

# Game Guide for Parents

## Brain Gain

### Health and Gameplay

*Brain Gain* is an online quiz game that's all about health. The goal of Brain Gain is to test knowledge gained by playing other Playnormous games. This includes portion size, meal balance, fruit and vegetable selection, drink content, and physical activity.

For optimal learning, the correct answer to each question in Brain Gain is always revealed after the player makes an answer selection. Kids can play this quiz game multiple times and receive a new set of questions each time. All questions in Brain Gain are derived from learning objectives in other Playnormous health games like *Food Fury*, *Bubble Trouble*, and *Lunch Crunch*. There are five types of questions in Brain Gain:

- Multiple choice
- True/False
- Fruit/Vegetable or Non-Fruit/Vegetable
- Which is it?
- Find the Healthy Food

#### Multiple Choice

The player is presented with a health-related question and four answer options: a, b, c, and d. The player must click on the answer he or she thinks is correct within a certain amount of time. The more time that the player has left, the more points the player receives. The correct answer is immediately shown to the player if they answer incorrectly.

#### True/False

The player sees a statement about health and must choose whether the statement is true or false. The player must click on the answer he or she thinks is correct within a certain amount of time. The more time that the player has left, the more points the player receives. The correct answer is immediately shown to the player if they answer incorrectly.

#### Fruit/Vegetable or Non-Fruit/Vegetable

This section of the game tests the player's knowledge of what foods count as a serving of fruit/vegetable versus foods that do not count as fruit/vegetables. The player is presented with an image and must select one of two buttons below: fruit or non-fruit; vegetable or non-vegetable. The faster they answer, the more points are rewarded. The correct answer is immediately shown to the player if they answer incorrectly. Kids can learn more about this subject matter by playing *Food Fury* and *Lunch Crunch*.

#### Which is it?

The player is presented with an image followed by a series of titles that pop up one at a time at different locations on the screen. This game is designed to test hand-eye coordination, reaction time, and health topics including:



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1. Fruit or Non-Fruit (*Food Fury* and *Lunch Crunch*)
2. Vegetable or Non-Vegetable (*Food Fury* and *Lunch Crunch*)
3. 100% Juice, Some Juice, or No Juice (*Juice Jumble*)
4. Aerobic, Strength, or Non-Aerobic (*Bubble Trouble*)

### **Find the Healthy Foods**

The player is presented with four food icons and must click on the two food icons that count as a serving of fruit or a serving of vegetables. The faster they answer, the more points are rewarded. The correct answer is immediately shown to the player if they answer incorrectly. Kids can learn more about this subject matter by playing *Food Fury* and *Lunch Crunch*.



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### Common Questions

This game was inspired by a questionnaire created by researchers at the Children's Nutrition Research Center. Questions for *Brain Gain* were written by the Director of Marketing for Playnormous, Melanie M. Mowry, MPH. Melanie has a Master of Public Health in Health Promotion and Behavioral Science from The University of Texas Health Science Center as well as a Bachelor of Science in Microbiology from The University of Texas at Austin.

