

# Results

An introduction to results. A description of each one of the results.

## Demographics and informative data

Participants

Recipes

Source of recipes

Inventory of CPGs

List of items

Sub-categories of items

Duration of cooking sessions

Comparison of duration of cooking (recipe vs new)

## Exploratory data analysis

Total unique items used per session

Here

Average unique items used per session

Here

Total different items used per session

Here

Average different items used per session

Here

Duration of used of items per session

Average duration of used of items per session

Average duration of used of items (individual)

Total and average used of items by subcategory

Table 1: Participants demographics

p	gender	age	occupation	coo	accomodation	inhabitants	noi	first session
1	male	25	PhD student	Indonesia	house	professionals	2	reg
2	nb	28	PhD student	Germany	house	students	4	new
3	male	19	BSc student	Hong Kong	flat	students	6	reg
4	female	50	Impact officer	USA	house	family	4	new
5	male	30	Administrator	UK	house	couple	2	reg
6	female	32	Jobseeker	Hong Kong	house	professionals	4	reg
7	male	32	PhD student	Iraq	flat	family	3	reg
8	female	33	PhD student	Russia	flat	individual	1	reg
9	female	29	Invigilator	Mexico	flat	couple	2	new
10	male	29	PhD student	Greece	flat	couple	2	reg
11	female	29	PhD student	B&H	flat	couple	2	new
12	male	46	Researcher	Mexico	house	family	5	reg
13	female	29	Lecturer	UK	house	couple	2	new
14	female	35	Housewife	Mexico	house	family	4	new
15	female	72	Retired	Puerto Rico	house	couple	2	new
16	female	40	Housewife	Mexico	house	family	3	reg
17	female	32	Research fellow	Ireland	house	professionals	6	reg
18	female	26	Food scientist	UK	house	professionals	3	new
19	female	37	SC manager	China	house	family	3	new
20	female	46	School director	UK	house	family	3	reg

*Note:*

p = participant, coo = country of origin, noi = number of inhabitants, nb = non-binary

Table 2: List of recipes

p	recipe	
	regular	new
1	chicken coconut curry	mac and cheese
2	chickpeas curry with rice	butternut squash curry with coconut milk
3	pasta bolognesa	stir fry chicken, rice and peas
4	green vgs soup	creamy tomato and chorizo rigatoni
5	pasta bolognesa	mexican chicken stew
6	noddles (spaggetti) with vegetables	chicken gyros
7	oven roasted chicken	pomegranate rice and salad
8	scrambled eggs with vgs	ricotta pancakes
9	chicken fajitas with rice and fried beans	beef, bean, and beer chili
10	scrambled eggs with vgs and sausages	mushroom risotto
11	pasta bolognesa with vgs	crispy five-spice chicken
12	minced vgs with vegetables tacos	spanish tortilla (potatoes omelette)
13	creamy rissoto with vgs and prawns	keralan chicken curry
14	vegetable-based stew	cream of spinach soup
15	rice with chickpeas (puerto rican rice)	spinach and chickpea soup
16	roasted chicken and roasted vegetables	white beans with artichokes
17	shepherd's pie	szechuan cabbage and crispy chilli beef
18	pasta carbonara & pasta napolitana	malfatti ricotta and spinach & hummus
19	shepherd's pie	prawn and black beans curry
20	creamy chicken pasta	spicy beef with coriander relish

*Note:*

p = participant

Table 3: Source of new recipes

p	device	tool	source	s. time	s. CPGs
1	laptop	website	epicurious.com	70	9
2	phone	website	shefskitchen.com		17
3	phone	website	studenthut.com		5
4	phone	website	kitchensanctuary.com	25	19
5	phone	website	bbc.com	45	10
6	book		The Mob Kitchen. Ben Lebus	30	14
7	notebook	handwritten	partner's recipe		5
8	phone	website	allrecipes.com	25	8
9	laptop	website and video	foodwishes.com and youtube		18
10	tablet	website and video	akispetretzikis.com and youtube	55	14
11	book		The 20-minute Cookbook. Jenni F.	20	17
12	laptop	video	youtube/RecetasdeCocina		5
13	laptop and tablet	website	bbc.com	90	32
14	book			55	15
15	book		The Food of Spain. Claudia R.		13
16	book		Veg Everyday! Hugh F.W.		9
17	notebook	handwritten	restaurant's recipe		18
18	phone	website	abelandcole.com	40	23
19	sheet		helloFresh	15	10
20	book		Bills Open Kitchen. Bill Granger		15

*Note:*

p = participant, s.time = suggested cooking time in minutes, s. CPGs = suggested number of CPGs

Table 4: Inventory of available cooking related CPGs

participant	CPGs
1	121
2	199
3	38
4	158
5	266
6	204
7	155
8	220
9	196
10	138
11	208
12	206
13	179
14	301
15	254
16	212
17	423
18	99
19	189
20	272

*Note:*

Estimation per household.

