

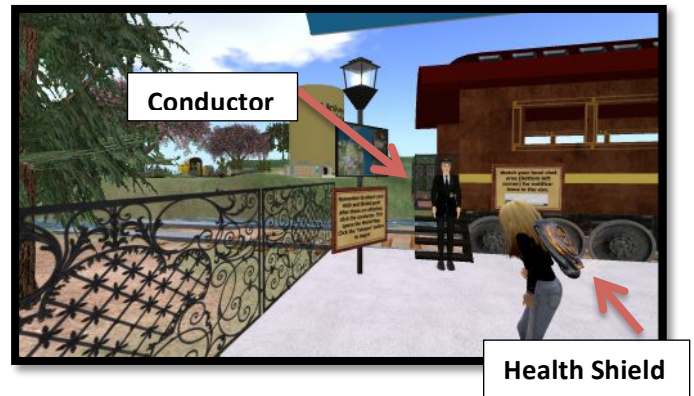
Intrepid Healthy Lifestyle Hunter Simulation

IMPORTANT: Read All Signs In the Simulation!!

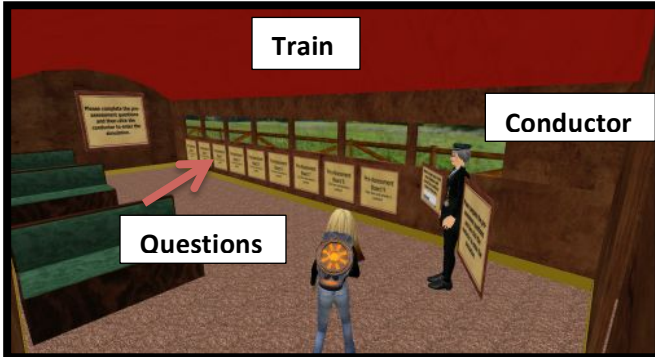
Step 1: Follow instructions to acquire and wear the HUD (Heads Up Display) and Health Shield. These items are required for entry into the simulation



Step 2: Once you have attached the HUD (Heads Up Display) and Health Shield, click on the train conductor to enter the train.



Step 3: After arriving on the train, answer the questions listed on the "quiz boards". Upon completion of all 9 questions click on the conductor and you will be transported to the nutrition simulation.



Step 4: After you have arrived at the nutrition simulation (train platform) read all the directions posted. You will enter the "breakfast house" to learn about nutrition and to make food choices.



Step 5: On the walls are various nutrition tips and video clips. Make breakfast choices by sitting down at the kitchen table and choosing up to 5 items from the menu board. Watch your Health Shield change colors and your HUD (Heads Up Display) meter change.



Step 6: Click on the screen to watch a video on MyPlate.



Step 7: Once you have selected breakfast choices you are encouraged to visit the rest of the simulation and make snack choices at the farmers' market, community garden, food vendors, and the grocery store. Click on the food to learn about the nutrition content. You get Health Shield points by making good choices and answering questions throughout the simulations.

Watch out! You could get caught by a nasty foodborne illness or the common cold (if you don't have the health to fight it off).



Step 8: Visit the "Lunch House and the Dinner House to make great meal choices.



Step 9: Don't forget about exercise in your healthy lifestyle hunt.



Step 10: Explore and have lots of fun learning about food choices.



Step 11: To exit the simulation enter the covered bridge, answer the questions posted and click on the vandal trainer/health coach to transport back to the beginning.

