|  |  |
| --- | --- |
| **Transcribed Notes** | **Quotes & Observations** |
| 00:00:00.000 --> 00:00:01.470  SOH KAI MENG LEONARD So what is your name?  TAY WEE YANG RYAN My name is Ryan  SOH KAI MENG LEONARD What is your age?  TAY WEE YANG RYAN uhh, I will be 19 this year.  00:00:02.240 --> 00:00:03.310 SOH KAI MENG LEONARD What is your gender?  00:00:03.990 --> 00:00:04.760 TAY WEE YANG RYAN I'm a male.  00:00:05.500 --> 00:00:07.110 SOH KAI MENG LEONARD What is your martial status?  00:00:08.380 --> 00:00:09.430 TAY WEE YANG RYAN uhh, I am currently single.  00:00:10.320 --> 00:00:12.270 SOH KAI MENG LEONARD What is your religion? Do you practice it?  00:00:13.080 --> 00:00:14.190 TAY WEE YANG RYAN uhh no, I'm a free thinker.  00:00:15.210 --> 00:00:16.540 SOH KAI MENG LEONARD What is your occupation?  00:00:17.270 --> 00:00:18.870 TAY WEE YANG RYAN uh, I'm a student currently.  00:00:19.840 --> 00:00:21.090 SOH KAI MENG LEONARD Or do you enjoy what you do?  00:00:22.800 --> 00:00:23.890 TAY WEE YANG RYAN uhh, I guess, yeah.  00:00:24.580 --> 00:00:26.520 SOH KAI MENG LEONARD What are you currently studying as a student?  00:00:27.570 --> 00:00:29.480 TAY WEE YANG RYAN uhh, I'm currently studying games design and development.  00:00:30.390 --> 00:00:34.040 SOH KAI MENG LEONARD How often do you meet up and hang around with your friends or family?  00:00:35.000 --> 00:00:35.530 TAY WEE YANG RYAN Umm.  00:00:36.480 --> 00:00:37.350 TAY WEE YANG RYAN I would say.  00:00:38.040 --> 00:00:40.810 TAY WEE YANG RYAN Friends, maybe once a month.  00:00:41.460 --> 00:00:41.690 SOH KAI MENG LEONARD Umm.  00:00:41.530 --> 00:00:44.770 TAY WEE YANG RYAN And then family, I would say everyday kind of thing, yeah.  00:00:45.570 --> 00:00:46.700 SOH KAI MENG LEONARD Do you have any hobbies?  00:00:48.080 --> 00:00:50.580 TAY WEE YANG RYAN I like to play games and watch shows.  00:00:51.770 --> 00:00:53.880 SOH KAI MENG LEONARD So what are some goals in your life?  00:00:56.020 --> 00:01:01.000 TAY WEE YANG RYAN umm, Currently just Graduate School and further my studies, yeah.  00:01:01.450 --> 00:01:04.920 SOH KAI MENG LEONARD Are there any motivations for you to achieve these goals?  00:01:07.330 --> 00:01:08.390 TAY WEE YANG RYAN Just to.  00:01:09.000 --> 00:01:12.390 TAY WEE YANG RYAN For better future, though, you know? Yeah. get a better job.  00:01:11.130 --> 00:01:11.560 SOH KAI MENG LEONARD Yeah.  00:01:13.480 --> 00:01:16.380 SOH KAI MENG LEONARD Who do you strive to be in your life and why?  00:01:19.010 --> 00:01:20.520 TAY WEE YANG RYAN I just want to.  00:01:21.620 --> 00:01:22.270 TAY WEE YANG RYAN Be.  00:01:22.970 --> 00:01:27.510 TAY WEE YANG RYAN A successful person then, and like be able to survive on my own, yeah.  00:01:29.460 --> 00:01:33.410 SOH KAI MENG LEONARD What are some problems you think you will face when trying to achieve these goals?  00:01:36.050 --> 00:01:39.380 TAY WEE YANG RYAN I think finding a job would be quite difficult because.  00:01:40.700 --> 00:01:42.550 TAY WEE YANG RYAN There will be a lot of competition and.  00:01:43.460 --> 00:01:45.370 TAY WEE YANG RYAN I need to get myself out there.  00:01:46.180 --> 00:01:46.630 TAY WEE YANG RYAN Yeah.  00:01:47.060 --> 00:01:48.070 SOH KAI MENG LEONARD Extend out right?  00:01:50.020 --> 00:01:54.010 SOH KAI MENG LEONARD So where do you usually go to eat when you are out?  00:01:56.000 --> 00:02:10.850 TAY WEE YANG RYAN Usually I will either go to food courts or fast-food restaurants, and I will usually ask my friends if, like, where do you wanna eat? Then if they suggest something that's not fast-food or as or food courts, then I will.  00:02:11.580 --> 00:02:14.920 TAY WEE YANG RYAN think if I want to eat there I will eat there.  00:02:16.430 --> 00:02:23.660 SOH KAI MENG LEONARD How do you choose uhh which restaurant you eat? If you are, let's say you're choosing a restaurant instead of like food court or fast-food restaurant.  00:02:25.770 --> 00:02:39.620 TAY WEE YANG RYAN I guess the most important thing is like whether they have student price or not because student price gives, like there's a lot of value in student price and since I'm a student I can make full use of it and.  00:02:40.560 --> 00:02:47.010 TAY WEE YANG RYAN It's convenient. I guess it's cheap and it's like restaurant quality food so.  00:02:47.730 --> 00:02:50.020 TAY WEE YANG RYAN  So might as well take advantage of it.  00:02:51.770 --> 00:02:57.380 SOH KAI MENG LEONARD Uh, how does the atmosphere of the restaurant you are eating at influence the amount of food you order?  00:03:00.870 --> 00:03:10.750 TAY WEE YANG RYAN Uh, I don't think the atmosphere of the restaurant will influence the food that I will order but I think it affects my experience at the restaurant like.  00:03:11.540 --> 00:03:21.150 TAY WEE YANG RYAN If the if there's like a baby crying in the restaurant, it will ruin my appetite a bit and maybe I'll feel like not eating as much or.  00:03:22.040 --> 00:03:22.440 TAY WEE YANG RYAN Yeah.  00:03:23.050 --> 00:03:28.230 SOH KAI MENG LEONARD So this was this. So this will influence your the amount of food you order, right?  00:03:30.280 --> 00:03:31.360 TAY WEE YANG RYAN uhh, I guess, yeah.  00:03:31.900 --> 00:03:37.240 SOH KAI MENG LEONARD OK, so uh, have you seen people order a lot and not finish the food afterwards?  00:03:39.730 --> 00:03:56.150 TAY WEE YANG RYAN Yes, usually I see people like over order like they order things to share within their friend group and then they usually just finish what they have, but they don't really finish what’s there to share then it's like a few pieces of food left behind.  