



'HelloPreggo!' is a tool that engages pregnant teenagers to eat healthy during their pregnancy. The tool is developed as a 9-week programme, consisting of 21 different challenges. Each challenge provides information about nutrition and emphasizes the relation between nutrition and the development of their child. A challenge could be preparing recipe, doing a quiz or another assignment. In order to continue to the next challenge, you need feedback from other players.

This feedback is provided in the community of 'HelloPreggo!'. In addition, the tool provides a food scanner. This scanner can be used during grocery shopping; it uses a colour scale to indicate the products' nutritional value. This feature provides alternatives for healthier options as well if needed. Apart from these components the app has a pregnancy tracker and provides information about the development of the baby in the 'My Baby and I' feature.



HELLO PREGGO!

A tool that encourages pregnant teenagers to eat healthy during their pregnancies

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Encouraging healthy food behaviour during teenage pregnancies
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