Table 5: List of CPGs

sub-cat	item	sub-cat	item	sub-cat	item
breads	bread	disposables	disposables	spice	fiveSpicesSeasoning
	cake		beer		garlicPwd
	chips		cider		ginger
cereals	tortillas	drinks	coffee		goyaSeasoning
	bakingPwd		iceRocks		italianSpices
	cornFlour		juice		marjoran
	flour		soda		masalaSpices
	macarroni		spirit		oregano
	noodles		tea		paprika
	nuts		wine		rosemary
	panko	food	food		salt
	rice	fruit	kiwi		seasoning
	rigatoni		lemon		seasoningChicken
	spaghetti		lime		spice_ui
cleaningProduct	cleaningLiquid	legumes	beans		sugar
	cloth		chickpeas	veg	turmeric
	dWashL		greenBeans		whitePepper
	gloves	nonCooking	pen		artichoke
	hWashL	oils&fats	butter		asparagus
	kitchenRoll		lard		aubergine
	napkins		lighter		avocado
	soap		oil		basil
	sponge	proteins	oilFlavoured		beanSprouts
	toiletPaper		bacon		bellPepper
	water		beef		butternutSquash
	wipes		chicken		cabbage
condiment	alioli		chorizo		carrots
	cilantroBase		eggs		celery
	coconutCream	readyToEat	ham		chillies
	fishSauce		mincedMeat		chineseGreens
	hoisinSauce		nuggets		coriander
	hotSauce	spice	prawns		corn
	hummus		sausage		courgette
	jam		pizza		cucumber
	mappleSyrup		riceQuinoa		frozenVegs
	oysterSauce		basilPwd		garlic
	soySauce		blackPepper		greenSnaps
	tahini		bouillon		kale
	tomatoesProcessed		cardamon		leeks
	tomatoesSauce		caribbeanSpices		lettuce
	vinegar		cayenne		mint
	WorcestershireSauce		chilliesFlakes		mushrooms
dairy	cheese		chilliesPwd		onion
	cream		chineseSpice		potatoes
	milk		chives		spinach
	yogurt		cinamon		springOnion
	alumFoil		cocoa		sweetPotatoes
	bag		corianderPwd		thyme
disposables	bagFreezer		cumin		tomatoes
	bakingPaper		curry		turnip
	clingFilm		fennel		

Table 6: List of utensils

sub-cat	item	sub-cat	item	sub-cat	item
<b>clean</b>	brush	<b>heat</b>	tray	<b>no Cooking</b>	eyeGlasses
	dishTray		wok		key
	dustBrush		rBook		remoteControl
	dustPan		rSheet		vaper
	mop		chopSticks		vessel
<b>contain</b>	towel	<b>manipulate</b>	colander	<b>open</b>	wallet
	vacuum		cookingSpoon		canOpener
	bottle		cutlery		scissors
	bowl		fork	<b>prepare</b>	blender
	boxCondiments		holder		chopB
	bucket		ladle		crusher
	cup		ovenGloves		grater
	glass		pastaServer		jarBlender
	glassWine		sinkDrainer		knife
	jar		spoon		mortar
	jarLid	<b>measure</b>	strainer	<b>protect store</b>	peeler
	lid		tongs		processor
	plate		measuringJar		smasher
<b>dispose heat</b>	trashB		measuringSpoon		apron
	coffeeMachine		scale		container
	kettle		timer		lunchBag
	microwave	<b>contain manipulate no Cooking</b>	wristWatch		sealingClips
	ovenDish		mixingBowl	<b>tech</b>	computer
	pan		whisk		phone
	pot		case		radio
	riceCooker		charger		smartAssistant
	teaPot		clothes		smartWatch
	toaster		documents		speaker

Table 7: List of environment items

sub-cat	item	sub-cat	item	sub-cat	item
<b>other</b>	fireAlarm	<b>to clean</b>	faucet	<b>to store</b>	cpB
	lightSwitch		dishWasher		dw
	plant	<b>to heat</b>	extractorFan		freezer
	washingMachine		oven		fridge
	window		stove		

