

Sofie: “which alternatives should I give if she won’t go for the carrots?”

Chatbot: “You could either serve the carrot with a homemade yogurt dip, seasoned with a little salt and pepper, or you can add two of “her favourite vegetable” today for dinner”.

## **Story 4**

“We decide what to have for dinner on the day. We always pick up the kids from kindergarten and then we stop by the grocery store before heading home. Our fridge is therefore always stacked with breakfast spreads, milk, butter and eggs that we usually have for breakfast and lunch, while anything for dinner we buy day by day. We therefore don’t plan or use up ingredients the next day, instead we buy stuff we know we can use for several meals. Our dinner meals therefore consists of mainly potato, pasta, pancakes and rice and then some form of protein like chicken or minced meat. We are worried that our children does not get all the necessary nutrients and therefore we need to start to plan our meals ahead of time, and mix things up a bit instead of the same meals over and over again”.

## **Conceptual Scenario 4**

Some parents struggle with planning what to eat in advance. They know that it is more economical and time saving to plan ahead, but it has become routine to go by the grocery store on the way home from work. This they find this to be unnecessary, a time thief, and not the most economical approach.

## **Concrete Scenario 4**

They consult the chatbot because they need help planning dinners for the week. They want to eat healthier, and they want to reduce the amount of trips to the grocery store, but they are worried they will be left with a lot of leftovers if they shop for the whole week. The chatbot provides them with a weekly menu, that provides the whole family with the necessary nutrients and calories for the whole day. They notice that although the menu doesn’t use a lot of pasta, rice or white bread, a lot of the same core ingredients are used from day to day. They accept the weekly menu, and the chatbot gives them a shopping list.