PLAYING IS NOT A JOKE, DESIGN A GAME WITH THE FINAL USER

In October 2014, PEGASO will involve teenagers in order to design its game application. Different focus groups will be held in several schools in Italy, Spain and England where teenagers will be involved in different activities in order to design a game able to promote a healthy lifestyle. The 3 schools that participated in the first focus groups have shown their interest in collaborating again next academic course: thank you very much to EscolaPáutufet de Gràcia...

CHANGING FOOD TO IMPROVE NUTRITIONAL QUALITY

Identifying the dietary changes with the greatest potential for improving diet quality is critical to designing efficient nutrition intervention. A study conducted in France has demonstrated that the substitution of a food group or beverage for its “lighter” version resulted in a modest improvement in the Diet Quality score and a decrease in energy intake (approximately -114 kcal/day). While the substitution of a food and beverage in the same group...

PEGASO PARTICIPATING AT AHFE IN KRAKOW AND HCI IN HERAKLION

AHFE Krakow - 19 to 23 July
A paper about the concept of tailoring intervention strategies with reference to the Virtual Individual Model on the user, has been presented at the 9th International Conference on Applied Human Factors and Ergonomics 2014, a large conference that was held in Krakow (Poland) from 19 to 23 July. This concept has been generated by the HES-SO (Switzerland),...

HOW TO HELP YOUTH CHOOSING THE RIGHT FOOD

The Dairy Council of California launched Healthy Eating Made Easier, a website which helps young people to make nutrient rich and healthy food choices. The website contains videos, games and information useful to give to kids and their families, as well as their school teachers, some tips to arrange a good daily diet. For further information: www.healthyeating.org

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