

Title	The CD 'Kitchen Frenzy'
Target group	Children 7-14 years, but it may also be useful to parents and teachers.
Objectives	To create awareness and teach children in about healthy nutrition and food that should to be avoided in order to prevent obesity (non-diabetic version) and to help children with diabetes (diabetic version) learn to manage the disease.
Main contents	<p>The CD teaches children in a fun way about healthy living: food and calorie values; the benefits, costs and types of food. The CD is a playing game that addresses healthy living in a wide perspective.</p> <p>The children can choose either girl or boy character and a diabetic or non-diabetic version. Game stages are home, street and school where the children should choose and grade meals.</p> <p>The diabetic version provides basic information about diabetes care; in the game the children win points when measuring blood sugar and taking insulin.</p>
Staff - preparations and qualifications	The CD was designed by Aylin Çevik and Deniz Elik (Novo Nordisk) in collaboration with Prof. Dr. Abdullah Bereket (Pediatric Endocrinologist) and Prof. Dr. Emel Alphan (Dietician).
Time table	<p>The CD was produced in 2006 and was tested/evaluated by children and pediatric endocrinologists attending the Pediatric Endocrinology Congress in Konya, Turkey, prior to the final version.</p> <p>The CDs are distributed by doctors who hand them out to pediatric patients. A dietician or another person who is familiar with healthy nutrition may assist the children with the game, but they will also be able to learn healthy living from playing the game themselves on their home PC.</p> <p>Playing a game takes 20-30 minutes, depending on the individual players.</p>
Key benefits/ evaluation	<p>The CD game is thought to be helpful in providing children with knowledge of healthy nutrition (non-diabetic version) and of diabetes management (diabetic version), just as it appears to be an appropriate way to establish contact between children and parents/health care providers.</p> <p>The CD gives access to provide knowledge and skills to both children in general and children with diabetes. Non-diabetic children may also develop empathy for children with diabetes.</p>
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