00:03:57.110 --> 00:03:57.830 TAY WEE YANG RYAN So yeah.  00:03:58.520 --> 00:04:04.290 SOH KAI MENG LEONARD How did you feel about it when you see, like, uh, this type of people over ordering and not finishing their food?  00:04:07.280 --> 00:04:24.330 TAY WEE YANG RYAN I mean, I think that they shouldn't really do it. I think that if, like they want to try something, they should finish what they have first, then after that, if they're still hungry, they can continue to order more food afterwards instead of like ordering everything together and then not finishing what they order.  00:04:25.910 --> 00:04:27.620 SOH KAI MENG LEONARD I see. So uh does it?  00:04:28.290 --> 00:04:33.720 SOH KAI MENG LEONARD Affect the amount of food you waste if, let's say uh, you see a lot of people ordering a lot as well.  00:04:35.040 --> 00:04:37.870 SOH KAI MENG LEONARD Would you order a lot? And then if you cannot finish with your waste?  00:04:39.220 --> 00:04:46.070 TAY WEE YANG RYAN Uh, if I see my friends order more food, I would generally also want to order more food.  00:04:46.780 --> 00:04:52.070 TAY WEE YANG RYAN I guess so, yeah. Like if I see my friends getting dessert, I would also feel.  00:04:52.760 --> 00:04:53.400 TAY WEE YANG RYAN pretty  00:04:54.100 --> 00:05:03.870 TAY WEE YANG RYAN Inclined to get dessert also, so that like we can chill at the restaurant for a longer period of time rather than finishing our main course and then leaving straight away.  00:05:06.100 --> 00:05:11.450 SOH KAI MENG LEONARD Do you ask for less food? If you feel the portion size is larger than what you can consume?  00:05:14.540 --> 00:05:19.390 TAY WEE YANG RYAN I don't really ask for less food that much. I usually just order whatever.  00:05:20.440 --> 00:05:24.390 TAY WEE YANG RYAN Is the regular size and I just eat it and.  00:05:25.360 --> 00:05:25.990 TAY WEE YANG RYAN I.  00:05:26.850 --> 00:05:31.310 TAY WEE YANG RYAN Actually, I usually order more food instead of less food actually and.  00:05:30.990 --> 00:05:39.280 SOH KAI MENG LEONARD Uh, why? Why is this so? Why? Why do you think you order more food? Or like you don't particularly ask for less food if you feel like the portion size is larger.  00:05:40.910 --> 00:05:44.570 TAY WEE YANG RYAN OK, I think I have a bigger appetite than the average person, so.  00:05:45.440 --> 00:05:51.650 TAY WEE YANG RYAN That's why I usually ordered more food so that I will feel more full, and I usually don't leave.  00:05:52.770 --> 00:05:56.850 TAY WEE YANG RYAN Food like that much food like wasted when I finish eating.  00:05:57.650 --> 00:06:13.570 SOH KAI MENG LEONARD I see. Uh, as you know, certain restaurants, example buffets, will put out penalties for unfinished food. For example, every 100 gram of food waste is chargeable at $5. Do you think these penalties have an effect on the amount of unfinished food at the end of a meal?  00:06:15.680 --> 00:06:25.010 (STOP HERE) TAY WEE YANG RYAN uhh, I think yes, because when my family goes together buffets, we usually like, just take what we what to eat 1st and then we don't really.  00:06:25.780 --> 00:06:27.520 TAY WEE YANG RYAN Take, everything all at once so that  00:06:28.180 --> 00:06:32.570 TAY WEE YANG RYAN We don't have to pay extra because of the penalty.  00:06:33.640 --> 00:06:40.370 TAY WEE YANG RYAN And whenever we do have extra food, we would like try to hide it so that the people don't see it so that we won't get charged.  00:06:41.130 --> 00:06:41.700 TAY WEE YANG RYAN So.  00:06:42.460 --> 00:06:47.570 TAY WEE YANG RYAN Yeah, but I think it definitely is like it lingers behind the person's back and then it like.  00:06:48.410 --> 00:06:51.340 TAY WEE YANG RYAN It's like pushing them to not waste food.  00:06:52.540 --> 00:06:53.890 SOH KAI MENG LEONARD Yeah. So.  00:06:54.950 --> 00:06:55.430 SOH KAI MENG LEONARD Uh.  00:06:56.240 --> 00:06:59.840 SOH KAI MENG LEONARD In terms of Journey, right, how do you often go out to eat?  00:07:00.770 --> 00:07:03.490 SOH KAI MENG LEONARD Like, I mean, you're how often do you go and eat?  00:07:04.450 --> 00:07:05.120 TAY WEE YANG RYAN Uh.  00:07:06.090 --> 00:07:10.520 TAY WEE YANG RYAN Usually I have at least like one meal outside because I have to go to school and.  00:07:11.310 --> 00:07:13.510 TAY WEE YANG RYAN I have to eat at school also.  00:07:14.390 --> 00:07:21.880 TAY WEE YANG RYAN usually, yeah. Like the food court at school, and that's usually school is about about half an hour away from my house.  00:07:23.990 --> 00:07:33.540 TAY WEE YANG RYAN So at least 30 minutes a day, I guess. And then if I go out for dinner, it depends on where I go to. If it's like a nearby area, maybe 5 to 10 minutes.  00:07:34.200 --> 00:07:37.110 TAY WEE YANG RYAN Then, if it's somewhere further, maybe 30 minutes to an hour.  00:07:38.370 --> 00:07:42.630 SOH KAI MENG LEONARD Is this a everyday thing? Like you often go out like every day to eat?  00:07:43.400 --> 00:07:44.060 TAY WEE YANG RYAN Uh.  00:07:44.880 --> 00:07:47.510 TAY WEE YANG RYAN Yeah, actually, my family doesn't cook at home, so.  00:07:48.200 --> 00:07:54.650 TAY WEE YANG RYAN We usually go out, so usually like almost every day we go out.  00:07:55.460 --> 00:07:58.330 TAY WEE YANG RYAN The only thing we cook at home is like, maggie mee and stuff so.  00:07:59.230 --> 00:07:59.600 TAY WEE YANG RYAN Yeah.  00:08:00.690 --> 00:08:04.310 SOH KAI MENG LEONARD How far would you typically travel to eat in terms of distance?  00:08:06.770 --> 00:08:15.320 TAY WEE YANG RYAN I would say like if it's convenient to go to, I will go to. If its like a 30 to one hour, ride I would  00:08:17.320 --> 00:08:31.350 TAY WEE YANG RYAN Like, think about the occasion if it's like, ohh I haven't met. I haven't met this person in a long time. Maybe I wouldn't mind taking an extra hour to travel there to meet this person. Or if, like my friends and I haven't met for like a month and then.  00:08:32.150 --> 00:08:32.580 TAY WEE YANG RYAN Yeah.  00:08:33.560 --> 00:08:36.610 TAY WEE YANG RYAN Or like if there's a restaurant that is new and.  00:08:33.790 --> 00:08:33.980 SOH KAI MENG LEONARD Like.  00:08:37.280 --> 00:08:41.530 TAY WEE YANG RYAN My friends that I want to try out the restaurant, we will also travel longer to go there.  