

Story 3

“When we found out we were having our first child we decided right then and there to change the way we eat. For starters we had to eat fish at least once a week and we stopped drinking pop for dinner. Overall we have both become much more healthy after we decided to have kids, we have also started being more active than we used to. Now we have to be healthy for our kids, they are our motivation”

Conceptual Scenario 3

Most parents become more concerned about what they eat once they become parents. Parents often introduce more fish and veg to their diets, but wrong assumptions regarding what is healthy and what is not contributes to parents thinking they eat healthier than they actually do. Most parents state that they serve a lot of bread, pasta, potatoes, rice, processed meats such as fish cakes, meatballs, sausages, bacon and fish sticks, and ready sauces such as bolognese. These foods often have a lot more calories than a homemade version, and more sugar, salts and fats. Processed meats are easy and usually a winner for most children, however these should be avoided to a degree in a healthy balanced diet. The chatbot should therefore provide parents with alternatives and state clearly the differences in unhealthy ingredients and calories to promote a healthier alternative.

Concrete Scenario 3a

Andreas is trying to figure out dinner, he has to pick up Oskar from the kindergarten afterwards and he is in a hurry. It's Tuesday which means they are having fish for dinner, he is looking for something quick and easy, but notices that most of the fish cakes are with dairy. He consults the chatbot saying that he needs a recipe for a fish dish that takes less than 30 minutes to prepare. The chatbot knows that Oskar cannot eat dairy and pulls up a tin foil roasted salmon and veg recipe that takes 10 minutes to prepare and 15-20 minutes in the oven - the same time as it takes to warm fish cakes. The chatbot also informs Andreas that he already has onions and broccoli at home and provides a grocery list without these items.

Concrete Scenario 3b

This has been a hectic week for Sofie and they have had three pasta dinners so far this week. The chatbot sends Sofie a notification. Sofie opens the app and reads the message:

First message: “I see you have eaten pasta three times this week. Remember that pasta does not provide your kids with any necessary nutrients or vitamins other than carbohydrates. Today I recommend replacing the pasta with a healthier alternative: quinoa, bulgur, zucchini, or what about the sweet potato you have left in your fridge?”.

Sofie: “I'm not going to the grocery store today and Oskar does not want the sweet potato”

Chatbot: “That is understandable. I'll recommend this recipe instead “”, only serve 50 g of pasta and add a few more vegetables to the side or sauce instead”

Concrete Scenario 3c

Sofie has just informed the chatbot what Emma has eaten today so far.

Chatbot: “Great effort so far Sofie! Emma has eaten all her daily dose of fruit. To finish her 5 a day I recommend carrots for snacks before or after dinner, and 1 of “her favorite vegetable” as a side for dinner.”