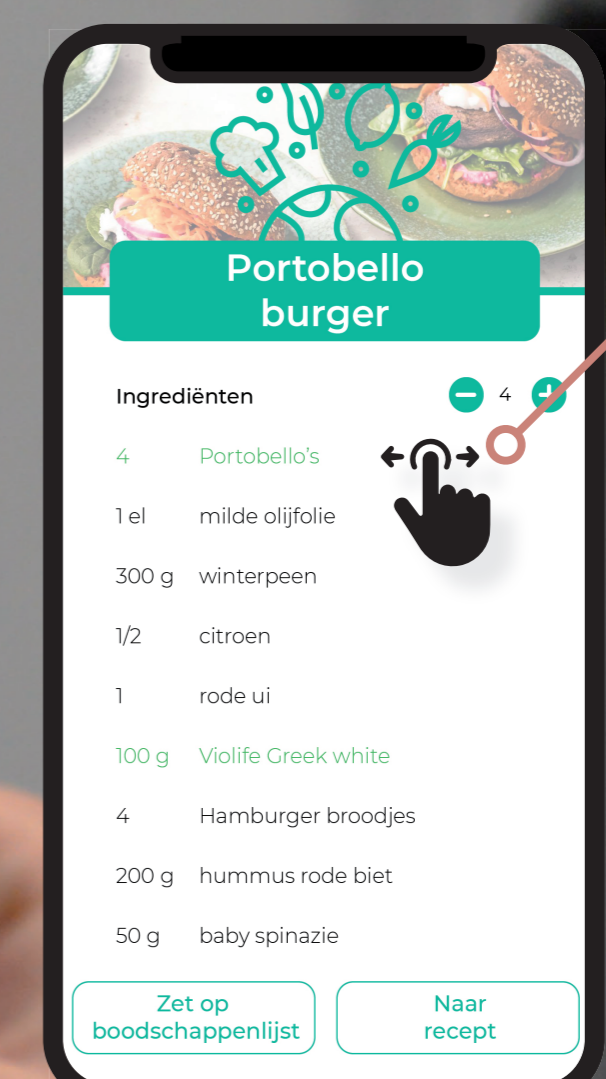


# 'Food for Thought'

Helping children aged 12 to 14 reflect on and discuss sustainability with their family members while develop strategies for sustainable eating, honouring family values and habits



Snel & duurzaam



swipe coloured ingredients for alternatives



remove a whole meal

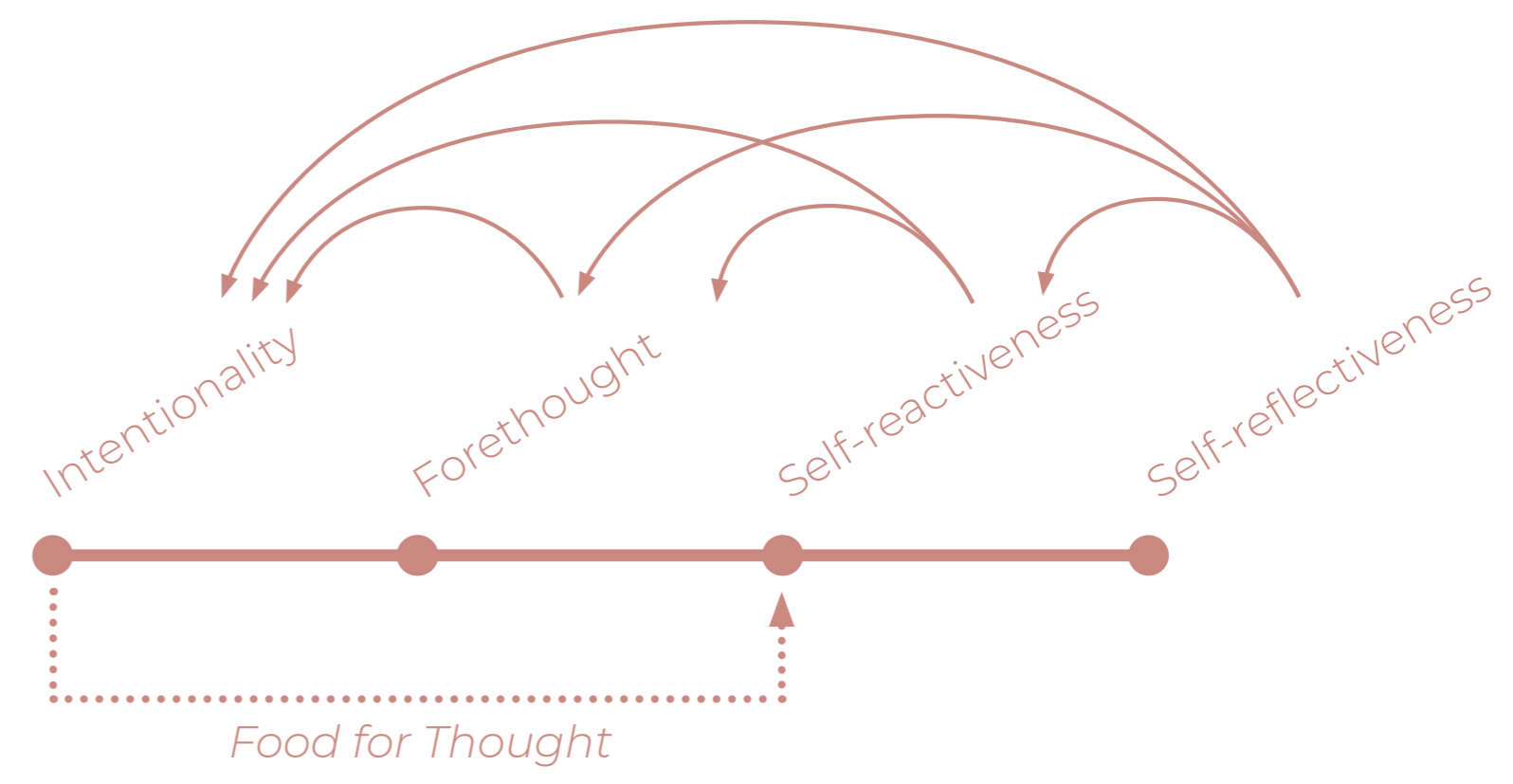
remove one ingredient



cook the recipe

Information with a question as a conversation starter

'Food for Thought' helps families to pick meals based on what their limitations or values are on certain days of the week as opposed to what they want to eat. One of the identified problems when taking agency, is not setting a clear goal and not making concrete plans to realize these goals. Food for Thought is a cardset with a mobile application. The cards have on one side different categories of values, such as 'quick', or 'a treat', On the back of the cards there are recipes that fit with the value they chose. Giving the family a sustainable meal idea ensures they have all the information necessary to prepare a sustainable meal, thus making it easier for them to fulfill their sustainability goal. In this way the design bridges between intention setting and self-reactiveness.



Model for agency as described by Bandura (1989)

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Design for Interaction

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