00:08:43.410 --> 00:08:47.120 SOH KAI MENG LEONARD What kind of transportation method do you usually use?  00:08:48.030 --> 00:08:49.130 SOH KAI MENG LEONARD When you go out and eat.  00:08:50.380 --> 00:08:53.590 SOH KAI MENG LEONARD Do you like walk there. Or do you like take public transport?  00:08:54.400 --> 00:08:58.910 TAY WEE YANG RYAN If it's close by, usually I will walk, even if it's like a little bit longer.  00:08:59.750 --> 00:09:03.950 TAY WEE YANG RYAN And if it's really far, usually bus and train.  00:09:04.680 --> 00:09:06.170 TAY WEE YANG RYAN Uh, what I take.  00:09:07.040 --> 00:09:14.560 SOH KAI MENG LEONARD uhh, So what is your daily workload like in terms of as a student, do you have a lot of assignments, homework?  00:09:17.460 --> 00:09:29.770 TAY WEE YANG RYAN I would say it's like manageable like it doesn't keep me busy the entire day, but there are definitely things I need to finish before a certain period of time, so I just need to make sure that I finish.  00:09:30.460 --> 00:09:34.060 TAY WEE YANG RYAN My work on time and like schedule out.  00:09:34.760 --> 00:09:36.930 TAY WEE YANG RYAN By a certain period of time every day to do it.  00:09:37.640 --> 00:09:38.320 TAY WEE YANG RYAN So it's not.  00:09:39.130 --> 00:09:44.280 TAY WEE YANG RYAN  It's not like you will take up my entire day, but it will take up some time in my day, yeah.  00:09:45.370 --> 00:09:49.330 SOH KAI MENG LEONARD Does your daily workload affect your eating habits?  00:09:52.160 --> 00:10:01.320 TAY WEE YANG RYAN Sometimes it does. Yeah, like sometimes I will do work and then I want to, like, distract myself from work. So I, like, stand up and I go get a snack or something.  00:10:02.100 --> 00:10:12.550 TAY WEE YANG RYAN And sometimes if I'm close to finishing up my work right, I would push back food to do my work and finish it up. Then I will go for food.  00:10:13.630 --> 00:10:14.160 TAY WEE YANG RYAN So yeah  00:10:14.710 --> 00:10:19.010 SOH KAI MENG LEONARD OK, how many days do you work or study for in a week?  00:10:21.310 --> 00:10:24.560 TAY WEE YANG RYAN I go to school five days a week, yeah.  00:10:25.300 --> 00:10:25.870 TAY WEE YANG RYAN And.  00:10:27.500 --> 00:10:28.000 SOH KAI MENG LEONARD Yeah, yeah.  00:10:28.820 --> 00:10:37.210 TAY WEE YANG RYAN And I guess Saturday, Sunday. I have to do some work also, but that's not really like school days. So I'm like free Saturday Sunday. But I have to do something.  00:10:37.830 --> 00:10:38.000 SOH KAI MENG LEONARD OK.  00:10:38.070 --> 00:10:43.830 SOH KAI MENG LEONARD Yeah. Does eating various food affect your state of mind. During your school or work?  00:10:44.900 --> 00:10:45.440 TAY WEE YANG RYAN Uh.  00:10:46.220 --> 00:10:54.400 TAY WEE YANG RYAN Yes, uh, actually, right, I try to avoid certain types of food if I know I have to go to school on the next day like.  00:10:55.060 --> 00:11:09.090 TAY WEE YANG RYAN like For example, I avoid Mala if I have school the next day because it will make me want to poop. So that's why I would rather not eat it before school. So yeah.  00:11:08.680 --> 00:11:12.190 SOH KAI MENG LEONARD Because you feel bad the next day, right? If you consume such, yeah.  00:11:10.640 --> 00:11:16.580 TAY WEE YANG RYAN Yeah. And then if I like, if I'm traveling to school or if I'm like, in lesson, I might have to go to the toilet or something.  00:11:17.580 --> 00:11:27.170 SOH KAI MENG LEONARD OK, I see does who you are with. Such as friends, siblings, parents or relative affect the amount of food you order on an average per person.  00:11:30.060 --> 00:11:40.790 TAY WEE YANG RYAN I would say yeah. If I see my friends ordering less, I would try to order less also because I don't want to feel bad taking up their time.  00:11:41.650 --> 00:11:42.220 TAY WEE YANG RYAN And if.  00:11:43.250 --> 00:11:48.520 TAY WEE YANG RYAN They order from a certain store I would like tag along with them the order from the same store.  00:11:49.600 --> 00:11:50.290 TAY WEE YANG RYAN And.  00:11:51.190 --> 00:11:53.850 TAY WEE YANG RYAN Yeah. And if they order drinks right? So.  00:11:53.520 --> 00:11:53.930 SOH KAI MENG LEONARD Yeah.  00:11:54.490 --> 00:11:57.580 TAY WEE YANG RYAN If they order drinks I would like ask them to buy for me or.  00:12:00.830 --> 00:12:08.270 SOH KAI MENG LEONARD OK. Does who you are with? Such as friends, siblings, parents or relatives affect the amount of unfinished food you have. Why?  00:12:11.320 --> 00:12:22.010 TAY WEE YANG RYAN If I am with friends and family, I would try to finish my food because I think it doesn't look very good like to others. If you have unfinished food left behind.  00:12:23.050 --> 00:12:23.570 TAY WEE YANG RYAN But.  00:12:24.500 --> 00:12:30.990 TAY WEE YANG RYAN It's not really a must la, I just try to finish. So yeah, sometimes I do leave some unfinished food behind.  00:12:31.790 --> 00:12:33.320 TAY WEE YANG RYAN And yeah  00:12:34.600 --> 00:12:39.130 SOH KAI MENG LEONARD Other than uh looking bad in front of your friends, are there any particular reasons that?  00:12:39.870 --> 00:12:40.290 SOH KAI MENG LEONARD Uh.  00:12:41.530 --> 00:12:45.320 SOH KAI MENG LEONARD That you try not to waste unfinished wood.  00:12:47.860 --> 00:12:54.570 TAY WEE YANG RYAN I guess I just I was raised that way also like my family doesn't really like to waste food.  00:12:55.650 --> 00:12:56.780 TAY WEE YANG RYAN So yeah.  00:12:55.870 --> 00:13:01.300 SOH KAI MENG LEONARD OK. Can you share more? Why is there any particular reason why your family doesn't like to waste food?  00:13:02.320 --> 00:13:15.930 TAY WEE YANG RYAN There's no reason. It's just like it feels like a waste la, like you know,. You use money to spend, but you use you spend money to buy the food, then you're not really finishing the food. So it's just like a waste.  