



Chef Solus and the Food Pyramid Adventure Game

Food Pyramid Game Instructions & Nutrition Educational Features

Food Pyramid Game - Teachers Guide and Lesson Plan



The fun way to learn about nutrition.

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About the Game

The game is a seven level game that is designed for elementary school students from Kindergarten through 5th grade. An individual log-in username and password is required for each student to play the game. This allows the game to save the student's place in the game, accumulate points and obtain their personalized certificates of completion.

For more information and help with creating a log-in username and password for a student, please review the [Sign Up Guide](#) pdf.

Each level is a section of the pyramid designed to introduce content, reinforce content through activities and then test retention.

- Level 1: Jungle (Introduction to the Food Pyramid)
- Level 2: Grains Group
- Level 3: Vegetables Group
- Level 4: Fruits Group
- Level 5: Milk Group
- Level 6: Beans and Meat Group
- Level 7: Calories and Activity



Each level is broken into three sections which can take the student from 15 to 20 minutes to play. The game is designed so that student can play for short periods and then come back at another time and continue to play and learn about nutrition. The game will save the student's place at the last section completed.

The game provides **complete audio with written text support for students just learning to read**. The game is available in English and Spanish.

Game Story Line

The game has short animations between each level that will lay out a story for the student to enhance the game and engage the student's interest.

Chef Solus and his explorers have found a hidden pyramid in the jungle that was occupied by an ancient civilization. This ancient civilization discovered the secrets to nutrition and healthy eating. The explorer is tasked with finding out the secrets left behind by this lost civilization so they can bring this important information back. But there are animals and obstacles that guard the pyramid and if they touch the explorer, the explorer will lose some of their energy. The journey through the pyramid is full of fun adventure as the character must find food, create balanced meals to give them enough energy, avoid animals and obstacles, and travel through hidden doorways and zip-lines while revealing all the nutrition secrets.

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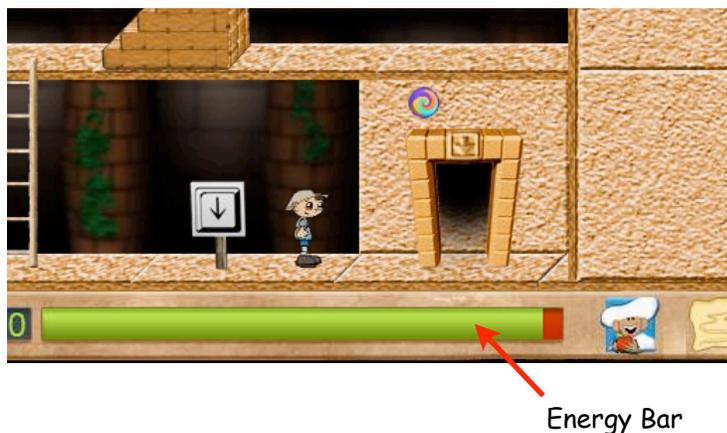
Nutrition Education Features

The game uses several mechanisms to help children learn about the food groups, healthy eating and being active.

Energy Bar (Calories)

The energy bar is a unique way to help students make the connection between food, calories and energy. As the character eats food, the energy bar goes up and as they character runs and jumps and uses energy, the energy bar decreases.

This is designed to teach the student that the more active they are, the more energy they will need. Food is the source of their energy. However, you can have too much energy and then it will need to be burned off through exercise.



This is the character's energy bar. It will tell the student how much energy their character has.

- The Student increase the energy bar by creating a meal and selecting the "eat" image while in the meal window.
- The energy bar decreases as the character uses energy to move through the game.
- Eating a balanced meal will also increase the energy bar.
- If the energy bar is running low while exploring the pyramid, the student can increase the energy bar by "eating a snack". Just select the image of the chef with an apple" in the lower right corner. It is only active, if a healthy snack is available.
- If the student has created a meal too high in calories, the energy bar will turn red and the character will become sluggish.
- To get rid of the red, the character will need to exercise. The character can exercise by running and jumping.
- The amount of red in the energy bar will show how much exercise is needed.

If the energy bar becomes empty, then the character is out of energy and will not be able to run and jump, the student will have to restart the level.

