

INTRO/ABSTRACT

The overall metabolic health of individuals in America is comparatively low to other countries.

Metabolic health is bolstered by several factors including exercise and a proper diet consisting of essential vitamins, proteins, and other important biomolecules. The increased cost of healthy nutrient-rich foods and a lack of proper nutritional education have hindered the overall metabolic health of modern Americans. Engaging individuals in learning more about nutritional health can be a difficult task made easier by an engaging experience that stays in the user's minds.

Big Munchin' can be a vehicle for increasing Americans' overall awareness of nutritional health while also ensuring they better understand what foods can be beneficial for achieving those goals.

METHODS

Our team utilized an iterative approach in order to refine the way in which we conveyed the nutritional aspects of the games. The portioning system in particular received a lot of attention and work.

Throughout our game design process, we have tried to tie nutritional concepts to gameplay mechanics in order to facilitate a more diffusive learning environment where concepts are learned through gameplay rather than expository text. Some aspects of the educational portion of the game had to be scrapped due to time constraints, however the nutritional aspect of the game has remained a consistent through line throughout development.

RESULTS

Through the process of working on this project, we have learned about the various health effects of a nutrient-poor diet compared to a nutrient-rich diet. We hope that our game mechanics will communicate these findings to the players.

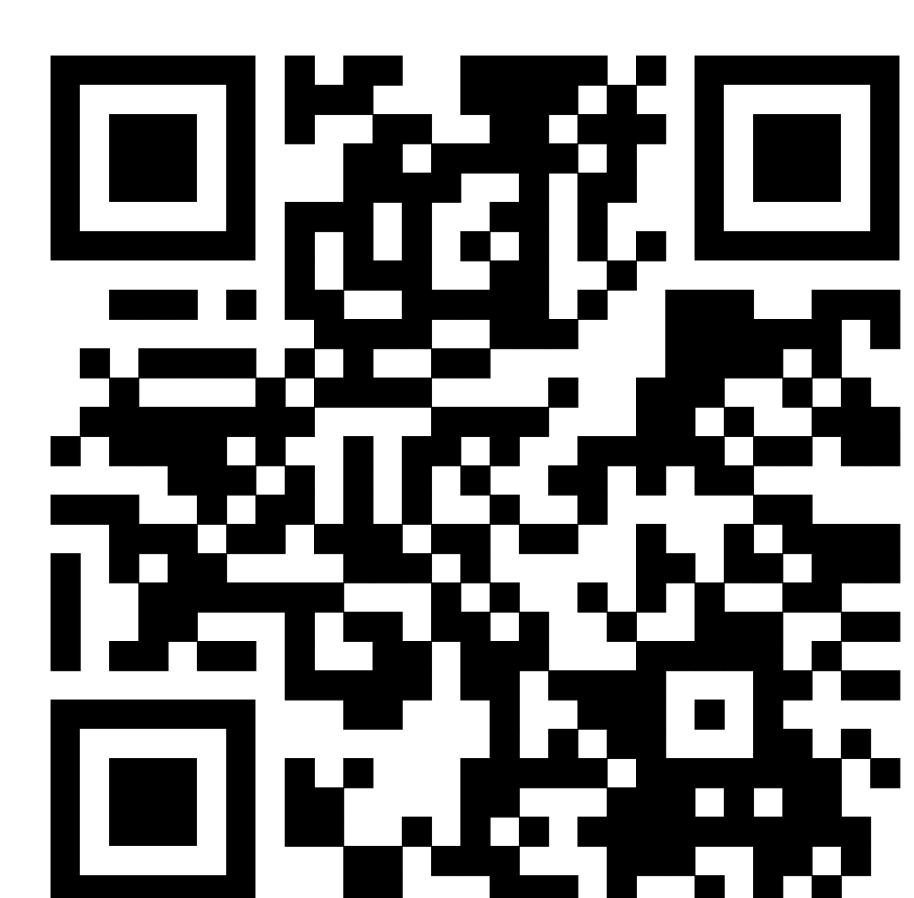
Resources:

Talon Fitness Youtube Channel

<https://pubmed.ncbi.nlm.nih.gov/26797090/>

https://www.healthline.com/nutrition/portion-control#TOC_TITLE_HDR_8

Big Munchin' is an action game that deals with how the food we eat can affect us. The story and game mechanics revolve around unhealthy foods along with their negative impacts, and the benefits that a healthy and balanced meal can give.



Scan here to follow
our journey!