

## QUICK START Alien Health RS for RealSense: An Embodied Nutrition Game

You must have a REALSENSE camera activated or the game will not play.

**Back Story.** The Alien has crash landed and you have found him. You need to feed the Alien and make him healthier so he can continue the mission.

**Food Choice Levels** –Which of the two foods is the better choice for the Alien?

Look at the nutrient profile\* of the two foods. Which has more of what of the Alien needs?

Your goal is to give him a balanced diet for the mission. He processes food just like a human. Notice the bars at the bottom of the screen. Keep the markers or handles in the middle of the appropriate colored zone.



See below to review what nutrients and optimizers do for the body\*.

Tap or click on a food and the Alien will eat it. When you have built up enough protective shields with good food choices you can fly the ship through the asteroid

field.

Hit the **START MISSION** button that will appear at the bottom of the screen by the bars.

**Space Ship Flying Missions** – Move your body left and right to dodge the asteroids!

You must gather seeds to deliver to the planet. Remember in this rail-runner mode to not move too far out of screen.

If successful at reaching the planet, you can unlock another planet. Each planet requires different food choices. Some of them are odd alien foods. Have fun!

Please go to [www.embodied-games.com](http://www.embodied-games.com) to check out more games.

---

### The Nutrient Profile

- 1) **Proteins** – primarily found in meat, nuts, legumes - these give you long lasting energy.
- 2) **Carbohydrates** or “carbs” - found in grains and grain products like pasta, bread, candy bars, etc. - these convert to sugar in your body.
- 3) **Fiber** – found in bran and many fresh fruits and vegetables – fiber helps you to digest.
- 4) **Vitamins**- like A, B12, C, and D, many are in fresh fruits and vegetables- these help keep your body balanced.
- 5) **Fats** – found in butter and oils – some amount of fat is necessary for good health, it is one of the best ways to store energy. Too much is not good for you.