00:13:17.420 --> 00:13:21.940 SOH KAI MENG LEONARD OK. Do you usually waste unfinished food when eating outside?  00:13:24.860 --> 00:13:36.710 TAY WEE YANG RYAN I I would say it depends on where I eat. If the place I eat at is like they give a lot of food and like sometimes like have a little bit of food left unfinished.  00:13:37.550 --> 00:13:41.170 TAY WEE YANG RYAN But I think generally not really because I have.  00:13:41.890 --> 00:13:44.580 TAY WEE YANG RYAN Slightly more appetite than people.  00:13:45.330 --> 00:13:45.840 TAY WEE YANG RYAN So.  00:13:46.660 --> 00:13:48.870 TAY WEE YANG RYAN Generally I've finished my food. Yeah.  00:13:49.860 --> 00:13:57.210 SOH KAI MENG LEONARD As someone who generally doesn't, uh, waste his unfinished food, how do you feel when you see your peers wasting unfinished food?  00:13:59.210 --> 00:14:09.720 TAY WEE YANG RYAN I would like try to nudge them to finish their food like some of my friends. They don't eat vegetables because they don't like vegetables, so like ask them to try and eat it.  00:14:10.620 --> 00:14:11.270 TAY WEE YANG RYAN And.  00:14:12.400 --> 00:14:26.230 TAY WEE YANG RYAN  If They have to have some leftover food. I will ask if, like, no, sorry, they will ask me if I don't. If I like, want to eat it or not before they throw it away. And if I still have like room to eat, I will like take it and eat it so.  00:14:26.940 --> 00:14:29.310 TAY WEE YANG RYAN Like we waste less food ah.  00:14:30.030 --> 00:14:36.670 SOH KAI MENG LEONARD Is there any particular reason why you try your best to avoid a wasting unfinished wood?  00:14:38.830 --> 00:14:40.540 TAY WEE YANG RYAN I don't know. It's like.  00:14:41.450 --> 00:14:52.840 TAY WEE YANG RYAN OK. In primary school there was this video that they showed us where it's like they showed us people starving and them having to, like, go dumpster diving to get food and it's like.  00:14:44.550 --> 00:14:44.810 SOH KAI MENG LEONARD Yeah.  00:14:54.100 --> 00:14:58.170 TAY WEE YANG RYAN It's a pretty sad video, so I guess.  00:15:00.280 --> 00:15:03.010 TAY WEE YANG RYAN so I guess it makes me want to like not waste food.  00:15:04.310 --> 00:15:10.620 SOH KAI MENG LEONARD OK. Other than vegetables, like you mentioned, are there any types of food you seen like other people waste?  00:15:13.850 --> 00:15:16.890 TAY WEE YANG RYAN I've seen some of my friends. They ordered drinks, right?  00:15:17.650 --> 00:15:19.290 TAY WEE YANG RYAN And they.  00:15:17.750 --> 00:15:18.000 SOH KAI MENG LEONARD Yeah.  00:15:20.080 --> 00:15:30.710 TAY WEE YANG RYAN They usually leave like a little bit of the bottom, not drunk because like there's ice at the bottom and if they try to drink, the ice will fall to their face, so they.  00:15:31.460 --> 00:15:35.490 TAY WEE YANG RYAN Leave some of their drink like wasted.  00:15:36.920 --> 00:15:37.340 SOH KAI MENG LEONARD OK.  00:15:38.010 --> 00:15:42.540 SOH KAI MENG LEONARD How do you think reducing your foodways outside of your house can shape you as a character?  00:15:44.680 --> 00:15:45.400 TAY WEE YANG RYAN I guess.  00:15:47.090 --> 00:15:49.080 TAY WEE YANG RYAN I guess it just lets you.  00:15:49.900 --> 00:15:51.310 TAY WEE YANG RYAN It's it's like.  00:15:52.490 --> 00:15:58.230 TAY WEE YANG RYAN Makes you more grateful, I guess, because you're not really wasting food.  00:15:58.900 --> 00:16:01.280 TAY WEE YANG RYAN But I don't know. Yeah.  00:16:01.950 --> 00:16:04.360 TAY WEE YANG RYAN I guess it also makes it more appreciative also.  00:16:04.590 --> 00:16:20.410 SOH KAI MENG LEONARD Yeah, could it somehow, like influential conscious about other aspects of saving environment when you're outside house or making you feel like a sense of responsibility when about your general actions you choose to take your daily life when you try it, not try your best not to waste food.  00:16:23.460 --> 00:16:28.370 TAY WEE YANG RYAN I I guess you just be more, you're just like a more caring person like you.  00:16:29.330 --> 00:16:31.290 TAY WEE YANG RYAN Maybe like I don't know you.  00:16:32.110 --> 00:16:35.150 TAY WEE YANG RYAN You would think more about wasting stuff or.  00:16:35.980 --> 00:16:36.410 TAY WEE YANG RYAN Like.  00:16:38.470 --> 00:16:42.830 TAY WEE YANG RYAN Yeah, I think you care more about the environment and your effects on the environment  00:16:44.020 --> 00:16:44.470 SOH KAI MENG LEONARD OK.  00:16:45.750 --> 00:16:50.690 SOH KAI MENG LEONARD Do you encourage your family or friends to reduce their food waste when dining outside?  00:16:52.350 --> 00:16:58.810 TAY WEE YANG RYAN Yeah, I tried to. If. If I say them not finishing food, I'll try to tell them to finish the food.  00:16:59.570 --> 00:17:06.120 SOH KAI MENG LEONARD Are they usually like receptive this to your feedback when you try and nudge them to like finish their food?  00:17:06.840 --> 00:17:07.290 TAY WEE YANG RYAN Uh.  00:17:08.670 --> 00:17:15.130 TAY WEE YANG RYAN Usually if they don't wanna if they're like picky and they don't eat the food, they usually will not eat the food even after I tell them to eat the food.  00:17:16.030 --> 00:17:17.460 TAY WEE YANG RYAN So yeah, but if they're like.  00:17:18.750 --> 00:17:27.590 TAY WEE YANG RYAN full and they have still little bit of unfinished food. They were like, try their best to finish it. Like maybe they take one or two more extra bites  00:17:28.250 --> 00:17:29.630 TAY WEE YANG RYAN So yeah, they will try to like.  00:17:30.300 --> 00:17:31.660 TAY WEE YANG RYAN Force themself to finish it.  00:17:32.430 --> 00:17:32.850 SOH KAI MENG LEONARD I see.  00:17:34.840 --> 00:17:50.210 SOH KAI MENG LEONARD Uh, if if they are receptive to feedback, right, are there, like any particular changes to their eating habits afterwards or it's like still the same where like they they at times also cannot finish the food and you also have to continuously nudge them  00:17:52.880 --> 00:17:59.810 TAY WEE YANG RYAN I would say they don't change their eating habits because it's like it's like we talk about it like.  00:18:00.630 --> 00:18:04.930 TAY WEE YANG RYAN Eating period of time that we just like forget about it afterwards.  00:18:05.650 --> 00:18:06.570 TAY WEE YANG RYAN We don't, really.  00:18:07.450 --> 00:18:07.940 TAY WEE YANG RYAN Like.  00:18:09.480 --> 00:18:12.460 TAY WEE YANG RYAN remember it after it.  00:18:12.030 --> 00:18:12.340 SOH KAI MENG LEONARD Right.  00:18:13.180 --> 00:18:15.750 SOH KAI MENG LEONARD Yeah, like it doesn't really change the eating habits, right?  00:18:15.620 --> 00:18:17.900 TAY WEE YANG RYAN Yeah, it's like what you're in one ear in one ear out kind of thing  00:18:18.430 --> 00:18:19.000 SOH KAI MENG LEONARD OK.  00:18:20.350 --> 00:18:25.330 SOH KAI MENG LEONARD when your friend ask you to pack food home if you cannot finish your food, do you usually do it?  00:18:28.170 --> 00:18:33.900 TAY WEE YANG RYAN It depends on how much food I have left. If it's like a very little amount, I usually just leave it, but if like.  00:18:34.860 --> 00:18:39.630 TAY WEE YANG RYAN That's still quite a bit, then, yeah, we will pack it back or.  00:18:41.530 --> 00:18:43.470 TAY WEE YANG RYAN Ask the person to pack it back for us  00:18:44.170 --> 00:18:46.760 SOH KAI MENG LEONARD Uh, is there any reason why you would pack it back?  00:18:48.230 --> 00:18:54.750 SOH KAI MENG LEONARD Is it because maybe of like peer pressure, like your friends also tell you the packet, then you'll go and pick it together with them or what?  00:18:55.750 --> 00:19:05.090 TAY WEE YANG RYAN Not really because of peer pressure, but like I guess cause like later if you're hungry or so you can heat up the food and then you can eat it again. So it's like.  00:19:05.940 --> 00:19:11.080 TAY WEE YANG RYAN Less, you're wasting less food and you're making the most of your money. I guess so, yeah.  00:19:11.950 --> 00:19:18.890 SOH KAI MENG LEONARD OK. Have you seen any media such as posters promoting the reduction of unfinished food?  00:19:22.000 --> 00:19:23.680 TAY WEE YANG RYAN Yes, I think.  00:19:24.750 --> 00:19:25.440 TAY WEE YANG RYAN Uh.  00:19:25.680 --> 00:19:28.500 SOH KAI MENG LEONARD What are some of the types of media you have seen.  00:19:29.230 --> 00:19:34.140 TAY WEE YANG RYAN I've seen like social media post and like posters around.  00:19:34.910 --> 00:19:41.060 TAY WEE YANG RYAN Can like canteens and stuff about ordering less food if We cannot finish and.  00:19:37.120 --> 00:19:37.340 SOH KAI MENG LEONARD Yeah.  00:19:42.790 --> 00:19:49.860 TAY WEE YANG RYAN and Yeah, just about order less food la like Usually the tag line will be like order What you can finish so.  00:19:50.560 --> 00:19:50.950 TAY WEE YANG RYAN Yeah.  00:19:51.490 --> 00:19:55.210 SOH KAI MENG LEONARD Does this sort of media motivate you to reduce your food waste?  00:19:58.200 --> 00:20:03.140 TAY WEE YANG RYAN I usually just like see it and forget about it. I don't really think much about it.  00:20:03.820 --> 00:20:19.620 TAY WEE YANG RYAN But I guess if I'm like about to order food and I see the poster in my influence me to order less food because it's like I see it and it's like right there, in my mind already. So I can't really forget it instantly.  00:20:20.520 --> 00:20:21.070 TAY WEE YANG RYAN So yeah.  00:20:20.820 --> 00:20:21.310 SOH KAI MENG LEONARD OK.  00:20:25.170 --> 00:20:35.420 SOH KAI MENG LEONARD What do you feel would motivate or encourage you to reduce your unfinished food? Then you said uh media doesn't really like, encourage or motivate you, right? So what do you think would motivate you?  00:20:35.960 --> 00:20:37.610 TAY WEE YANG RYAN Uh, maybe if, like?  00:20:38.410 --> 00:20:40.480 TAY WEE YANG RYAN The canteen has some.  00:20:41.660 --> 00:20:53.970 TAY WEE YANG RYAN Reward system if you can finish your food. But yeah, I don't know if they will implement it, but like for example if you finish your food you get like a point and then you can exchange points to get rewards or something.  00:20:54.390 --> 00:21:01.830 SOH KAI MENG LEONARD So how does this like uhh point based system like motivate you? Is it because you are very motivated to get the prize? That's why you try your best.  00:21:01.320 --> 00:21:01.610 TAY WEE YANG RYAN Yeah.  00:21:02.600 --> 00:21:13.090 TAY WEE YANG RYAN Yeah, yeah, you're just like you're strive to get the price, then you'll try to finish your food and then you will, you know, you'll waste less food because you.  00:21:13.750 --> 00:21:15.720 TAY WEE YANG RYAN Want to get the prize  00:21:16.130 --> 00:21:16.600 SOH KAI MENG LEONARD OK.  00:21:17.510 --> 00:21:23.200 SOH KAI MENG LEONARD Does who you are with. Such as friends, siblings, parents or relatives. Encourage you not to waste food.  00:21:25.600 --> 00:21:29.510 TAY WEE YANG RYAN Yes, usually my family will scold me if I like waste food  00:21:30.310 --> 00:21:30.980 TAY WEE YANG RYAN So yeah.  00:21:30.400 --> 00:21:32.690 SOH KAI MENG LEONARD Ohh, how how often do they do it usually.  00:21:33.620 --> 00:21:34.120 TAY WEE YANG RYAN Uh.  00:21:35.480 --> 00:21:39.810 TAY WEE YANG RYAN Not very often because I don't really waste food that much, but whenever I do it's like.  00:21:40.650 --> 00:21:46.320 TAY WEE YANG RYAN Yeah, They will scold la. Ohh. OK, not really scold. But like they will say it's bad for you.  00:21:46.830 --> 00:21:51.440 SOH KAI MENG LEONARD OK. How do you feel about it when they, like, uh, quote on quote scold you?  00:21:54.390 --> 00:21:59.300 TAY WEE YANG RYAN I I just feel bad about it, I guess, but it's like not much I can do about it, I guess.  