

E³UDRES² Intensive I Living Labs @ St. Pölten UAS 2023

Fostering better food choices

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Title of the I Living Lab	How might we provide information on the nutritional quality of foods to help you make better food choices?
Challenge	Get to know the background of people's nutritional knowledge. What are the points that need to be improved and how might we achieve this?
Goal	During the ILL we will explore possibilities to raise people's awareness on the significance of mindful eating. We will gather feedback on the ideal platform for sharing related content. We will work on ideas for a tool to make learning the basics of nutrition science simple and enjoyable.
Link to additional files	See details of the challenge here: Link .

