

# Eating behaviour in schools education essay

[Psychology](#), [Behaviorism](#)



Unhealthy eating behaviour can do obesity disease. This disease can happen both in kids and grownup. Fleshiness in kids or childhood fleshiness is an energy instability between Calories consumed and Calories expended. Unhealthy life style during childhood can be causes disablement in maturity and diabetes.

The prevalence of fleshy kids around the universe has increased dramatically in recent old ages. In 2010 the figure of fleshy kids under the age of five, is estimated to be over 42 million. Close to 35 million of these are populating in developing states ( WHO, 2011 ). WHO recognizes that the increasing prevalence of childhood fleshiness consequences from alterations in society. Childhood fleshiness is chiefly associated with unhealthy eating and low degrees of physical activity.

Children and game is ever something together. Educational games `` are games designed with specific course of study aims in head " ( Royle, 2008 ) frequently games that have been used in instruction have been developed to back up the pattern of factual information. Educational game might be the most suited game for the pre-school kids which bring cognition to the kids. Computer-based instruction games are the combination of instruction and amusement and copy the real-life environment.

Game based acquisition ( GBL ) is remains one of the most effectual instruction schemes to advance acquisition. Among all application package, computing machine games are holding a shorter larning curve. If used efficaciously in a coherent and relevant manner, GBL can back up both the

option of more pick for how the scholar can learn every bit good as offering the potency for personalising the acquisition experience ( Sugimoto, 2007 ) .

## **PROBLEM STATEMENT**

Overweight and fleshiness is an emerging job among kids worldwide. In Thailand, the prevalence of fleshiness in 5-to-12 twelvemonth olds kids rose from 12. 2 % to 15. 6 % in merely two old ages ( Rerkuppaphol, 2010 ) .

To forestall childhood fleshiness is non really hard. The kids must devour healthy nutrient, particularly the pre-school kids in the age 3-7 old ages old they may non cognize what they should eat or should non because of their unequal ability has limited and deficiency of experience ( Zhang, 2009 ) .

## **RESEARCH QUESTION**

This survey aims to reply the undermentioned inquiries:

Do kids learn about healthy nutrient and nutrition?

Is kids has ability to retrieve the healthy nutrient after playing game-based acquisition courseware?

## **RESEARCH OBJECTIVE**

The chief aim is to develop an synergistic game based learning courseware about healthy feeding. To accomplish this aim, the following sub-objectives have been identified:

To supply cognition about nutrient foods to kids.

To measure learning ability of kids after playing healthy eating game-based courseware.

## Scope

This GBL merchandise is developing for pre-school kids in kindergarten, Thailand. The name of courseware is Happy Healthy Meal. It is about learning kids what healthy nutrients are. Before kids start the game, they will learn nutrition of each nutrient. Each nutrient will stand for nutrition to assist pupil easier to understand. There are 2 chief bill of fare for this courseware.

First bill of fare is the presenting nutrient that will be used in the game. It will learn kids learn about healthy nutrient and nutrition. It will demo the image and nutrition of each nutrient in text. After finish all the nutrient debut, it will endorse to the chief bill of fare.

Second is the game bill of fare where the kids will get down to play game here. It will supply direction how to play before kids start to play. This merchandise usage nutrient as a chief object. In this game, healthy nutrient and unhealthy nutrient will drop from the top. The kids need to snap on healthy nutrient merely before it gone. There is a male child as chief character. If the kids click on unhealthy nutrient, the character will be acquiring fat till game is over. But if the kids on the healthy nutrient, the character will be healthier like ruddy cheek, smiling, leaping. The position of character can promote kids learning actively. ( Zhang, 2009 )

This merchandise is deliverable in Cadmium and will be presenting in Thai linguisticcommunication.

## LITERATURE REVIEW

### 6. 1 Game-based acquisition

In this literature will demo how GBL can pull kids. Rieber ( 2005 ) indicates `` learning is believed to be achieved through active battle in which the instructor provides support, resources and encouragement ". Normally, pupils show their battle in playing complex computing machine games much more than they show in their school work.

Prensky ( 2005 ) said that in order to do acquisition occur, pedagogues must first motivate and prosecute pupil in their acquisition activities. For battle to happen, pedagogue must make an environment that encourages student-teachercontact, cooperation among pupils and active participants between.