Table 8: Type of consumer packaged goods

<b>type</b>	sub-cat	frequency	percentage (%)
<b>CPGs</b>	bread	4	2.6
	cereals	10	6.6
	cleaningProduct	12	7.9
	condiment	16	10.5
	dairy	4	2.6
	disposables	6	3.9
	drinks	9	5.9
	food	1	0.7
	fruit	3	2.0
	legumes	3	2.0
	nonCooking	1	0.7
	oils&fats	5	3.3
	proteins	10	6.6
	readyToEat	2	1.3
	spice	33	21.7
	veg	33	21.7
<b>u</b>	clean	7	8.2
	contain	12	14.1
	dispose	1	1.2
	heat	11	12.9
	informationAccess	2	2.4
	manipulate	14	16.5
	measure	5	5.9
	no Cooking	10	11.8
	open	2	2.4
	prepare	10	11.8
	protect	1	1.2
	store	3	3.5
	tech	7	8.2
<b>e</b>	other	5	35.7
	to clean	2	14.3
	to heat	3	21.4
	to store	4	28.6

*Note:*

percentage relative to the item's sub-category type



Table 9: Duration of cooking per session

participant	session	
	regular	new
1	36	61
2	76	81
3	21	40
4	45	52
5	41	90
6	45	90
7	88	29
8	28	34
9	68	78
10	39	111
11	56	87
12	80	126
13	42	53
14	73	58
15	50	46
16	70	47
17	113	90
18	44	80
19	70	61
20	68	17

*Note:*

Time in minutes

Table 10: Comparison of duration of cooking

p	cooking time		difference
	s. recipe	new session	new - s.
1	70	61	-9
2		81	
3		40	
4	25	52	27
5	45	90	45
6	30	90	60
7		29	
8	25	34	9
9		78	
10	55	111	56
11	20	87	67
12		126	
13	90	53	-37
14	55	58	3
15		46	
16		47	
17		90	
18	40	80	40
19	15	61	46
20		17	

*Note:*

Time in minutes, s. = suggested

Table 11: Total unique items used

session	c	u	e	c, u and e
all	970	1307	496	2773
reg	465	567	237	1269
new	505	740	259	1504

\* c = CPGs, u = utensils, e = environment

Table 12: Average unique items used per session

session	c	u	e	c, u and e
all	24.2	32.7	12.4	69.3
reg	23.2	28.4	11.8	63.5
new	25.2	37.0	12.9	75.2

\* c = CPGs, u = utensils, e = environment

Table 13: Total different items used

session	c	u	e	c, u and e
all	777	842	247	1866
reg	376	381	123	880
new	401	461	124	986

\* c = CPGs, u = utensils, e = environment

Table 14: Average different items used

session	c	u	e	c, u and e
all	19.4	21.1	6.2	46.6
reg	18.8	19.1	6.2	44.0
new	20.1	23.1	6.2	49.3

\* c = CPGs, u = utensils, e = environment

Table 15: Total duration of items used

session	c	u	e	c, u and e
all	29.9	64.0	47.1	141.0
reg	13.2	24.9	22.0	60.1
new	16.8	39.1	25.1	80.9

\* time in hours

\* c = CPGs, u = utensils, e = environment

Table 16: Average total duration of items used

session	c	u	e	c, u and e
all	44.8	96.0	70.7	70.5
reg	39.6	74.7	66.0	60.1
new	50.4	117.3	75.3	80.9

\* time in minutes

\* c = CPGs, u = utensils, e = environment

Table 17: Average duration of items used

session	c	u	e	c, u and e
all	21.7	25.3	86.7	31.7
reg	20.2	22.5	87.7	29.9
new	23.1	27.4	85.8	33.1

\* time in seconds

\* c = CPGs, u = utensils, e = environment

Table 18: Total and average used of items by subcategory

category	p_corrected	total
bread	2	3
bread	8	2
bread	10	1
bread	11	1
bread	12	5
bread	14	14
bread	17	1
bread	25	1
bread	26	4
bread	32	20
bread	33	2
bread	35	6
bread	38	12
cereal	2	1
cereal	3	6
cereal	5	3
cereal	6	4
cereal	8	1
cereal	9	14
cereal	11	9
cereal	13	7
cereal	15	2
cereal	18	2
cereal	20	7
cereal	21	9
cereal	22	2
cereal	23	5
cereal	24	3
cereal	27	4
cereal	28	5
cereal	30	3
cereal	31	19
cereal	33	5
cereal	34	1
cereal	37	17
cereal	38	21
cleaningProduct	1	33
cleaningProduct	2	12
cleaningProduct	3	2
cleaningProduct	4	18
cleaningProduct	5	3
cleaningProduct	6	18
cleaningProduct	7	7
cleaningProduct	8	11
cleaningProduct	9	45
cleaningProduct	10	10
cleaningProduct	11	14
cleaningProduct	12	16
cleaningProduct	13	6
cleaningProduct	14	33
cleaningProduct	15	34
cleaningProduct	16	16