

HiTong School



Health-e-Buddy



Step 1: Place your face within the face recognition frame.



Step 2: Allow the machine to extract your individual data. Follow the guide below to complete the facial recognition process.



Step 3: You may proceed to select your food item from the menu.

Remember that you will receive more points when you select healthier food choices.



+3

+1

-1

Point-Based Food Menu

Health-e-Buddy

Welcome!

Name: Jean (4Care)

Points: 50

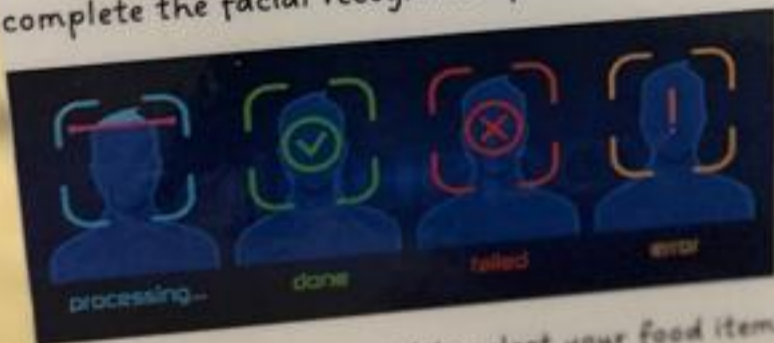
Redeem Rewards

Diet History

Step 1: Place your face within the face recognition frame.



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Step 3: You may proceed to select your food item from the menu.

Remember that you will receive more points when you select healthier food choices.

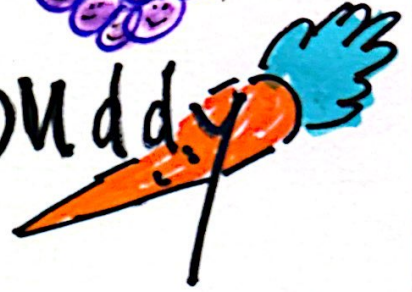


Point-Based Food Menu

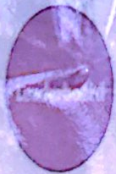
Hi Tong School



Health-e-Buddy



Health-e-Buddy



Personal
Profile



Face Recognition

Hi Tong School



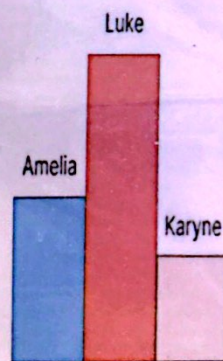
Health-e-Buddy



Health-e-Buddy

Leaderboard

Individual Ranking



Personal Profile

Class Ranking



Ai Tong School



Health-e-Buddy



NAME : JEAN
CLASS : 4 CARE

PERIOD : TERM 4 WEEK 1
HEALTHY STATUS : GREEN
POSITION : #3

75%	\$ 2 Bookshop Coupons	REDEEM
75%	\$2 Canteen Stall Coupons	REDEEM
75%	Healthy Special Badges	REDEEM

Ai Tong School



Health-e-Buddy



Jean 4CA

Intake vs. Recommendation
2200 Calorie Pattern

Group	Percent	Comparison	Amount
Grains Intake	58 %		4.1 oz equivalent
Grains Recommendation			7.0 oz equivalent
Vegetables Intake	53 %		1.6 cup equivalent
Vegetables Recommendation			3.0 cup equivalent
Fruits Intake	112 %		2.2 cup equivalent
Fruits Recommendation			2.0 cup equivalent
Dairy Intake	61 %		1.3 cup equivalent
Dairy Recommendation			3.0 cup equivalent
Protein Foods Intake	56 %		3.3 oz equivalent
Protein Foods Recommendation			6.0 oz equivalent

Make Half Your Grains Whole

Aim for at least 3.5 oz equivalents whole grains a day

Vary Your Vegetables

Dark Green Vegetables	3.0 cups weekly
Orange Vegetables	2.0 cups weekly
Dry Beans & Peas	3.0 cups weekly
Starchy Vegetables	6.0 cups weekly
Other Vegetables	7.0 cups weekly

Oils & Empty Calories

Aim for 6.0 teaspoons of oils a day

Limit your extra fats & sugars to 290 Calories a

* oz equivalent is a 1 ounce estimate, rounded to consumer friendly units. For example, an oz equivalent of Grains is 1 slice of bread, or 1/2 cup of rice. An oz equivalent of Protein Foods is 1 oz of meat, 1 egg, or 1/4 cup cooked beans.