetables	100 g



Starch component

Cooked potatoes,	200 g
Rice, cooked	180 g
Pasta, cooked	250 g

Dessert

Milk pudding	150 g
Fruit (raw or cooked)	150 g
Cooking fat	10 g

More amounts average food weight

Brown bread / plate	40 g
Wholemeal bread / plate	60 g
Toast	30 g
Jam portion	20 g
Cheese slice	15 g
Sausage slice	10 g
Butter margarine / portion	15 g
Sugar / salt teaspoon	5 g
tablespoon of vinegar	8 g
tablespoon oil	11 g

My cooking recieps

Press the button  to view your recipe.

Press the button  to edit your recipe.

Press the button  to delete your recipe.

Once you confirm the deletion the recipe will be permanently deleted from the portal.



Nutrition diary

Nutrition diary

This is your daily diary.

Here you can keep track of the meals and physical activity that you do every day.

By filling out this section, you can also monitor your nutrition and make your analysis using the [Nutrition analysis tool](#).

To make your analysis in a certain period, it is necessary that you fill in the nutrition diary the meals that you have eaten during this period day-by-day.

If some days are incomplete they will not be taken into account and an alert will notify you that data in the selected period are missing.

Since a healthy nutrition also takes into account physical activity, in order to analyze your behavior you will have to enter information about the activities that you carry out.

If you do not consider opportune to put this data on a daily basis, you can alternatively insert once directly in the [Nutrition analysis tool](#). In this way, however, your analysis will be less accurate.

View diary

In this section you can see all the meals and the activities that you have entered day by day.

Pressing the button  you can visualize the detail of the ingredients of the meal.

You can also delete an entire meal or a physical activity by pressing the  button.

Insert meal

You must first select the time at which the meal was consumed and then the type.

Please complete the mandatory fields and choose your food items by typing the first two letters in the **BLS Food Items** field and selecting from the list that will open.

Then enter the amount and press the **Add** button.

Once you have finished entering the food that you consumed, press the **Save** button.

Insert physical activity (24 h):

After selecting the type of physical activity you have done, please indicate its duration (hours and minutes) and then press the **Add** button.

The chosen activity will be added to the list and you will be able to delete it whenever you want by clicking on the icon.

When you have finished entering, be sure that the total duration of activity is 24 hours and press the **Save** button.



Nutrition analysis

In the nutritional analysis section you can analyze an interval from your nutrition diary.

To start, insert your height and weight. Then insert your usual daily physical activity.

In fact, the calories you need also depend on your physical activity.

The website will then calculate your calorie need for the chosen time span and will compare it to the food consumption in your nutritional diary.

The comparison will be shown on different graphs related to the assumption of proteins, carbohydrates and dietary fat.

The website also gives advice on the quantity of nutritional elements to take in to follow a healthy diet.

Healthy nutrition

How to create a new article

By clicking the link **New** you will be taken to the article's creation page.

1. Fill the field **Title** and insert your content in the body.
2. Select **TNS portal** in the field **Section**.
3. Select **Healthy nutrition** in the field **Category**.
4. Finally, if you want to make your article visible to other users, select **Yes** in the field **Published**.

Then click **Save**.

How to edit an existing article

From the list of all the articles, click the editing icon on the right of the article that you want to edit.

When you finish to make changes, remember to click the **Save** button!

By pressing **Cancel** you will go back to the articles list without saving your changes.



Lifelong
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Programme

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