

WE ALL DESERVE TO KNOW . . . . .

'**FOOD EQUITY**' is the expansive concept that all people should have the ability to buy grow and consume **HEALTHY** and **AFFORDABLE** foods.

As a student, I decided to investigate what causes young people to reach out for unhealthy fast food meals. Unfortunately, I have learned that many **YOUNG** people believe they are not capable of preparing healthy and affordable meals, and simply don't have the time to do so. I instantly knew **NOT EVERYONE** has been given the opportunity that they deserve to be educated about the importance of preparing and eating healthy foods.

I decided to create a space that contributes towards educating and teaching people how to prepare and cook meals by **DEMISTIFYING FOOD PREPARATION** by creating a healthy **FOOD SHOP** that not only sells food but also has **COOKING WORKSHOPS!** where quick and easy! food is prepared for people to learn, share and taste I hope young people will become less intimidated by the thought of preparing their foods, and as a result, turn away from fast foods. There is also going to be an opportunity to use the kitchen equipment provided for those who do not have the cooking facilities at home, they can simply come in to space and use the kitchen there to cook themselves a meal.

**THE BEAUTY OF FOOD**, giving people the opportunity to learn about different types of ingredients, their textures and body healing benefits is crucial, and everyone deserves to be given the opportunity to study them! Food is simply fascinating and being able to study food in a library of ingredients is definitely something new to be exposed to! and for young people, in particular, this could become an activity that will bring together a community of people who just started their journey.

**AFFORDABLE AND SUSTAINABLE** shopping will also be introduced. Being aware of the portions needed to cook a meal is very important to be able to feel that healthy food is affordable and the food will not go to waste. **5 INGREDIENCE** is all that's needed to cook a tasty and healthy meal and if those ingredience are found together side by side along with the recipe and exactly proportions needed, it can have a significant impact on peoples shopping and eating habits! It will be **EASY** and most importantly **ENJOYABLE** shopping experience.



Too many young people choose to eat **UNHEALTHY** foods, because it easier.



Young people know and want to **EAT BETTER** but they just need a little **GUIDANCE**.



They start attending cooking work-shops to learn but they can also meet new people and be **SUPPORTIVE** of each other!



Oat Flour

**FIRST HAND EXPERIENCE** - I decided to experieiment my self with making new recepies, as I am a student my self I needed to experience the process of cooking.



Learn the Ba-



Play with texture



Forn new texture



Learn the texture



Test / Taste



The final dish

THE COOKING LAB - DESIGN DEVELOPMENT



Exploratio on 'TRANSPARENCY' and 'TEXTURES' by cutting up fruits and studying their qualities.

1.



2.



3.



4.



Inspired by the way we CUT up FRUIT, I looked at the design of the interior, including various of shelving and work-tops.

1.



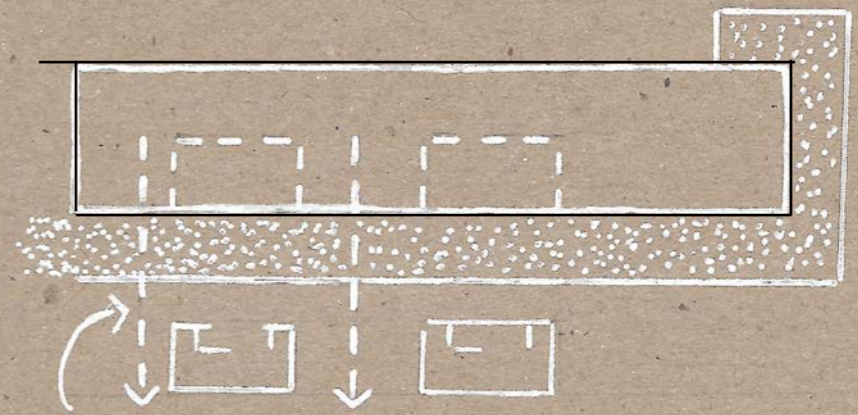
2.



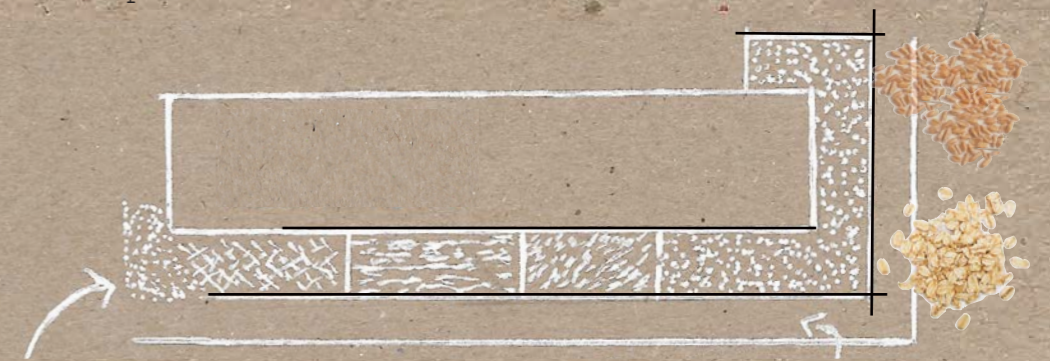
3.



