







## Free iPad Apps for Home Economics / T&L learning & teaching

App Name	QR Code	Introduction	Teaching Tips	Cost
<p>Smash Your Food</p> 		<p>An interactive educational app created by nutritionists and dietitians. Students can guess the amount of sugar, salt and oil in commonly eaten foods and “watch” the answer instantly by smashing the real foods like burgers and yogurts.</p>	<ol style="list-style-type: none"> <li>Used for teaching nutrients in foods and also the “3L1H Healthy Diet”;</li> <li>Ask students to guess and smash first, then, repeat the game by asking students to read the nutrition label and calculate;</li> <li>Encourage students to play more foods to earn “Gold Carrots” to unlock more foods.</li> </ol>	<p>iPad - \$23 iPhone - Free</p>
<p>Nutrition Calculator</p> 		<p>Developed by the Centre for Food Safety to promote the use of nutrition labels and healthy diet. User can set up personal profile for calculating BMI and daily energy requirement. By recording the amount of food consumed, user can calculate daily nutrients intake as compared with the daily intake upper limit.</p>	<ol style="list-style-type: none"> <li>Used for teaching nutrition label and perfect for performing meal planning;</li> <li>Students can also understand what a balanced diet is by using this app;</li> <li>Ask students to install the app in their devices (IOS and Android) and record their daily diet for analyzing in class;</li> <li>Support multi-user – students can analyze their parents’ diet and give suggestions to improve.</li> </ol>	<p>iPad - Free iPhone - Free</p>
<p>Snack Wizard</p> 		<p>It is developed by the Department of Health to assist people in making healthier choices of prepackaged snacks and drinks. User can input the nutrition information and the wizard will classify the snacks based on its nutritional quality in accordance with the Nutritional Guidelines on Snacks for Students.</p>	<ol style="list-style-type: none"> <li>Used for teaching nutrition label and healthy eating habits;</li> <li>Ask students to bring their favourite snacks to class and analyze their nutritional quality;</li> <li>Ask students to read the nutrition label carefully and conclude what “1+7” is;</li> <li>Ask students to read the content in “FAQs” to learn more about nutrition.</li> </ol>	<p>iPad - Free iPhone - Free</p>