

User Scenarios

(Conceptual and concrete scenarios models from Benyon (2014) pp. 62-73)

Overall Conceptual Scenario

Parents with young children in Norway experience limited time to prepare and cook healthy and varied dinners for their children. As most parents work full time, and hectic schedules prevents them from spending time on cooking dinners, children end up eating too much processed foods. This leads to children not receiving the appropriate amount of nutrients they need during the day, and instead they consume too much salts, sugars and saturated fats. While most parents believe that their children are eating healthy and balanced, there is still a lack of fresh fruit and vegetables in their diets. There are still many myths that parents believe in regards to what constitutes a healthy balanced meal, and with more and more ready-made options being available, parents are not aware of what their children are actually eating. This has resulted in a large market of ready-meals or half-processed foods that allows parents to buy less ingredients and spend less time cooking. The issue is that ready-made alternatives have far more ingredients than people are aware of that leads to more sugar, salt, fats and calories in their diets. How can we ensure that parents become more aware of what is in the food their children are eating in a hectic day where time is a luxury item? With limited time to cook, plan and shop for healthy ingredients, parents struggle to be inventive in the kitchen and prepare meals that are both healthy and will be eaten by their children. Parents are in need of a simple solution, that requires little manual input and logging in order to keep track of what they eat and give suggestions for future meals that can learn and adapt to the requirements of the families likes and dislikes. The solution should act as a personal assistant that keep track for them and provides help, guidance and suggestions.

Story 1

“My children are in that stage where they don’t like a lot of food, in particular vegetables. This is not that my kids are just picky, their taste buds are changing and they develop a hesitation related to trying certain foods. We are worried that this stage will continue longer than normal if we don’t keep encouraging him to try and eat certain foods. We therefore always lead by example and always serve vegetables or salad with dinner. However, as the children usually only tries a little bit, we do end up wasting food at times. This is also due to a little laziness from our part as we rarely want to eat leftovers the next day for breakfast or lunch. And then we forget about the leftovers if we leave it in the fridge”.

Conceptual Scenario 1

Parents often end up with leftovers from dinner because their children do not finish their plate or refuse to eat certain foods. These leftovers are then forgotten or thrown away because leftovers are not something people want to eat. Parents are therefore in need of a tool to help them remember which leftovers occur most often, and reduce the amount in which they cook. The tool should also help remind parents of how much of the foods their children ate last time a similar dish was made.

Concrete Scenario 1

Sofie and Andreas needs to reduce their food waste when it comes to leftovers from dinner. It is difficult for them to always remember which meals their kids did not finish, or when they made too much food. Sofie consults the chatbot to ask whether the children finished their food previously, and how much they should prepare. The chatbot informs Sofie that last time her son Oskar did not finish a food group.

Notes: