



myPyramid

DINING HALL SERVICE Increasing Nutritional Awareness for College Students

Background

A major challenge that new college students face is the establishment of healthy habits that will affect their long-term health. College is a time of transition when eating habits that last long into adulthood are developed. myPyramid is a dining hall service that supports the development of healthy eating habits for busy college students.

MY FOOD
MY LIFE
MY DIET
MY RECIPE
MY NUTRITION
MY PYRAMID

Design Process

Research

explore

Literature Review
Competitive Analysis
Expert Interviews
Directed Storytelling
Shadowing
Surveys

generate

Make Tools
Persona
User Scenario
Contextual Design

evaluate

Concept Validation
Experience Prototyping

"Students are not good at balancing their diet. They don't know how unhealthy certain foods are."

"I don't like to eat alone."

"The kitchen is always so messy."

"I lost weight during the summer because I find time, but regained it all during the school year."

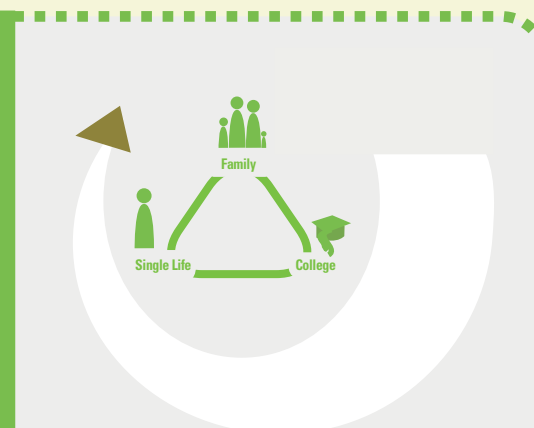
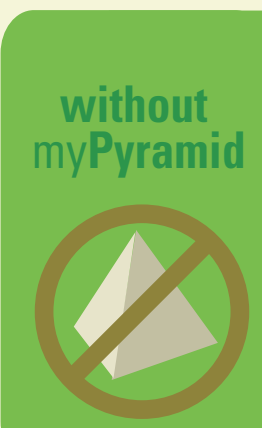
"I frequently eat at the on-campus fast food restaurant because it is the only restaurant open late and on weekends"

"I don't know how to cook."

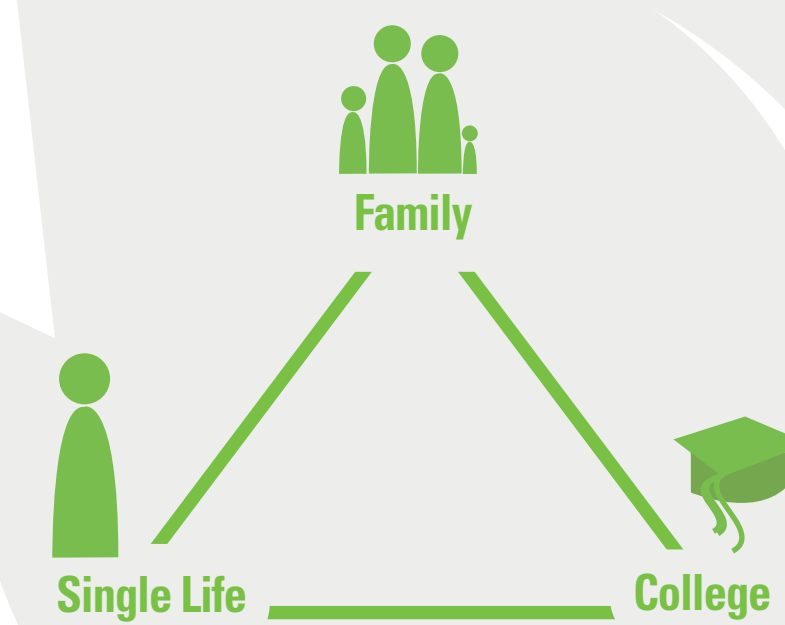
Design Goals

with myPyramid

Based on the USDA Dietary Guidelines, myPyramid offers an integrated environment that builds basic nutritional and cooking skills in a fun and social manner while addressing each student's unique needs. By teaching students basic cooking skills and educating them about how foods affect their dietary balance, myPyramid empowers students with knowledge and skills to establish long-term healthy nutritional habits

