



**FOOD
GAMING**
FOR ACTIVE AGEING

Newsletter #2, September 2020

We keep moving forward

The Food Gaming for Active Ageing project is part of the Erasmus + program funded by the European Commission. Four organizations from France (coordinators), Italy, the United Kingdom and Spain are working on this project. The objective of this project is

- to promote good nutrition habits among people over 55 years old;
- to propose the creation of innovative technological solutions, based on play and learning.

These innovative solutions will consist of two main developments:

FG4AG Nutritional Guide

On the one hand, the consortium is finalizing the development of a guide to good nutritional habits, which also includes information on how to stay physically active.

The diet and physical activity guide will include quality information for maintaining healthy eating habits. This guide details which are the main nutrients that the body needs, especially from 55 years old, the nutritional characteristics of the different food groups (fruits, vegetables, meat, fish, pasta, etc.), the changes in the body and in lifestyles once we are over 50 y.o., a selection of healthy recipes, and suggestions for maintaining a physically active life.

This guide is almost complete. The consortium has worked in recent months on the selection and development of the content of the guide and on its adaptation to the characteristics and lifestyles of each of the countries participating in the project. In addition, the nutritional recommendations of prestigious organizations and public entities have been considered for each of the countries. Moreover, inside the guide you will find tasty and, at the same time, healthy recipes typical from the partner countries.

The FG4AG Nutritional Guide will be published in the very near future, and will be available to anyone who wishes to download or visit it directly on the project website.

Nutritional Games Platform

On the other hand, the consortium has started the development of a digital platform that combines play with learning. This platform will include a library of educational games, based on learning and training to achieve a healthy eating style among its users. The platform, together with the guide, will provide the 55+ year old population with the necessary nutritional knowledge, improving their quality of life through playful learning.

Currently, the consortium is working together with future beneficiaries through the **co-creation** of this platform. For this, at this time, each of the partner entities has implemented a methodology of collaboration with the beneficiaries based on two fundamental pillars.

- ✓ Firstly, we are working with 55+ year olds to find out what their current nutritional habits are; For this we have created the **Cultural Probe**, through which we accompany a total of more than 40 people through social networks in all the meals of their day to day, knowing what they eat and drink, where they do it and who accompanies them in the pleasant activity of feeding.
- ✓ On the other hand, we want the beneficiaries to collaborate in the design of the games, which is why the consortium has developed a **co-creation methodology** that will involve a multitude of people over 55 years of age in various digital workshops, in the which will lay the foundations on the design, objectives, functionality and aesthetics of the different games.

Both activities are currently being carried out and will be very useful for the development of this intellectual result.

Next Steps

The project is progressing at a good pace, the next milestones of the project are:

- ✓ Official launch of the FG4AG Nutritional Guide.
- ✓ Organization of an event to celebrate the Erasmus Days, promoted by the European Commission for the dissemination of the Erasmus program, on October 15, 16 and 17.
- ✓ Completion of the co-creation activities with the beneficiaries and start of the technical development of the Nutritional Games Platform.
- ✓ Next transnational meeting. At this meeting, the consortium will have the opportunity to define and develop in depth the Nutritional Games Platform.

For more information of the project, **visit our website:** www.foodgaming.eu



You can also follow or **Facebook Page:**



Association E-Seniors (France)
www.eseniors.eu

University of Abertay (UK)
www.abertay.ac.uk

VITECO (Italy)
www.vitecolearning.eu

AIJU (Spain)
www.aiju.es