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Making a Balanced Meal

Students are required to make three meals to complete each level. Food is found all through the pyramid and stored in the backpack. In order to have enough energy to move through the pyramid, the character will need to eat a well balanced meal: breakfast, lunch and dinner. At the end of each section, the student will find Chef Solus waiting by the campsite, signifying the completion of a section or level and a chance to build up their energy bar with healthy food.

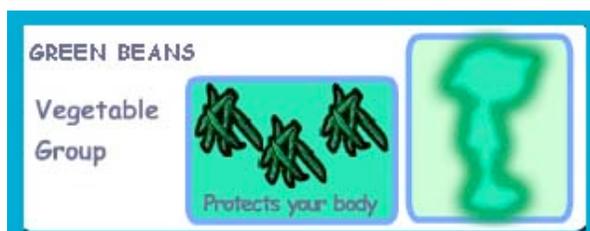
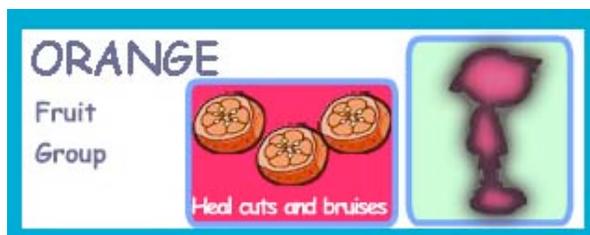


The meal scene allows the student to make choices about eating and learn how their choices affect the character. The character's ability to move through the pyramid is directly related to the amount of energy it has, shown in the energy bar. Chef Solus provides auditory explanations in a positive, fun way about each food item.

In the meal scene, each food group has one consistent health benefit to make it easy for the student to associate healthy benefit and a food group.

The health benefits are as follows:

Grains	gives your body energy
Vegetables	protects your body from sickness
Fruits	helps your body heal
Milk and Milk Products	builds strong bones and teeth
Meat, Beans and Nuts	helps build strong muscles
Calories and Activity	help body grow strong

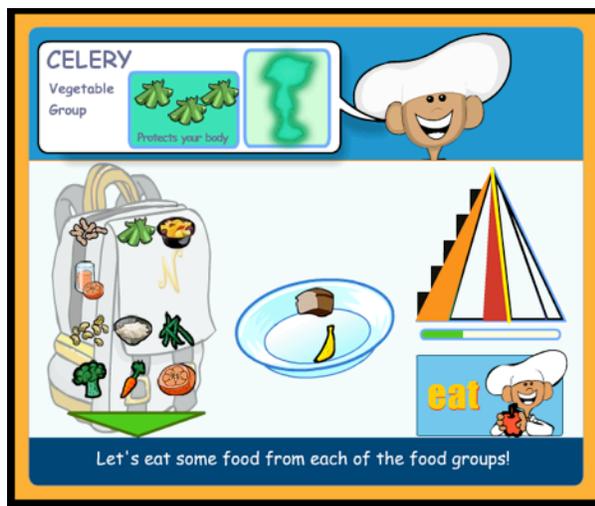


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As the student enters a specific food group level, they learn more specific information and health benefits about that particular food group. (See specific levels for more information on key messages and learning activities.)

The meal scene is an opportunity for the students to learn about healthy eating in several ways:

- when a food item is selected, it will give them the health benefit of that food group
- each food comes from a specific food group (color coded)
- the pyramid lights up a colored section when a food from that food group is selected
- each food selected has a positive message about that specific food item
- foods give different amounts of energy. For example, the student will see that selecting peanut butter will increase the energy bar more than selecting an orange.
- In order to make the entire food pyramid light up, the student will have to make a meal that has one food from each of the food groups- a balanced meal.
- A balanced meal with foods from all the food groups gives the best energy and they are rewarded with increased energy
- combinations of certain foods, even a balanced meal, can give the character too much energy, this is indicated by the energy bar turning red. The character will feel sluggish when given too much calories and will need to exercise.



Before the character can eat, the student will need to add food to the plate. The Student can add up to five items onto the plate.

To make a meal:

- Click and drag food items from the backpack to the plate. The Student will also see part of the pyramid light up to show the student what part of the food pyramid the food comes from.

