



Full view of the artworks



***Habitual*, 2025, Screenprint on paper, 21 panels, each 20 x 20 cm**

Habitus explores the shaping of dietary habits across social classes. Through 21 depictions of food, it reveals complicated access to balanced nutrition from economic and social factors, exposing the tensions between aspiration, necessity, and inequality in food consumption.

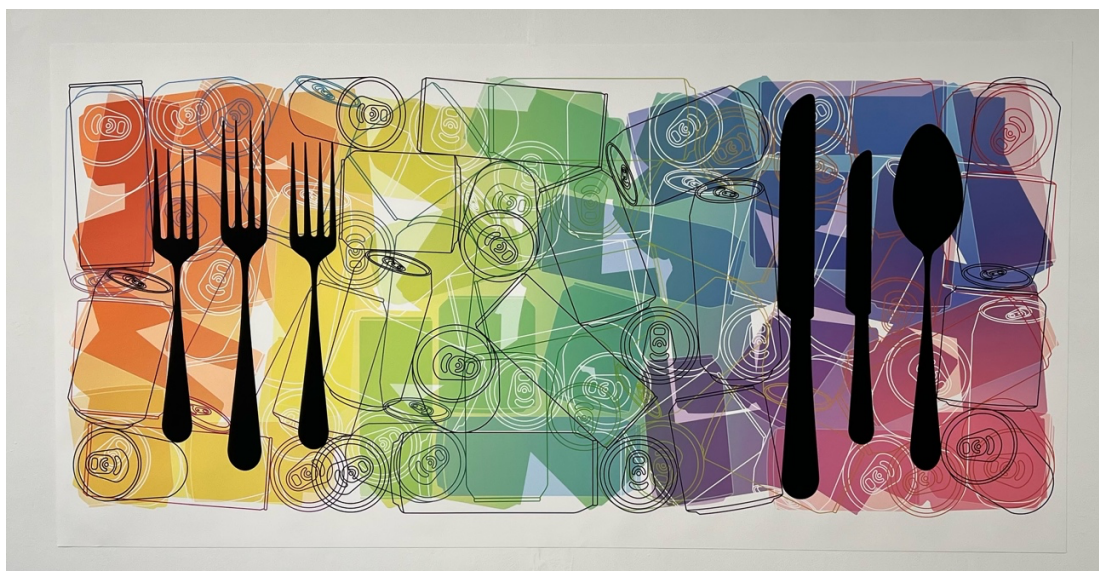


***Lunch*, 2025, Screenprint on paper, 7 panels, 35.56 x 27.94 cm**

Lunch explores the relationship between social class, time, and food choices across a typical week. It questions whether food choices are personal or shaped by systemic inequalities and time constraints.



Full view of the artworks



Complexity, 2025, Digital print on paper, 180 x 91 cm

Complexity emphasises the complexity of dietary habits. Capitalist manufacturers create our desires, which draw consumer attention to the brand image and packaging rather than taste or functionality, thereby changing our consumption habits. This adds another layer of complexity to our eating habits, highlighting the contradiction between individual choice and capitalist manipulation, which raises questions about whether consumers truly have the freedom to choose their food.