Sing the difference in battle, the factor between media and GBL environments is the integrating of the game features. Hence, the intent of this GBL is besides to look into if a game is a better attack for actuating the involvement acquisition than other multimedia map entirely. Computer games provide a good environment for learning. The theories of learning are behavioural learning theory, cognitive acquisition theory and motive theory ( Sugimoto, 2007 ) .

### 6. 2 Educational game design

Cordova et Al. ( 1996 ) have shown that enhanced learning which is merriment can be more effectual. Using some simple educational undertakings, they demonstrated that learning embedded in amotivationputing improved learning results and that battle can ease acquisition. Learning occurs when the scholar is mentally involved and

actively interacts within the game, where a balance of challenge and possible classes of action is provided.

Harmonizing to Alessi & A ; Trollip ( 1991 ) educational game can be divided into three chief parts such as the debut, the organic structure of the game and the decision. Figure 6. 1 show these parts.

games. tiff

Figure 6. 1: The general construction and flow of the games

## **Game in Health attention**

Game for wellness attention is the games that move beyond the educational stage to the longer-term support of kids with chronic status. Games can utilize to actuate the kids by `` reenforcing healthy picks, reminding of intervention particulars, deflecting their attending, and keeping more complete wellness position and intervention record " ( Watters et al. , 2006 ) .

Pollak et Al. ( 2010 ) had developed a game `` Time To Eat " a nomadic phone based intended to better adolescent eating behaviour. They designed the game like virtual-pet attention. The game focuses on pet attention as portion of a kid 's day-to-day modus operandi, which fits good with behavior alteration theoretical accounts in which repeated support.

Watter et al. , ( 2006 ) has developed the long term intervention game. The participant will hold ain pet that kept in the back pack. If the participant neglects to take attention of the pet at appropriate times during the twenty-

four hours the pet begins to look ailment. The nutrient pick is presented during the drama of this game to feed the favored become wellness.

## **Methodology**

Methodology describes the stages involved in developing the games based acquisition. There are more than 100 different ISD theoretical accounts, but about all are based on the generic `` ADDIE '' theoretical account, which stands for Analysis, Design, Development, Implementation, and Evaluation, as illustrated in the Figure below. Each measure has an result that feeds the subsequent measure. Figure7. 1 shows the ADDIE procedure.

addieModel

Figure 7. 1: ADDIE Model

### **7. 1 Analysis**

The Analysis stage is the most of import stage in the ADDIE theoretical account. It identifies countries pre-school kids necessitating to larn about this merchandise, restraints exists, when this undertaking will be completed and what will pre-school kids make to find their competence. Developer will analyze the ends and aim of the presentation and the nature of participants to seek to find the rightness of the instructional design.

### **7. 2 Design**

The Design stage is concerned with capable affair analysis, game planning and media choice. It besides involves planing elaborate storyboards to ease the media development and content integrating. The user interface is an of import constituent and is the chief nexus between the pre-school kids and

the acquisition courseware. In this stage, all the consequences from the analysis stage to make a design for direction.

## **Development**

In this stage, all sound, image, and nutrition content are collected, prepared, created and ready to be tested. Adobe Flash CS3 will utilize to make life and do the game expression synergistic. Sound Forge will utilize as audio tools. The content development squad develops instructional media based on the results of the design stage.

## **Execution**

The execution stage consists the testing of the undertaking with the pre-school kids. The kids will utilize Graphical User Interface ( GUI ) to take portion in developing direction. As we know, new merchandise normally represents a going from the manner concern is presently done.

## **Evaluation**

Evaluation stage the kids and the instructional system are investigate to make up one's mind whether alterations are necessary or non. This stage include kids and instructor provide feedback on the effectivity of the games.

## **Undertaking SIGNIFICANT**

Using GBL can give large impact because these games differ from another game in the market. Furthermore, this is a manner to make something that is impressive plenty for people to stand up and take notice of GBL merchandise.



Teaching utilizing GBL technique can assist teacher particularly to pull kids because this GBL merchandise was apply multimedia component by utilizing 2 Dimension ( 2D ) and sound.

This courseware might promote the instructors and parents to improvize their ICT accomplishments and hands-on acquisition as a learning tool.