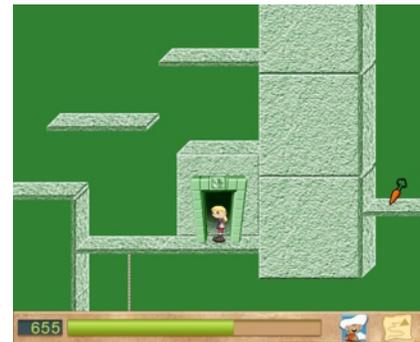
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- If the student wants to take something off of the plate, just click and drag it back to the backpack.
- When the student puts food on the plate the energy bar will increase, showing the student how much energy that food has.
- The more the bar is filled in, the more energy this food will give the character.
- When the student has finished adding food to the plate, just click the "eat" button to enjoy the meal.

Hint: It's important to pick one food from each part of the food pyramid to create a balanced meal. Balanced meals will increase the energy bar.

Snacks

Snacks are an important part of a child's healthy diet. As the student advance to the higher levels, a healthy snack will also be available. When the energy bar is running low, the character can eat the snack at anytime during the game by pressing the Chef Eat Button, found lit up in the lower right hand corner. This helps students learn that as they are active throughout the day, they need a healthy snack to give them energy in-between meals.

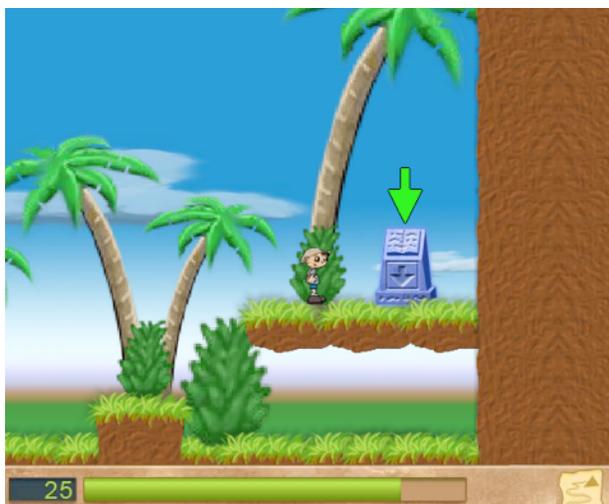


Eat Snack Button

Activity

The game is designed to promote activity and help students learn that exercising will give their body more energy.

When the student makes the character be very active by running, jumping and climbing, they will be rewarded for exercising with added energy in their energy bar. Chef Solus will appear and let the student know that their energy bar has been increased because they exercised.



Information Stations

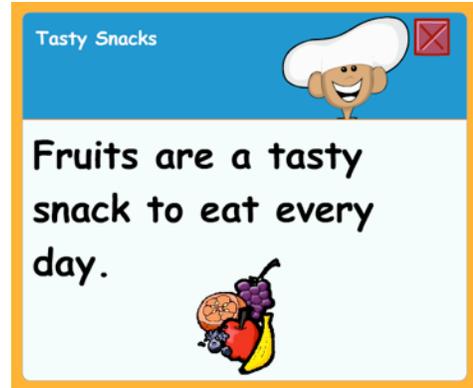
This is an information station (see image). Information stations are found through the game and provide students with specific key messages about healthy eating, the food groups and exercise. These are important learning points. Students will not be able to exit an information station until Chef Solus has completed his healthy message.

An information station can be entered by pushing the down arrow.

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Once the student finds an information station, the student will be awarded 50 points and a necessary item such as a ladder, rope or passageway will appear letting the student advance. The Student will not be able to advance to the next section without finding each one of these information stations.

Hint: Information stations that the student have not entered will glow different colors. Once the student have found and entered an Information Station, the symbol will become a solid color.



inside the information station

Mini Learning Games

To complete each level the student will need to play four mini games. Mini games are designed to reinforce the food groups in a fun way. A mini game can be entered by standing in front of the doorway and pushing the down arrow.

Once the student complete a mini game, the student will be awarded 25-30 points and a necessary item such as a ladder, rope or passageway will appear letting the student advance. The Student will not be able to advance to the next section without completing each one of these mini games.