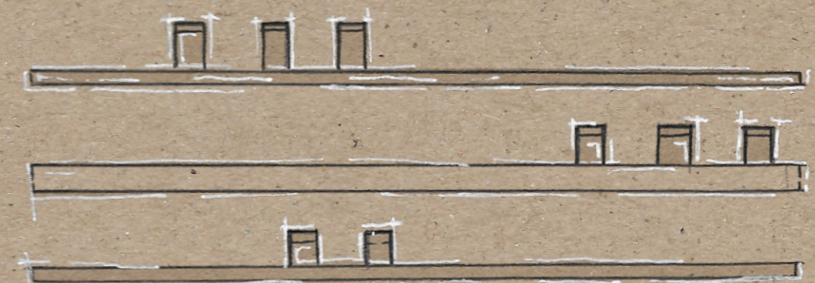
4.



Crating a space that allows people to sit down watch and taste what other people have made. The chairs can pull out from underneath the worktops to be space-efficient.

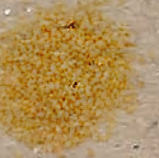


Using different varieties of foods to be used at the work counter for people to EXPLORE the TEXTURES and COLOURS and use of each one.



Each INGREDIENT plays a significant role in its use, its important to show examples of those ingredients with their use, for people to study them and be able to use them.

There shouldn't be an invisible divider between ingredients that are more 'extravagant' and feel less ACCESSIBLE for people. We all, should have the opportunity to learn to use all, without discouraging ourselves.