00:22:00.350 --> 00:22:06.320 SOH KAI MENG LEONARD So after yeah, so after scolding you, you will be more like inclined to finish your food, right?  00:22:06.720 --> 00:22:10.210 TAY WEE YANG RYAN Yeah, maybe keep it for later or.  00:22:11.200 --> 00:22:13.130 TAY WEE YANG RYAN Like out of force down.  00:22:14.700 --> 00:22:20.330 SOH KAI MENG LEONARD OK, when you see people who are starving, will it change the way you think about food wastage?  00:22:22.480 --> 00:22:31.630 TAY WEE YANG RYAN Yeah, like I mentioned before, the there was a video that my primary school showed me and it's like influencing me, but it's not really that.  00:22:32.580 --> 00:22:37.310 TAY WEE YANG RYAN I mean, I don't really feel too bad, but it's still influencing me like.  00:22:38.520 --> 00:22:39.000 TAY WEE YANG RYAN Like.  00:22:40.590 --> 00:22:41.790 TAY WEE YANG RYAN Secretly I guess.  00:22:43.240 --> 00:22:45.990 SOH KAI MENG LEONARD You know, how does it? How do you think it influence you?  00:22:47.270 --> 00:22:50.480 TAY WEE YANG RYAN I I guess it's like I'm unconsciously influenced by it.  00:22:51.220 --> 00:22:52.480 TAY WEE YANG RYAN Even though I don't.  00:22:53.290 --> 00:22:56.070 TAY WEE YANG RYAN Actively think about it. I still, I'm still like.  00:22:57.550 --> 00:23:02.300 TAY WEE YANG RYAN Affected by it unconsciously and I just try my best not to waste food.  00:23:03.240 --> 00:23:03.740 SOH KAI MENG LEONARD OK.  00:23:05.280 --> 00:23:10.610 SOH KAI MENG LEONARD What do you think is the mealtime doing which you produce the most unfinished food?  00:23:12.760 --> 00:23:16.340 TAY WEE YANG RYAN I would say dinner. Dinner. So yeah, cause.  00:23:15.850 --> 00:23:17.610 SOH KAI MENG LEONARD Uh, why wait? Why is that so? Yeah.  00:23:18.180 --> 00:23:20.850 TAY WEE YANG RYAN Uh, OK, I usually don't need breakfast.  00:23:21.590 --> 00:23:28.960 TAY WEE YANG RYAN And I usually eat lunch in school. In school, portions isn't really that thick.  00:23:29.700 --> 00:23:39.790 TAY WEE YANG RYAN So yeah, so when I eat dinner at home, when I don’t really eat the food from outside, usually outside places, will have like bundle meals where they give you a lot of food and uhh,  00:23:40.930 --> 00:23:44.460 TAY WEE YANG RYAN Like valuable prize and.  00:23:43.910 --> 00:23:44.190 SOH KAI MENG LEONARD Yeah.  00:23:45.400 --> 00:23:51.440 TAY WEE YANG RYAN Like if I get the valuable meal you might get, there might be a lot of food that might not be finished.  00:23:52.340 --> 00:23:53.070 TAY WEE YANG RYAN So yeah.  00:23:54.890 --> 00:23:59.590 ( STOP HERE) SOH KAI MENG LEONARD Do you have like a tendency to leave if there is any unfinished food on the table?  00:24:02.870 --> 00:24:11.600 TAY WEE YANG RYAN Not really. If there is unfinish food on the table, I'll like try to stay behind a little bit longer to attempt to finish it before I leave. So.  00:24:12.770 --> 00:24:13.240 SOH KAI MENG LEONARD OK.  00:24:14.080 --> 00:24:26.790 SOH KAI MENG LEONARD Has there even been an occasion where, in an effort to reduce food waste you you brought uneaten food back home but had to throw it away because, like maybe it turned bad because you forgot to heat it up?  00:24:31.150 --> 00:24:32.550 TAY WEE YANG RYAN Yeah, sometimes like.  00:24:33.320 --> 00:24:35.780 TAY WEE YANG RYAN If we have the dabao food back home.  00:24:36.650 --> 00:24:37.120 TAY WEE YANG RYAN Like.  00:24:38.230 --> 00:24:53.150 TAY WEE YANG RYAN The vegetables or the dairy stuff will go bad and we'll throw it out because, like we put in the fridge and we forget about it for a long period of time. And then after that, when we finally realize that it's inside, it's already like.  00:24:54.090 --> 00:24:54.670 TAY WEE YANG RYAN Spoiled.  00:24:55.840 --> 00:24:59.140 SOH KAI MENG LEONARD So how often do you does this occur for you?  00:25:01.240 --> 00:25:06.000 TAY WEE YANG RYAN Not that often, actually. Sorry. Yeah, it only happens. Like maybe.  00:25:07.240 --> 00:25:09.700 TAY WEE YANG RYAN Once every two to three months.  00:25:10.490 --> 00:25:11.000 TAY WEE YANG RYAN So yeah.  00:25:10.880 --> 00:25:19.110 SOH KAI MENG LEONARD Uh, why? Why is this so? Is it because, like you, you always like if you take back you always like, remember to heat it up or eat it the day after.  00:25:19.950 --> 00:25:26.400 TAY WEE YANG RYAN Uh, it's mostly because we don't. We just finish the food and then we don't have any. We don't have much to bring back.  00:25:27.420 --> 00:25:28.560 TAY WEE YANG RYAN So yeah.  00:25:27.460 --> 00:25:27.920 SOH KAI MENG LEONARD Ohh.  00:25:29.410 --> 00:25:29.920 SOH KAI MENG LEONARD OK.  00:25:29.590 --> 00:25:30.080 TAY WEE YANG RYAN We.  00:25:30.930 --> 00:25:31.240 TAY WEE YANG RYAN Yeah.  00:25:32.010 --> 00:25:32.630 TAY WEE YANG RYAN There's no.  00:25:33.340 --> 00:25:35.460 TAY WEE YANG RYAN There's nothing to bring back home, basically.  00:25:37.140 --> 00:25:48.890 SOH KAI MENG LEONARD Also, how does this make you feel if lets say, like the scenario I gave you, like let’s say you bought home, you bought food home, but then you like could not finish it and then it turned bad. How does this make you feel?  00:25:52.220 --> 00:25:56.280 TAY WEE YANG RYAN I guess it feels bad to throw it out because it's like if it's a.  00:25:57.260 --> 00:26:01.560 TAY WEE YANG RYAN Portion of food that is significant enough to bring back home. Then it's probably like.  00:26:02.730 --> 00:26:10.970 TAY WEE YANG RYAN Big enough to feed or to feed you for like 1 meal? I guess so throwing out food that is worth one meal is.  00:26:11.720 --> 00:26:15.660 TAY WEE YANG RYAN kinda like it feels bad I guess cause someone else could be eating that meal  00:26:16.750 --> 00:26:17.500 TAY WEE YANG RYAN So yeah.  00:26:18.760 --> 00:26:19.230 SOH KAI MENG LEONARD OK.  00:26:20.440 --> 00:26:25.210 SOH KAI MENG LEONARD As you were growing up has the amount of unfinished food you produced change.  