1. Healthy Message Food Puzzles

The student will have to complete a jigsaw puzzle that will give them a healthy message associated with the food group they are learning about.

Click and drag puzzle pieces to complete the jigsaw puzzle.

Difficulty Level 1: 12 piece puzzle

Difficulty Level 2: 16 piece puzzle



2. Pyramid Food Group Sorting Activity

The student will need to match the right foods with their food group to complete this challenge. The color bar that is lit will tell the student what type of foods to place on the pyramid. Click and drag the food items onto the food pyramid.

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3. Matching Food Cards Challenge

The student will have to find matching food cards. The foods cards will be colored coded to the food group they are learning about. Once completed, a healthy message about that food group will be revealed.

Click on a cards to find the matching food pictures.

Difficulty Level 1: 8 piece puzzle

Difficulty Level 2: 12 piece puzzle



4. Catch the Falling Food Game

Students will be required to catch only the food from the food group indicated to the right side of screen. When the student catches the correct food item, the meter will advance. When the student catches the wrong food item that does not belong to that food group, the meter will decrease. The Student must fill the meter to win this game.

Use the right and left arrow key to move the pyramid side to side to catch the food.

Cooking Tasks

Cooking is a fun way to promote healthy foods choices. As the student travels through the pyramid, Chef Solus will assign the student a cooking task to complete in each level.

When the student sees Chef Solus in the middle of a level (not near the campsite), position the character near Chef Solus and press the down arrow to get the cooking instructions. The Student will be asked to find specific food items for the recipe.

Once the student has found all the ingredients required in the recipe, the student must find this symbol



Position the character near the symbol and press the down arrow to enter the Cooking Screen.



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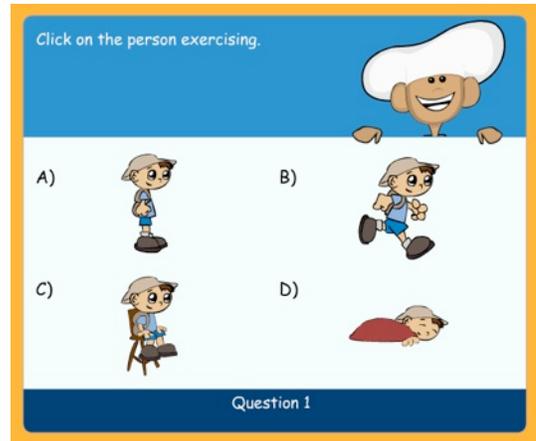
Once in the Cooking Screen, click and drag the ingredients onto the plate and click the Cook button.

Once the student completes the Cooking Task, the dish the student created will appear letting the student advance. The Student will not be able to advance to the next section without completing the cooking task.

Quizzes

The game tests the student's pre and post level knowledge. For specific questions, please read the individual level documents. Teachers can see the organization pre and post test results as a whole by logging in to their organization account and selecting the reports tab. At this time, we do not have the ability to look at reports by groups. This is a feature that will be added in the future.

There is a test at the beginning and at the end of each level. The Student will receive 100 points for every correct answer.



General Game Instructions

Object of the Game

In order for the student to reach the end of the pyramid, he/she will have to listen to all the nutrition messages, create meals that are balanced to promote optimal energy levels and complete all activities and tests.

As the student moves through the game, each level will increase in play difficulty adding more obstacles and hidden passages. This keeps the student challenged and engaged as they continue to learn about the importance of each food group and being active.

Selecting a Character

At the start of the game, the student will need to select their avatar. An avatar (explorer character), Katlyn or Kevin, is selected by clicking on their picture.



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Selecting a Level

At the start of the game, the student will be asked to select a difficulty level by clicking on a "level 1" or "level 2" image. Level 2 has more obstacles and more difficult activities to challenge more experienced game players.

Guide the younger students to start at level 1. They can always play the game again and try the more difficult level.

Moving the Character and Completing Game Challenges

Students will use the keyboard and mouse to move through the game.

The keyboard is required to move their character. During Jungle level 1, students will be instructed by Chef Solus how to move their character. The game uses standard computer game commands, so most students will know how to move their character. However, prompts are available all through the game to help the younger student or less experienced game player.

