The design was evaluated at ExperienceLab in Eindhoven by means of a functioning prototype.

The Philips InBalance is a chopping board with an integrated scale. It provides the user with feedback on a healthy portion size during dinner to prevent the consumption of ‘mindless’ calories.

The product was developed at the Human Interaction & Experiences department of Philips Research in Eindhoven. Starting point of the assignment was ‘mindful eating’, which was described as “a nonjudgmental awareness of physical and emotional sensations and cues before, during and after eating”. Based on the results of exploratory interviews, six moments were defined when people decide to eat mindful or mindless. One of the six moments included dishing up a proper portion size.

The design direction ‘portion size’ was explored by means of scenarios and behavioural models, which resulted in three concepts for the idea ‘chopping board’. When cutting, the user is already concerned with how much food should be prepared. Therefore a chopping board offers the opportunity to give portion size advice without it being perceived as unsolicited advice. The three ‘chopping board’ concepts were evaluated by means of mock up models. Participants preferred a slim and light weighted chopping board that was easy to store and clean.

Based on the results of the concept evaluation, a more detailed design was developed. The design did not only include a physical product, but also a personal website, which presents an overview of the users’ achievements and a personal coach, who keeps the user motivated to reach his goals.

The final design was evaluated by means of a functioning prototype in the kitchen environment of Experience Lab at the High Tech Campus in Eindhoven. The users perceived the product as easy to use and unobtrusive in their current cooking behaviour. The evaluation mainly focused on the interaction. Long-term effects of the product should be evaluated with a longitudinal user test in the future.