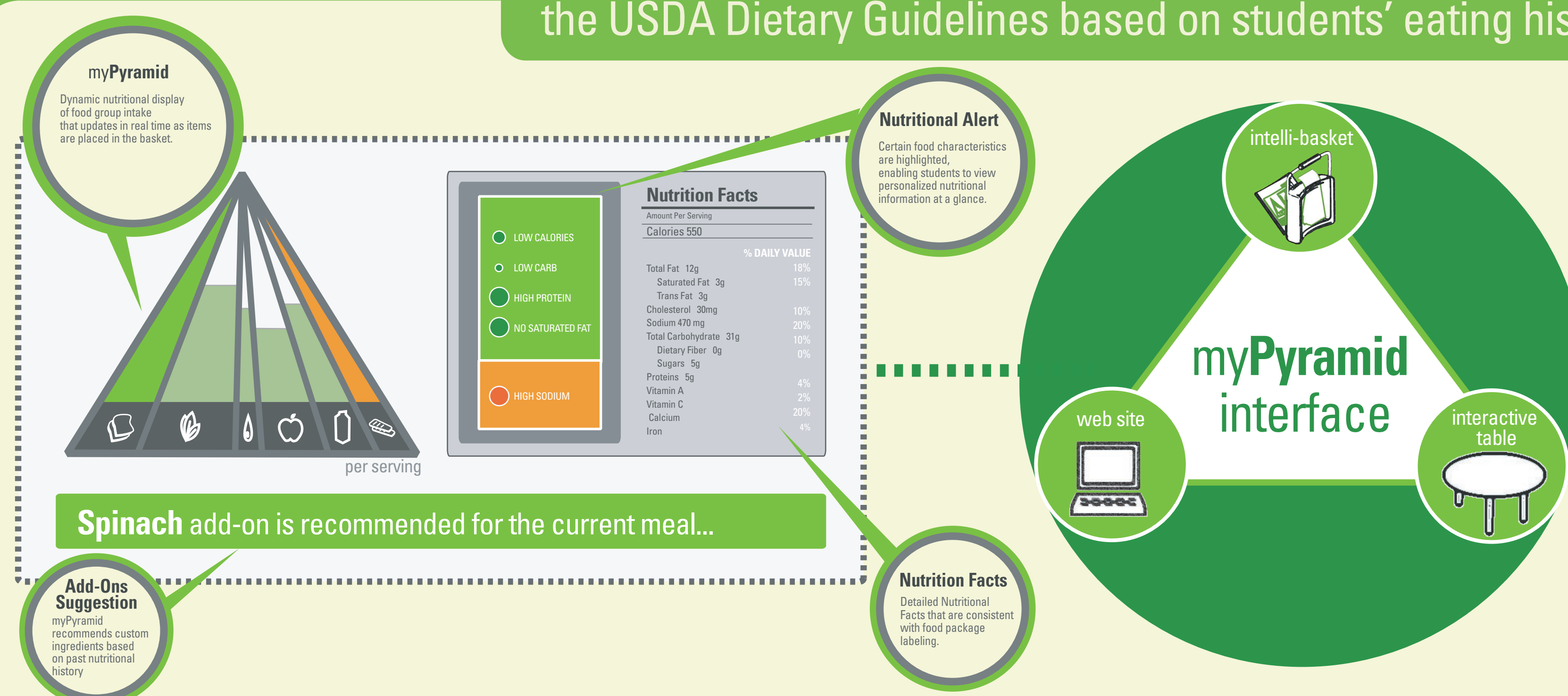


- ✓ Allow Flexibility & Convenience
- ✓ Promote Long-Term Change
- ✓ Provide Motivation