Basic keyboard moves and keyboard shortcuts:

- Press the **left arrow key** to move to the left.
- Press the **right arrow key** to move to the right.
- Press the **space bar** to jump.
- Use the **space bar** to jump high into the air on trampolines.
- Climb up ropes and ladders by pressing the **up arrow key**.
- Climb down ropes and ladders by pressing the **down arrow key**.
- Use the **space bar** to jump up and grab hold of zip-lines.
- To drop off of a zip-line, press the **down arrow key**.
- To enter doorways, position character in front of it and press the **down arrow key**.
- To hear a hint, position character in front of the sign and press the **down arrow key**.
- To enter the cooking scene to make a recipe, position the character near the symbol and press the **down arrow key**.
- To move the pyramid in the falling food game, use the **right and left arrow keys**.
- Tap on the "M" key to view the map.
- Tap the "X" key to close a window.
- Tap on the "P" key to pause the game.



The mouse will be used inside a pop up window (games, information stations, and Chef Solus hints) to select images, move images and close windows.

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Basic mouse moves:

- Click on "x" in the right hand corner to close pop-up windows such as completed game challenges and the Chef Solus hints and clues window.
- Click and drag food items from the backpack to the plate to make a meal.
- Click on the "eat" image to complete a meal activity
- Click on the "cook" image to complete a cooking activity
- Click and drag a puzzle piece to connect jigsaw puzzle pieces.
- Click on the image to find matches in the Match Food game.
- Click and drag food items onto the food pyramid in the Sorting game.
- Click on the map image on the lower right corner to view the map.



Obstacles

There are obstacles found throughout the game to make it fun and challenging for the student as they learn about healthy eating. But don't worry, the monsters are not scary.

- **Worms:** There are worms in the ground that will pop up and take away energy. Kids must try to avoid them by jumping over them or waiting till they go back into the ground.
- **Steam blasts:** Steam will burst from the floor unexpectedly and take away energy.
- **Candy-striped Mummy:** Watch out for the walking mummy that will drain energy bar.
- **Flying Bats:** Avoid the flying bats, they zap your energy level.
- **Jumping Frogs:** Dodge jumping frogs that will lower your energy.
- **Falling Rocks:** Dodge falling rocks that drain energy.
- **Floating Fat Glob:** Avoid the Glob, he will zap energy.
- **The Energy Wall:** This wall chases the player and will instantly drain all your energy if it touches the character requiring the student to start the level over.
- **Sugary Goo:** Sugary goo is found on the floor and will slow the character down.



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Clues and Hints

When the student see these sign posts, press the **down arrow key**. Chef Solus will help the student by giving the student hints and clues to help the student move through the pyramid.



sign post

Map

If the student gets lost finding their way through the pyramid, they can always click on the map image to see where they are and upcoming obstacles.

There are two ways to view the map:

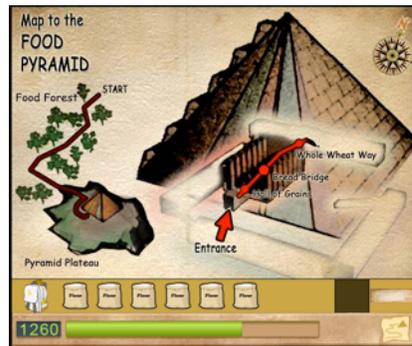
- Press the **M** key to view the map.
- Click on this Map on the bar.
-

There are two maps available to help the student at all times.

1. A **quick view** of the the immediate area, with a red large dot indicating the character's location. This is helpful when the student is stuck finding their way through the pyramid or to see upcoming obstacles.
2. An **overview map** of where the student is in the level. This is useful to see the names of the section they are in and how many more sections before they reach the end of the level.



quick view map



overview map

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Accumulating Points

The Student will receive points for a variety of activities:

- collecting food 5 points
- completing jigsaw healthy message puzzle 25 points
- completing matching food game 25 points
- completing falling foods challenge 25 points
- completing food groups sorting activity 30 points
- finding an information stations 50 points
- answering quiz questions correctly 100 points
- reaching the end of each section: 150 points

For convenience, you can click on this link to go back to the [Chef Solus Nutrition Game - Teacher Manual page](#).