

## **Annotated bibliography for IP project research**

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### **Background:**

Having a seven years old sister is wonderful, but dealing with a picky eater is painful. Just like my parents, I always want my little sister to try out different foods and tastes. Our family has tried many different methods to make my little sister eat more and try more new foods. The reinforcement of parents making their kids eat vegetables or other foods is not always appropriated. At the early stage of children's development, everything should be full of curiosity and exploration. We might be able to encourage children to try different foods by introducing interesting eating experiences. The problem is, there are hundreds of thousands of foods, but the utensils that we're using is very limited.

Eating is a big thing. We eat every day, mostly three times a day, which is an activity that all of us repeat regularly. Human beings started to use eating utensils consisting of simple sharp stones intended to cut meat and fruit during the stone age. Simple designs of spoons were made from wood or seashells. Eating utensils allow us to pick up food that may be too hot or too cold to pick up with fingers. The first eating utensil was probably invented during the 4th century AD. However, it's weird that many things in our daily life are rapidly changing, but eating utensils, in fact, did not change at all. When comparing the ancient eating utensils with nowadays utensils, there is not much difference. As a food lover, I always pay attention to the food itself. But when I think about the tools that we're eating with, besides the different beautiful craftsmanship and design, there is not much innovation. Eating utensils seems like a tool for us to use while eating, and in fact, people view it only as a tool. Parents are always making their children learn how to use eating utensils when their children are around 10-12 months old. This is the first time a baby interacts with eating tools and learns how to eat and feed themselves. Research shows that teaching children to use utensils will increase motor development and aid in progressing their pincer grasp. In this case, eating utensils should be defined much more than the word "Tool," and it should be something that is educational and meaningful.

Research questions that I have are: Why has our eating utensils not evolved and innovated in history? What would happen if we no longer consider eating utensils as tools? If eating utensils are no longer tools, can it be something that educates or encourages toddlers to explore the world through sensory and physical interaction experiences? How can I make the interaction of food enjoyable that encourages children's curiosity about food?

***Babies, T., & Babies, T. (2020, April 28). Teaching Children To Use Utensils to Eat: Use Good Tools, Good Food, and Good Timing. Retrieved November 11, 2020***

This article talks about teaching children to use utensils to eat. It provides detailed information for the reader to better understand why people should pay extra attention to children's eating and the utensils they use. Many parents and nannies are handing over the narrow, long handled infant spoons to their kids and it is not the best tools for kids to eat with. Instead, the article suggested that using a non-slip handle with dots on the surface where a young child should place their palm. It's also important to add some weight to the tools in order to help children feel what their hand and arm are doing while they scoop and place the eating tool into their mouth. Another things that the article points out is to make the learning experience fun for kids, which encourage to use toys and play to build skills for the children. This sources is very helpful because it makes me better understand the needs of children and I now have a better idea of some of the design elements that I need to include into my design. I also need to make sure kids are enjoying and having fun while eating with utensils. I think I can do some interesting user testing with my sister and ask for suggestions. It would be cool for me to interivew with her while she's playing with my initial prototypes. I hope to learn more about what shape/form/pattern most interested for kids.

***Etherington, Rose. "Food Probe by Philips Design." Dezeen, September 8, 2009.***

This article introduces a series of conceptual products for food that was designed by Philips Design in Eindhoven. The series includes a machine that prints combinations of ingredients into shapes and consistencies specified by the user, a nutrition monitor machine which investigates how we may live in 15-20 years, and a home farming product. All three design concepts open up possibilities for us to think about the future of eating. The first concept, the food printer, making it possible to constructed food from ingredients corresponding to the nutritional needs of the user. User no longer needs to purchase expansive food in order to gain specific nutrition from the food. This design might be a good solution for solving serious food shortages and rising food prices. The second design concepts, is a nutrition monitoring system, which helps the user to scan their food to determine exactly how much they should eat and what they need to eat to match nutritional requirements. It's even possible to use the monitor to analyze food in the shops before deciding what to buy. The last is the home farming product, which allows user to grow their own vegetables and fish at the same time. All of these concepts are super inspiring and I think the first two concept is extremely useful. The nutrition monitoring system remind me of my project which related to picky eaters. Children don't like vegetable such as broccoli, Brussels sprouts, and spinach because of the taste, shapes and texture. What if children don't have to eat them and still get the nutrients from these vegetables? Or what if children better understand the benefits of eating these vegetables, so they will make themselves to eat for their own benefit? I think it's worth to explore children education on food and letting them know food can me more than "food", it can transform into many forms and shapes.



***Hahn, Jennifer. "Teresa Berger's Multi-Sensory Crockery Rebuilds Our Connection to Food." Dezeen, January 27, 2020.***

This article talks about a set of tableware designs by Teresa Berger that help diners reconsider how their food is produced and consumed. This tableware set includes eight pieces, each piece having a different unexpected elements such as uneven textured surfaces to facilitate touch, silicone accessories that enhance smell, and speakers to deliver “sonic seasoning”. The designer said: “ In our everyday life, we have lost our connection to food. We have breakfast on-the-go, eat lunch while swiping through Instagram and have dinner while watching Netflix. We do not take the time to look at our food and fully appreciate it so the balance between the senses isn't right – kind of like watching a movie with the sound off." One of the tableware integrated with a mini bluetooth speaker into the base of a soft-pink ceramic dessert plate, by playing different ambient sounds, user is expected to have different sensory experiences. This project pays homage to the idea of gastrophysics, our perception of food is influenced by an interplay of all our senses, which is the research that I did for my project. This project is extremely interesting and is a perfect example of what I want to do for my project. The designer also took the approach of using different color, shape, texture and even sounds to influence the eating experience. I really like the idea of “we losing connection to food” and it inspires me to think about teaching children to learn and experience the food. I keep thinking about making eating utensils and this article makes me wonder if I can combine eating tools and tableware to form a new series of eating product. In addition to make children to eat more and try new food, I can also making children be more aware of how food actually makes its way onto our plate and spend more time to look, feel, and taste our food.