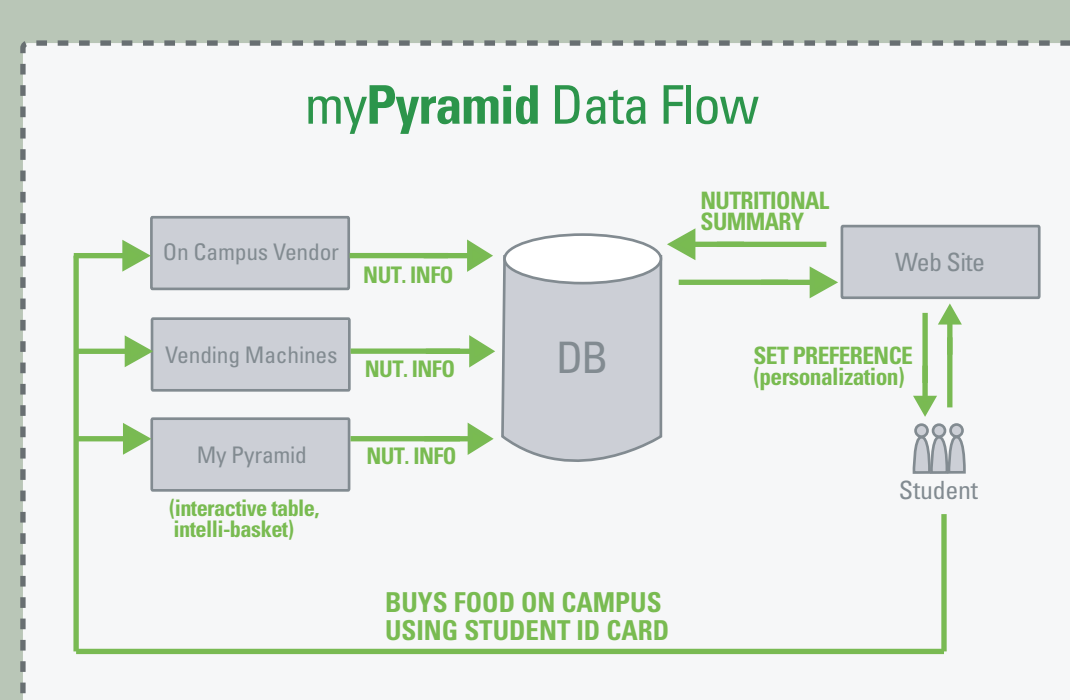
Solution

myPyramid interface offers personalized nutrition advice following the USDA Dietary Guidelines based on students' eating history.



