

## Teacher Guide

### Experimental Kinect 2 version Alien Health

v07.16



**The Goal:** In two 30 minute sessions, individual players should learn optimal food choices based on five nutrients and optimizers. The game also encourages movement because players pilot the ship via jumping through an asteroid field.

**Notes on Gameplay:** If a player is in front of the *Kinect* sensor and the computer has detected the *Kinect*, then the click forward action is a “close and open hand” movement. If no player is detected in front of the *Kinect*, then a mouse click will advance through the game. If you do not have a *Kinect* sensor, the ship runner level cannot be played.

Hot keys are listed at end of the document and will get you through that.

There are two days (or sessions) of content, each day can last anywhere from 25 to 30 minutes.

The game is designed for a single student. The student’s play goal is to help the alien feel healthier so he can fly his ship.

Both days (sessions) start with text that explains the five nutrients and optimizers in common foods.

- 1) **Proteins** – found in meat, nuts, legumes - these give you fuel or 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 - this helps you to digest.
- 4) **Vitamins**- found 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.

## **The Game:**

### **Day or Session 1:**

Map of the universe- only one mission is unlocked and playable at a time.

1. **Token 1** - an introduction from the two avatars explaining the back story and the nutrients **Protein, Fat and Carbs**.
2. **Mission 1 – Forced Choice (Protein, Fat and Carbs)**
3. **Token 2** - an introduction from the two avatars explaining the back story and the nutrients **vitamins and fiber**.
4. **Mission 2 – Forced Choice (Protein, Fat and Carbs)**
5. **Mission 3 –**
  - a. **Build a Meal - three items**

**Ship Runner - VR flight training** (If you have trained and understand how to fly the ship by jumping left and right then

hit “ENTER” key to continue.

If you would like to go back a practice piloting again, hit “backspace” key .

If you do not have a *Kinect* detected, then hit “w” key for win to move on.

6. **Mission 4 – Quick Sort**
  - a. Mission objectives:
    - i. Choose healthiest food
  - b. Food List:
    - i. Compare foods with only one nutrient
7. **Mission 5 – Forced Choice (Alien Foods)**
  - a. Mission objectives:
    - i. Choose healthiest food
8. **Mission 6**
  - a. **Build a Meal - five items**
  - b. **Ship Runner – Seed the planet**
9. **Mission 7– Quick Sort**
  - a. Healthiest with all 5 nutrients

**Token 3 – Congratulates player on finishing session and marks end of session 1**

Data saves at the completion of every mission.

*Day or Session 2*

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Token 1 - Day 2 begins with quick reminder of the nutrients.

1. **Mission 1 – Forced Choice**
  - a. Real foods all five nutrients
2. **Mission 2**
  - a. Build a Meal - all five items
  - b. Ship Runner – Seed the planet
3. **Mission 3 – Quick Sort**
  - a. all five nutrients – breakfast foods
4. **Mission 4 – Forced Choice (Alien Foods)**
  - a. Random of the five nutrients show up
5. **Mission 5**
  - a. Build a Meal - five items
  - b. Ship Runner – Seed the planet
6. **Mission 6**
  - a. Build a Meal - six items – represents two separate meals
  - b. Ship Runner – Seed the planet
7. **Mission 7 – Quick Sort**
  - a. all five nutrients – lunch and dinner foods
8. **Token 2** – Congratulates player on finishing session and marks end of session 2

**End of day two.**

**Logout to save data**

**Hot Keys:**

During FIRST Ship runner

“enter” to advance to next level

“backspace” to play ship runner trainer again

W = automatic **win** the runner and move on

L = automatic **lose**

N = next

U = unlock all planets in the universe

Teacher:

If using *Kinect* - To begin you may say to the students:

“You are going to play a game for the next two days and also learn about nutrition. **Mark the Spot.** With tape make an X on the floor that is approx. 1.2 to 1.5 meters (5 to 6 feet) from the sensor.

“Please stand over here on this X on the floor.”

Any characters must be put in the login box to begin.

Chose either Day 1 or Day 2.

Again. After VR ship runner training - You will need to make the decision after training on the mechanics of *Kinect* during the first ship runner level whether players really understand it. That is when you use the “enter” key to move the game forward, it is ONLY under keyboard control.

### Recommendations

**Player should read nutrient descriptions out loud.** This is our advice since it is important to know they didn’t skip over that.

### **FAQ:**

If players ask what the numbers represent by the foods, that is in help menu, but you can say, “Those are grams in a portion, except for vitamins - that is percent of daily recommendation.”

What is the *Kinect* reading?

The *Kinect* is either 1) reading the hand open/close action, or when flying/piloting 2) the point between the shoulders when player jumps to fly the ship.

Where is user data saved?

The user data are saved in a *.ini file* text and space delimited, saved per login and mission.

**C:\Users\*<computer’s name>*\AppData\Roaming\Alien Health 2\analytics.ini**

This experiment was also used as a study in the Netherlands and so a Dutch version, with different foods, is also available - please contact [inquiry@embodied-games.com](mailto:inquiry@embodied-games.com) for information.