

[Healthy Kids Maker]

The goal of the game is to raise a 9-year old girl for a month, as healthy as possible with providing balanced diet and exercise. You can feed up to 3 foods for each day using drop down box for selecting food. Player also enters the exercise calories for recording energy expenditure.

The table provides the 5 main nutrition facts and calories from food as player select it. The table shows for each meal, daily cumulative, all-time average. There is also the daily target that is the recommendation for reference to raise the girl healthy.

To win this game, player needs to keep the girl healthy (e.g., making her happy, taller, or active) not unhealthy (e.g., stomach ache, purple tongue, and Kwashiorkor).

	Grain	Vege	Fruit	Milk	Beans/Meat	Calories
This Meal	1.99	0.00	0.88	0.12	0.00	244.62
Day Cumulative	3.98	0.00	1.76	0.24	0.00	479.24
Daily Target	5.00	2.00	1.50	3.00	5.00	160.00
All-time Average	5.00	2.00	1.50	3.00	5.00	160.00

Food to Feed 1: 4 Cheerios

Food to Feed 2: 9 Fruit yogurt, low fat

Food to Feed 3: 9 Fruit yogurt, low fat
10 Apple juice (100% juice)
11 Orange juice (100% juice)
12 Banana
13 Scrambled egg (cooked without fat)
14 Diet ham (regular)
15 Chicken nuggets
16 Ice cream, regular
17 Cheese (cheddar, Swiss)
18 Whole milk
19 Fat free milk (skim)

Pedometer Calories: []

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