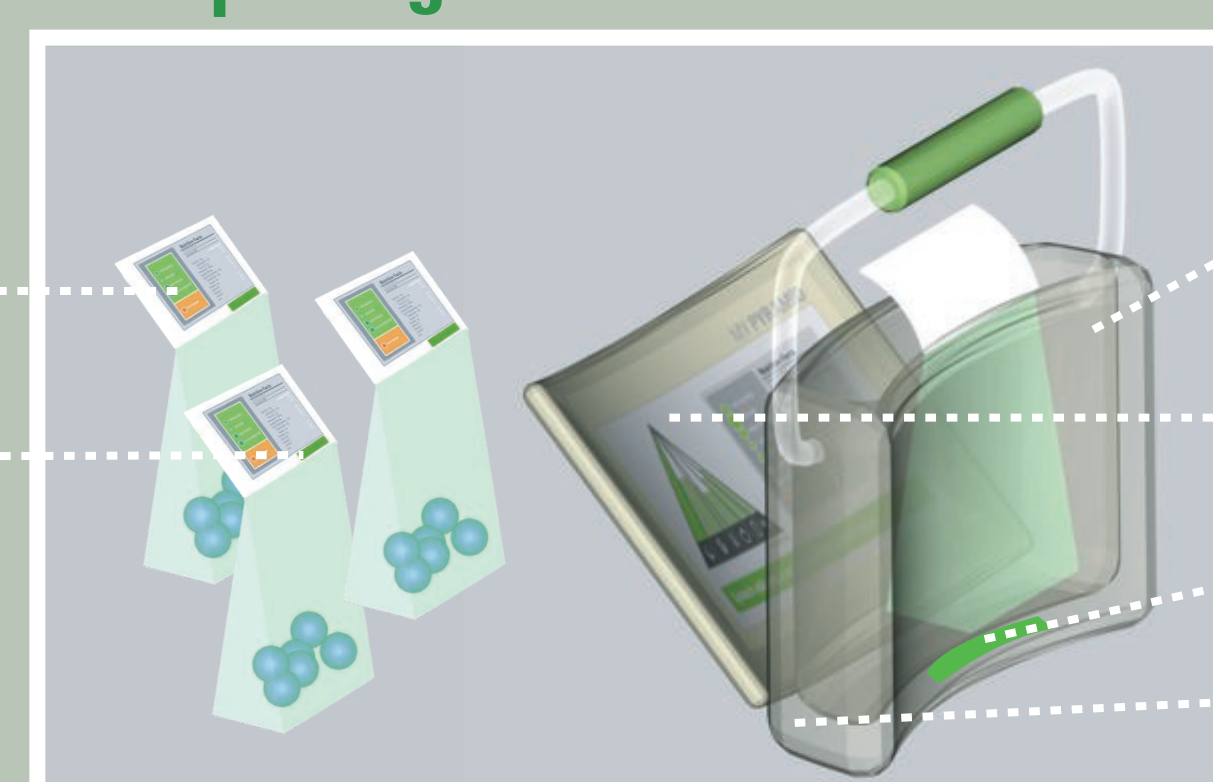
Technology & Business

Meal package & Intelli-basket



Nutrition Label

RFID Tag



- Injection-molded plastics
- 12" LCD screen
- RFID Reader
- Wi-Fi connectivity

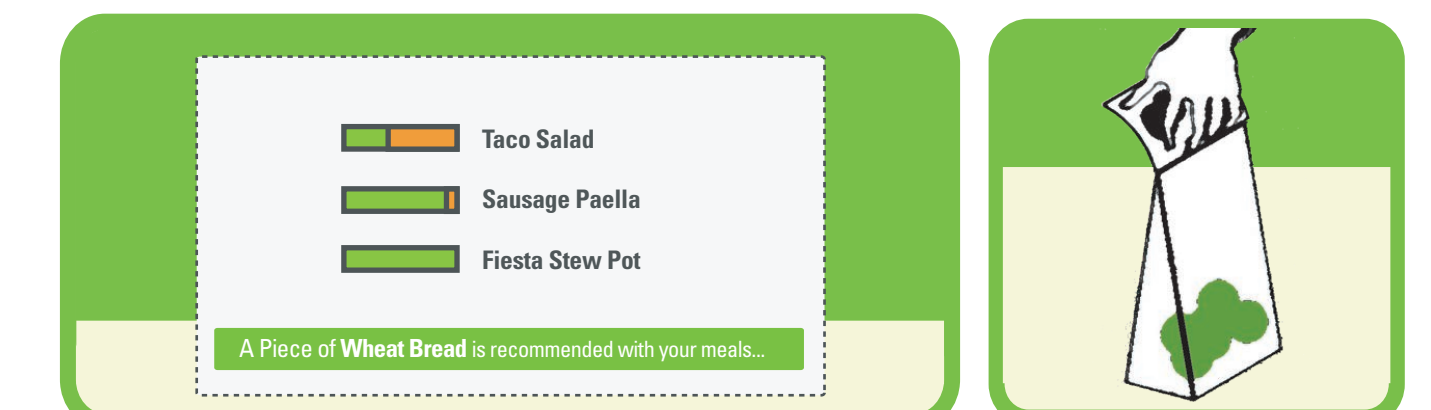
User Scenario

1 Get Intelli-basket : myInfo

Becky, a freshman living on campus finishes a paper and heads to the dining hall at 10pm. She picks up an intelli-basket by swiping their student ID.



2 Select a Meal : myFood



As they enter, Becky sees the menu for the night on the display of the dining hall. Based on her nutritional history, the basket recommends fiesta stew pot to round out a balanced diet. She proceeds to pick up the core ingredients placing them in her basket.

3 View Display : myPyramid



The basket senses the packages and updates its nutritional display to reflect the meal's nutritional content and Becky's food group distribution.

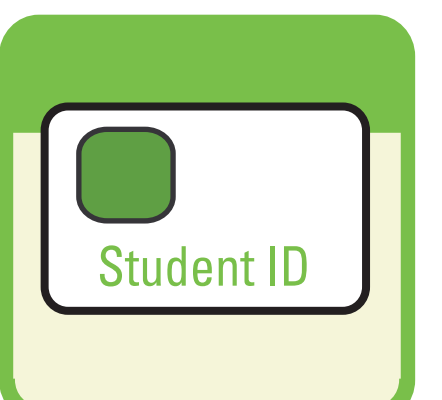
4 Get Add-ons : myDiet

The basket indicates that Becky is lacking in the dairy food group, and it suggests an add-on of cheese to the fiesta stew pot. Becky follows the basket's advice, placing an extra cheese package in her basket. The nutritional display updates again, no longer showing a food group imbalance.



5 Check-out : myAccount

Upon leaving the meal selection area, the basket emits a beep to indicate that Becky student's account has been charged for her meals. By knowing previous purchases using student ID at other campus eateries, the basket automatically logs nutritional information for the student serving as a basis for suggestions for a balanced diet.



6 Cook : myRecipe

Becky and her friends arrive at a cluster of cooking stations. At her own cooking station, Becky can bring up pictures or videos at any confusing step. While cooking, a roommate leans over and asks Becky if the sausage paella looks right.



7 Dine & Learn : myNutrition

Finally, they go to a dining area where they sit back and eat. They can access to the website anytime to access to the nutritional info, ID balance, meal suggestions, healthy recipes, and even to the community forum.



Evaluation Results

- ✓ Social Support
- ✓ Enjoyable Learning Experience
- ✓ Student Buy-in

* Concept Validation & Experience Prototyping Sessions
* Participants : undergraduate students

"It would remind me to eat healthy."

"If I cook by myself, I would feel too lonely. It would be fun with others."

"myPyramid would help people like my brother who took an hour to make mashed potatoes."