00:26:26.180 --> 00:26:26.780 TAY WEE YANG RYAN Uh.  00:26:27.560 --> 00:26:32.770 TAY WEE YANG RYAN Yes, definitely. When I was younger, I think I.  00:26:33.520 --> 00:26:46.590 TAY WEE YANG RYAN didn’t really eat a lot so I didn't really. I have a lot of unfinished food. When I was younger, but after I like reached secondary school, I started to eat a lot and.  00:26:47.630 --> 00:26:48.360 TAY WEE YANG RYAN I.  00:26:49.390 --> 00:26:51.960 TAY WEE YANG RYAN Stopped having like unfinished food during secondary school.  00:26:53.180 --> 00:26:53.990 TAY WEE YANG RYAN On the words.  00:26:53.240 --> 00:26:56.470 SOH KAI MENG LEONARD So the so it's a decrease right as you're growing up?  00:26:56.290 --> 00:26:58.900 TAY WEE YANG RYAN Yeah, that was a decrease in food wastage ah.  00:27:00.210 --> 00:27:04.830 SOH KAI MENG LEONARD Was there any major event that like led to your change in your eating habits?  00:27:06.780 --> 00:27:10.230 SOH KAI MENG LEONARD For this decreasion of unfinished food waste  00:27:11.080 --> 00:27:19.030 TAY WEE YANG RYAN I don't think so. I think my appetite just got bigger. And then I also I grew bigger in size, so.  00:27:19.330 --> 00:27:20.580 SOH KAI MENG LEONARD Because of puberty or?  00:27:19.860 --> 00:27:20.150 TAY WEE YANG RYAN Yeah.  00:27:21.010 --> 00:27:30.520 TAY WEE YANG RYAN I I guess I don't know, but yeah, so I just. I just like ate more food in general. Then I just stopped wasting food was so in general.  00:27:23.250 --> 00:27:23.590 SOH KAI MENG LEONARD OK.  00:27:31.660 --> 00:27:32.070 TAY WEE YANG RYAN So yeah.  00:27:31.920 --> 00:27:34.390 SOH KAI MENG LEONARD OK, so uh.  00:27:37.030 --> 00:27:41.420 SOH KAI MENG LEONARD Do you feel that a Singapore is doing enough to combat the problem of food waste?  00:27:44.180 --> 00:27:52.550 TAY WEE YANG RYAN I don't think so. Like, that's a lot of. They're trying to combat that, but I don't think what they're doing is enough. Like they,  00:27:53.330 --> 00:27:59.580 TAY WEE YANG RYAN They do post like posters or social media posts, but a lot of places still have like.  00:28:00.330 --> 00:28:07.240 TAY WEE YANG RYAN There are value meals where they give you a lot of food and then people might like buy the value meal  00:28:08.090 --> 00:28:13.000 TAY WEE YANG RYAN Just because it's cheap and not because they can finish the food.  00:28:13.740 --> 00:28:19.070 TAY WEE YANG RYAN And they might waste food because of the amount of food inside the value meal  00:28:19.870 --> 00:28:20.130 TAY WEE YANG RYAN So yeah.  00:28:21.730 --> 00:28:27.280 SOH KAI MENG LEONARD OK. But usually for you, when you buy a value meal you don't, you won't waste food, right?  00:28:27.920 --> 00:28:29.510 TAY WEE YANG RYAN Uh, yeah, usually no.  00:28:29.130 --> 00:28:31.360 SOH KAI MENG LEONARD You try. Yeah. You try your best not to waste food.  00:28:32.780 --> 00:28:36.830 SOH KAI MENG LEONARD Well, how about your peers? Do you think? Do you feel like your peers would maybe waste like a bit?  00:28:39.080 --> 00:28:44.410 TAY WEE YANG RYAN Sometimes I see my friends like when they go McDonald's or something, they're upsize their meal.  00:28:45.300 --> 00:29:03.510 TAY WEE YANG RYAN Because of the drink, they wanna get more drink, right? But they also upsize the fries and sometimes they cannot finish the fries and they will throw away the fries. So yeah. So actually what they want is a bigger drink, but they also get a bigger fries and they end up wasting the fries.  00:28:52.760 --> 00:28:53.130 SOH KAI MENG LEONARD Umm.  00:29:04.630 --> 00:29:05.120 TAY WEE YANG RYAN So yeah.  00:29:04.940 --> 00:29:07.830 SOH KAI MENG LEONARD So how would you feel when, like you see that?  00:29:09.530 --> 00:29:11.040 SOH KAI MENG LEONARD Yeah, your friends, like wasting food.  00:29:12.140 --> 00:29:13.560 TAY WEE YANG RYAN I I guess it.  00:29:14.300 --> 00:29:15.580 TAY WEE YANG RYAN I I don't really feel.  00:29:16.340 --> 00:29:24.150 TAY WEE YANG RYAN Too much about it, but it's like lingering in the back of my head. Like, it's like I see it and then like, ohh the person might throw away the fries or something  00:29:25.400 --> 00:29:25.920 SOH KAI MENG LEONARD OK.  00:29:27.000 --> 00:29:27.440 SOH KAI MENG LEONARD Alright.  00:29:27.060 --> 00:29:34.250 TAY WEE YANG RYAN Actually I I kind of like I used to be like that was the last time. So now when I order McDonald's, right, I will usually.  00:29:35.310 --> 00:29:40.010 TAY WEE YANG RYAN Get the bigger drink, but I'll request for, like the smaller fries size.  00:29:40.410 --> 00:29:46.200 SOH KAI MENG LEONARD Ohh is there any reason why? Like why? Why you change the change your behavior?  00:29:48.250 --> 00:29:53.300 TAY WEE YANG RYAN Usually because I can't finish the fries. So yeah, so I don't downgrade it.  00:29:51.860 --> 00:29:52.100 SOH KAI MENG LEONARD But.  00:29:53.830 --> 00:29:59.300 SOH KAI MENG LEONARD Yeah. Yeah. But you said like you in the past, didn't felt like much about it when you waste food, right?  00:30:01.470 --> 00:30:02.820 TAY WEE YANG RYAN Uh, I guess.  00:30:02.490 --> 00:30:02.730 SOH KAI MENG LEONARD Then.  00:30:03.680 --> 00:30:09.360 TAY WEE YANG RYAN Is like after a certain point I realized that I was throwing away fries.  00:30:09.750 --> 00:30:10.200 SOH KAI MENG LEONARD Yeah.  00:30:10.300 --> 00:30:16.750 TAY WEE YANG RYAN Then they like, hit me that I'm with wasting food. Then I would change my habit.  