'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



Vlees veroorzaakt 40% van de klimaatbelasting door voedsel van de gemiddelde Nederlander.

Information with

a question as

a conversation

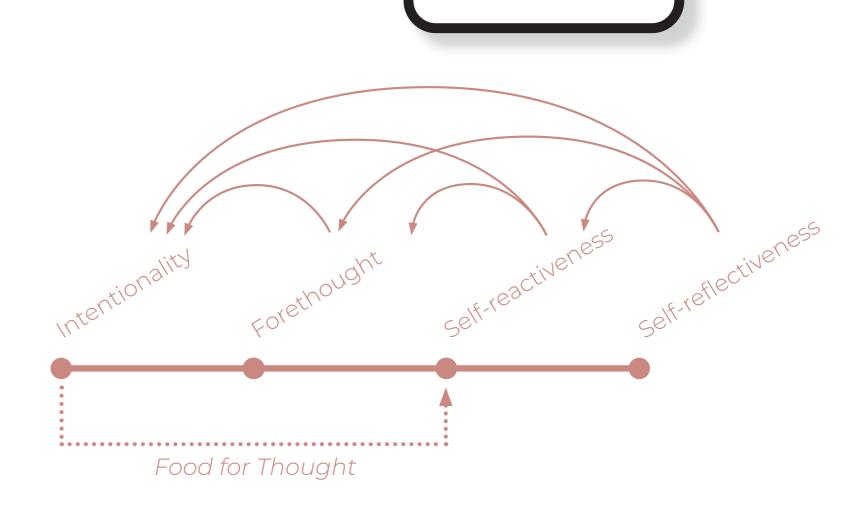
starter

Hoe vaak eten jullie vlees per week?

'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.

Portobello

burger



Model for agency as described by Bandura (1989)

Suzanne Spiering Designing for children's agency in sustainability 05-03-2020 Design for Interaction

Snel

duurzaam

Committee

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swipe coloured

ingredients for

whole meal

remove one

ingredient

recipe

Portobello

boodschappen

Tofu met cashewnotensaus

100 g gezouten cashewnoten

citroen (schoongeboend)

Portobello burger

der de steelties. Verhit de olie in een hap-

kant 5 min. op middelhoog vuur. Keer om

en bak nog 5 min. Bestrooi met peper en

2. Schil en rasp ondertussen de winterpeen. Rasp de gele schil van de citroen en

pers de vrucht uit. Meng 1 el sap (per 4 personen) samen met het rasp door de

3. Snijd de rode ui in flinterdunne ringen.

4. Snijd de broodjes open en besmeer alle snijkanten met de hummus. Beleg met de spinazie, leg de portebello met de snijkant naar beneden op de spinazie en beleg

verder met de feta, rode ui, winterpeen en

Verkruimel de greek white.

300 g rijst

1 teen knoflook

alternatives