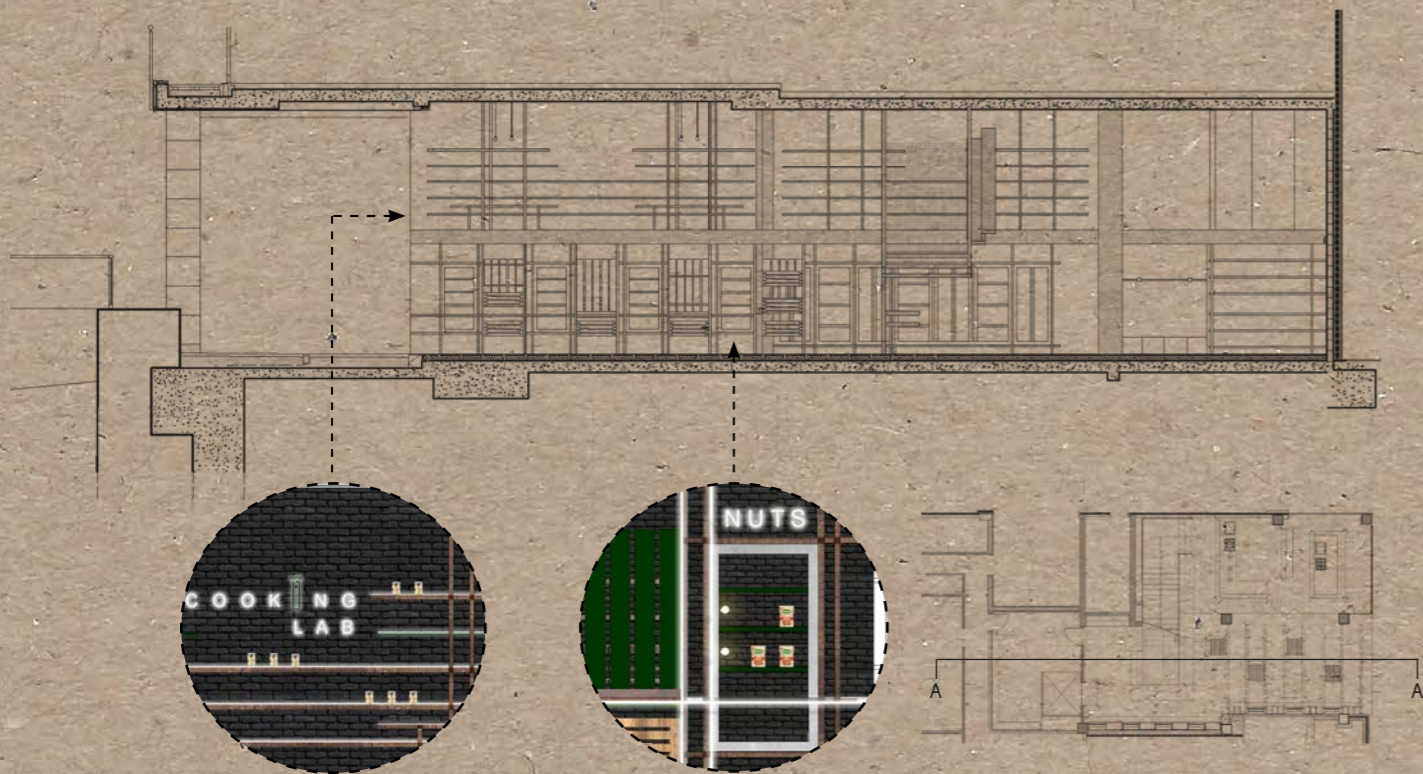
Ground Floor

The ground floor is dedicated to shopping and cooking, it's visually separated by 2 different floor finishes. The first half of the ground floor resembles a 'BUSY FOOD MARKET' where various fresh produce is found along with ready recipes and ingredients. The second half is dedicated to cooking WORK-SHOPS, where people can get engaged in COOKING and TASTING as well as using the kitchen to cook themselves a meal.



1st Floor

The 1st floor is made for people to 'EDUCATE' and 'CONNECT' It allows people to study different ingredients in the library, it also has another cooking station where people can cook together and build a COMMUNITY and bring CHANGE and AWARENESS together. The 1st floor is also built from the same wood as the ground floor to form a CLEAR CONNECTION THROUGHOUT.



Long section AA shows the ingredients library located on the 1st floor, each ingredient is placed in a small jar with a DESCRIPTION and USE. On the ground floor, there are also snacks such as nuts and dried fruits, each person can take as much as they actually need from the dispensers.

THE COOKING APP . . . .

Creating a cooking app is very important for Cooking Lab as it will persuade people not only to join classes but will make people aware of when they are taking place. It will allow people to come together and experience cooking. The app also includes recipes, one of the key concepts of the store is the 5 ingredients. It allows people to grab a box of ingredients to make nutritious meals



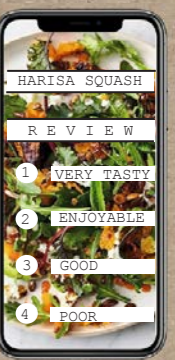
App opens with an invitation to explore.



Users can follow 5 ingredient recipes.



There are images and measurement of ingredients.



questionnaire to see if people enjoy the meals.



The first part of the entrance, the food display area is made out of a **RECYCLED WOOD** and turned into a constriction that holds fruits and vegetables on the ground floor and becomes seating on the 1st floor. It **'CONNECTS'** both floors together, there is a void in the floor where people sitting can observe activities downstairs.

The other half of the elevation focuses on the **cooking work-shop** area, the two cooking counters allow for a lot of cooking and engaging space for many people. The 1st floor shows the seating space at the window where **COMMUNITY** cooking takes place and can be observed.



window seating, people can relax and enjoy the food they have just prepared.



Sectional Perspective showing how by the influence of cutting fruit, I have made the decision to combine the two floors together by making a void in the ceiling between the two cooking islands, while on the 1st floor people can observe cooking on the ground floor and learn.

cooking island for those who do not have the opportunity to cook at home.

Ground Floor



The wooden structure shelving holds various nutritious foods, customers are able to buy fruit and veg that's currently in **SEASON** and create their 5 ingredients dish, with a recipe including seasonal fruit and vegetables. The shelving along the wall holds dried packaged food such as fruit mix and other healthy bites.

1st Floor



The cooking island on the top floor, allows people to connect **'TOGETHER'** by cooking and tasting what each person makes. Once the food is cooked, it is then passed around the table and allows people to **TASTE IT**. It's also a great opportunity for those who do not have cooking facilities to cook a dish for themselves.



1st Floor

There is a **'COOKING LIBRARY'** in the space. It provides book and recipes for everyone to use and learn from. The library has a small seating area facing the cooking island. Therefore people who are using the library do not feel disconnected from the overall cooking experience, they can still watch the process and take in new recipes and tips.



1st Floor

The wooden shelving construction on the ground floor is **CONNECTED WITH THE FIRST FLOOR**. It brings a connection between the two floors and becomes one structure. The structure is elevated by lights and is made into a seating area, which allows people to sit and explore the ingredients displayed in the house of ingredients.