00:30:17.530 --> 00:30:20.520 TAY WEE YANG RYAN But like before that, I didn't really care too much about it.  00:30:21.480 --> 00:30:21.930 SOH KAI MENG LEONARD OK.  00:30:21.670 --> 00:30:21.950 TAY WEE YANG RYAN So.  00:30:23.400 --> 00:30:24.790 SOH KAI MENG LEONARD Alright, thanks.  00:30:25.800 --> 00:30:27.480 SOH KAI MENG LEONARD This is the end of the interview. | Interviewer’s name is Ryan  Their age is 19  Their gender is a male  Ryan is a student studying games design and development  Ryan usually goes out to eat every day with his family  Goals: Graduate school and go for further studies  Motivation: To get a good job  One of the problems when trying to achieve his goals is that he feels there will be a lot of competition.  Thus, he has to stand out from the rest to get a good job.  When eating out, Ryan usually goes to food courts or fast-food restaurants.  With friends, he is more inclined to go to where they suggest and decide to eat.  When choosing between places to eat, he will prefer if the place offers student meal as it is cheaper  The atmosphere of the restaurant normally does not really affect the amount of food Ryan orders.  However, it is also possible to affect the amount of food he orders as he will most likely order less if there are nuisances such as a baby crying or so.    There are people in friend groups that over order food but usually do not finish all of it, leaving behind food waste.  Ryan feels that people should finish their food first before they continue ordering more  When his friends order more food, he will also order more food as well.  Reason is because he wants to spend more time with his friends in the place they are eating at.  Does not ask for less food if portion is larger than what he can consume.  Orders more food because he has a bigger appetite than others. Feel more food after ordering more and hardly waste any food.  Penalties for unfinish food will make ryan more inclined to not waste food.  Ryan feels like penalties do enable people to waste lesser food  He usually has 1 meal a day outside. Usually at school’s food court  If eating outside of school, usually somewhere close to his house  Usually he eats outside everyday  Because he can hardly cook  He would typically go somewhere convenient to eat at, preferably somewhere close.  However, he is willing to spend up to an hour to travel and meet people  He is also willing to spend more time to travel to try out new places with his friends  Usually, Ryan walks if the place he eats is close by. If it is far, he will take public transport like bus and mrt  He finds his workload managemable  Workload does affect his working habits.  e.g. He distracts himself from work with snacks  e.g. If he is finishing work, he will stop eating food until he finishes his work  Ryan goes to school for 5 days  He does work on the weekends  Avoids food such as mala that might make him feel bad the next day if he has school the following day or so.  Depending on who ryan is with, he does order about the same amount as them. Will also follow them to the same place to eat  He tries to finish his food because he thinks it will look bad if he does not finish his good.  Reason as to why he tries not to waste food is because he was raised that way by his family  Reason: Wasting food feels like wasting money  Sometimes, he does leave food unfinished if the portion is way too big for him  He tries his best to convince others to finish their food.  Food usually wasted by his peers are like Vegetables  Peers would ask Ryan if he wants to finish their food before throwing it away. Ryan would try to finish it to waste lesser food.  Another reason why he tries to waste less food : seen videos of people starving and feels bad about it  Types of food people waste: Vegetables and Drinks ( people tend to leave a bit left and throw away )  Not wasting food shapes character by making more grateful and appreciative  Also not wasting food makes a person care more about the environment and their effects on it  He tries to encourage others to reduce their food waste  This however is not usually receptive  Sometimes they do finish the food  Even after feedback, people tend to not change their eating habits. This is because it usually is a one time thing  If little food left, it will be usually left. Else, ryan would pack the food back home  The reason is so that he could maybe eat the food next time, thus making most of the money used buying the food.  Media does not really motivate people to reduce food waste  It might have however a temporary effect if users sees while ordering food etc.  People might be more motivated to reduce food waste if there are incentives  Peers do encourage ryan not to waste food  Dinner is the mealtime that produces the most food waste  Meals outside offer bundle meals which contain a lot of food  With a lot of food, food waste is produced  He tries to finish all his food most of the time  He does bring food back home sometimes but ends up throwing it away  This is because food goes bad as they have forgotten about it  Occurs usually once per 2-3 months  Does not happened so frequent because he finishes food outside most of the time. Thus there is no need to bring food back.  Feels bad throwing away food when it had turned bad  Used to waste food when he was younger  Afterwards, started wasting less food  Feels that not enough is being done to reduce food waste.  Media is not effective as there are stores also offering meal bundles with a lot of food  This will lead to people wasting more food as they cannot finish them  e.g. Macdonalods. Peers would upsize their meals for more drinks but also gets more fries in the process. This makes them waste the fries as they cannot finish them  Also used to upsize and waste fries. However now, he only upsizes the drink |