***The Five Senses. (2020, August 06). Retrieved November 10, 2020***

This article talks about the five senses and they are key to brain growth and development, and vital to learning throughout life. The article also introduces the development age of smell, taste, hearing, touch, and sight. Research has found that newborns can tell differences in textures, shapes, and weight of objects; in the first three months, babies use their mouths to “touch” and learn about the world. At 6 months, babies touch and grab objects with their hands. Baby from 6 to 12 months, the sense of touch will continue to develop and help her learn about her environment. The article also suggests that toddlers use touch to explore and learn. It would be helpful to play with sensory materials to help with the development of child’s fine motor coordination and sense of touch. This sources is very helpful in terms of explaining the senses development of infants. It also provide strong scientific evidence for me to support my project’s idea (making eating utensils be educational and experimental). Making children to expose to various textures and helping them to better develop, expand, and explore the environment and the world around them would be a great selling point of the product. Especially everything is so flat on a screens in today’s world, it would be beneficial to ask kids to learn, accept, and embrace the roughness.

***“WORK.” Crucial Detail. Accessed September 30, 2020.***

Crucial Detail is an award winning design studio founded by Martin Kastner. Martin’s main focus is design product collaborated with fine dining chefs to enhance the eating experience. Martin has worked with restaurant Alinea to create a series of unique eating utensils for example:

Antenna, a self-supporting skewer which subtly sways, giving life and movement to food. Clip, a stainless steel teeter-totter clip that gives motion to food. Bow, a tool that allows food to move naturally while elevated above the table. My favourite one is the Boro Bowl that explores light, transparency, and playful interactions. I think all of Martin's work are very inspiring. I can tell that the designer considers every element in his design very carefully, including materials, colors, forms, shapes, motions, and most importantly, the eating experience. Since the eating tools are all design for high end restaurant, the designer choose stainless steel as the primary materials to enhance the luxury feeling. On the contrary, if I want to design for children, I need to consider the material very carefully. I might not want materials that are sharp or hard, and I think soft material will be something that's safe and visually appealing for children.



***“Your Choice In Utensils Can Change How Food Tastes.” Vermont Public Radio. Accessed September 30, 2020.***

This article mainly talks about how spoons, knives, and other utensils we put in mouths can provide their own kind of “mental seasoning” for a meal. In recent years, psychologists have found that the color and shape of plates and other dishes can have an impact on the eating experience. Studies have found, for example, that people tend to eat less when their dishes are in sharp color-contrast to their food, that the color of a mug can alter a drinker's perception of how sweet and aromatic hot cocoa is, and that drinks can seem more thirst-quenching when consumed from a glass with a "cold" color like blue. The article also indicates that people will rate the very same yogurt 15 percent tastier and more expensive when sampled with a silver spoon rather than a plastic spoon or a lighter spoon. This source reminds me of the article that I analyze in the initial bibliography, which is the finger shaped yogurt spoon. I believe there's potential for making eating tools for children particularly that makes them enjoy eating. People think eating with a silver spoon would make the food taste better maybe is because heavier utensils associated with more expensive food. In this case, people prefer the yogurt because it feels more expensive and luxury; However, children don't really have the sense of expensive and luxury, which means I have to research and find out what attracts children and what makes them feel better while eating.

## Citation:

1. Babies, T., & Babies, T. (2020, April 28). Teaching Children To Use Utensils to Eat: Use Good Tools, Good Food, and Good Timing. Retrieved November 11, 2020, from <https://tranquilbabiesny.wordpress.com/2016/09/11/teaching-children-to-use-utensils-good-tools-good-foods-and-good-timing/>
2. Etherington, Rose. "Food Probe by Philips Design." Dezeen, September 8, 2009. <https://www.dezeen.com/2009/09/08/food-probe-by-philips-design/>.
3. Hahn, Jennifer. "Teresa Berger's Multi-Sensory Crockery Rebuilds Our Connection to Food." Dezeen, January 27, 2020. [https://www.dezeen.com/2020/01/27/teresa-berger-beyond-taste-tableware-multisensory/?li\\_source=LI](https://www.dezeen.com/2020/01/27/teresa-berger-beyond-taste-tableware-multisensory/?li_source=LI).
4. "The Five Senses." First 5 Los Angeles, August 6, 2020. <https://www.first5la.org/parenting/articles/the-five-senses/>.
5. "WORK." Crucial Detail. Accessed September 30, 2020. <https://crucialdetail.com/collections/all>.
6. "Your Choice In Utensils Can Change How Food Tastes." Vermont Public Radio. Accessed September 30, 2020. <https://www.vpr.org/post/farm-fork-plate-how-utensils-season-your-meal>.