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Serious Game



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What Food Am I ?

HERE IS YOUR ASSESSMENT

Age: 33
Level of physical activity: Moderate

I am colorful because you ate a variety of colorful foods, thank you! I feel amazing!

2,841 2,000 Calories

Grains Vegetables Fruits Dairy Meat & Beans

Replay You Recommended

Keep me posted

WHAT FOOD I AM:

I am

Today, I ate mostly fruit. Eating a lot of fruit is smart! I will remember tomorrow to eat more vegetables and whole grains and just enough dairy and meat.

Shopping by colors

Delicious recipe to try

Watch Crazy Chef make the recipe

Print

For parents

The image shows a digital assessment interface for a nutrition tracking app. At the top, it says "HERE IS YOUR ASSESSMENT". It displays a user's profile: Age 33, Level of physical activity "Moderate". A speech bubble says "I am colorful because you ate a variety of colorful foods, thank you! I feel amazing!". Below this is a progress bar showing 2,841 total calories consumed, with a goal of 2,000. There are five circular gauge charts at the bottom for "Grains", "Vegetables", "Fruits", "Dairy", and "Meat & Beans", each with a needle pointing towards the green "Recommended" zone. The "Fruits" gauge is nearly at the top. At the bottom, there are links for "Replay", "You", "Recommended", "Print", and "For parents". On the right side, there's a section titled "WHAT FOOD I AM:" featuring a banana icon and a message about eating fruit. On the far left, there are vertical icons for "WH", "SM", "V", "F", and "W". The background features a stylized bowl containing a colorful meal.



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Monde virtuel



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Living Lab



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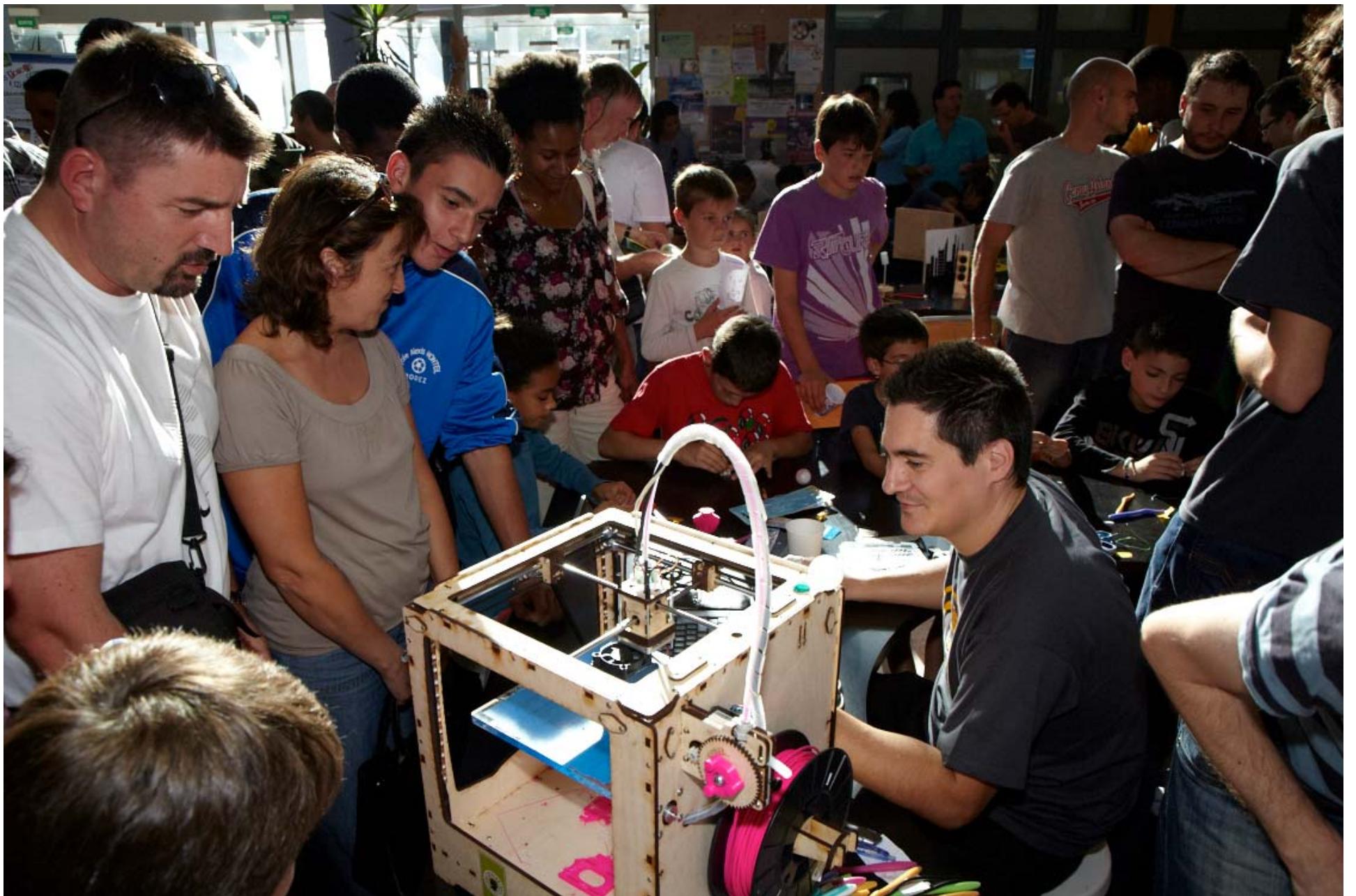
Fab Lab



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