00:00:00.000 --> 00:00:01.470  
TAY WEE YANG RYAN  
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  
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  
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  
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  
I guess, yeah.

00:00:24.580 --> 00:00:26.520  
SOH KAI MENG LEONARD  
Why you can't? Lee, studying as a student.

00:00:27.570 --> 00:00:29.480  
TAY WEE YANG RYAN  
I'm 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 everything 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  
Currently just Graduate School and further my studies so.

00:01:01.450 --> 00:01:04.920  
SOH KAI MENG LEONARD  
Are the 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. You 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, 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  
The below 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 our either go to food courts or fast food restaurants, and I usually ask my friends if, like, where do you wanna eat? Then if they suggest something that's not as good or food courts, I will.

00:02:11.580 --> 00:02:14.920  
TAY WEE YANG RYAN  
This that like think and if I want to eat out either.

00:02:16.430 --> 00:02:23.660  
SOH KAI MENG LEONARD  
How do you choose a 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 a 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.

00:02:47.350 --> 00:02:48.000  
SOH KAI MENG LEONARD  
You know, OK.

00:02:47.730 --> 00:02:50.020  
TAY WEE YANG RYAN  
Right. So like 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 there are some influence. The food that 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 cry in the restaurant they were like, 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?

00:03:23.250 --> 00:03:23.680  
TAY WEE YANG RYAN  
All right.

00:03:30.280 --> 00:03:31.360  
TAY WEE YANG RYAN  
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 I over order like the other things to share within their friend group and then they usually just finish what they have, but they don't really finish once 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, distal 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 or 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  
A faint 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 ways?

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  
30.

00:04:54.100 --> 00:05:03.870  
TAY WEE YANG RYAN  
Inclined to get dessert or so so that like we can chill at the restaurant for a longer period of time rather than filling 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? All 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 food, 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  
TAY WEE YANG RYAN  
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  
Tay, 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  
The Skype either school so.

00:07:14.390 --> 00:07:21.880  
TAY WEE YANG RYAN  
Now usually, yeah. Like the food court at school, and that's usually scores about half an hour away from my house.

00:07:14.640 --> 00:07:15.030  
SOH KAI MENG LEONARD  
So.

00:07:22.580 --> 00:07:23.090  
TAY WEE YANG RYAN  
So.

00:07:23.990 --> 00:07:33.540  
TAY WEE YANG RYAN  
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 either.

00:07:55.460 --> 00:07:58.330  
TAY WEE YANG RYAN  
The only thing we cook at home is like, maybe me 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 what? Like if it's convenient to go to our go to events like a 30 to one hour, right?

00:08:16.030 --> 00:08:16.460  
TAY WEE YANG RYAN  
Probably.

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  
You like what 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 our 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  
OK, 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 Assata pair of time every day to do it.

00:09:37.640 --> 00:09:38.320  
TAY WEE YANG RYAN  
So it's not.

00:09:37.970 --> 00:09:38.390  
SOH KAI MENG LEONARD  
That's.

00:09:39.130 --> 00:09:44.280  
TAY WEE YANG RYAN  
OK. Yeah. It's not like you will take up my entire day, but it will take up some time in my day, yeah.

00:09:39.130 --> 00:09:40.600  
SOH KAI MENG LEONARD  
Yeah, yeah. Go on. Go on. Sorry.

00:09:45.370 --> 00:09:49.330  
SOH KAI MENG LEONARD  
Thus does your daily workload affect your eating habits?

00:09:51.570 --> 00:09:52.110  
SOH KAI MENG LEONARD  
So if you.

00:09:52.160 --> 00:10:01.320  
TAY WEE YANG RYAN  
Have to dos? 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 you.

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.

00:10:25.590 --> 00:10:25.940  
SOH KAI MENG LEONARD  
US.

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 Saturdays something. 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, that's eating various food. Affect your state of mind. Doing your school or what? Or school.

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  
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.

00:10:55.120 --> 00:10:55.450  
SOH KAI MENG LEONARD  
Ohh.

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 that's 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 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  
The 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.

00:11:51.300 --> 00:11:52.490  
SOH KAI MENG LEONARD  
So relative.

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 the other drinks I would like ask them to buy for me or.

00:11:54.620 --> 00:11:55.390  
SOH KAI MENG LEONARD  
Yeah, yeah.

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 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 wood 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 master, 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 the.

00:12:32.190 --> 00:12:32.410  
SOH KAI MENG LEONARD  
I.

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 were try not to waste unfinished wood.

00:12:47.860 --> 00:12:54.570  
TAY WEE YANG RYAN  
I guess I just I 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, you know, like, ohh. 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 it 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  
They have to have some leftover food. I will ask if, like, no, it's like they will ask me if I don't. If I like, want to eat it or not. If before they throw it away and if I still have like room to eat or like take it and eat it so.

00:14:26.940 --> 00:14:29.310  
TAY WEE YANG RYAN  
Like we waste less food.

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 resting 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.

00:14:59.100 --> 00:14:59.550  
TAY WEE YANG RYAN  
It.

00:15:00.280 --> 00:15:03.010  
TAY WEE YANG RYAN  
Make 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 always?

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 drink because like there's ice at the bottom and it 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?

00:15:44.430 --> 00:15:46.320  
SOH KAI MENG LEONARD  
Could eat info your goal?

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.

00:16:01.980 --> 00:16:02.770  
SOH KAI MENG LEONARD  
Of this.

00:16:04.590 --> 00:16:20.410  
SOH KAI MENG LEONARD  
Yeah, could eat 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 then your flex on them then?

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 reset this to your feedback when you try and nudge them to like finish their food?

00:16:59.890 --> 00:17:00.160  
TAY WEE YANG RYAN  
So.

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  
Four, and they serve a little bit of unfinished food. They were like, try their best to finish it. Like maybe they take one or two more extra bytes.

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  
Pause themself to finish it.

00:17:32.430 --> 00:17:32.850  
SOH KAI MENG LEONARD  
I see.

00:17:32.430 --> 00:17:33.140  
TAY WEE YANG RYAN  
Do not wait.

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 notch there?

00:17:52.880 --> 00:17:59.810  
TAY WEE YANG RYAN  
I would say they don't change everything habits because it's like a 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  
And then like 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 year old connected.

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  
Or 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 presenter. Pack it backwards.

00:18:44.170 --> 00:18:46.760  
SOH KAI MENG LEONARD  
Uh, is there any reason why you would back at that?

00:18:48.230 --> 00:18:54.750  
SOH KAI MENG LEONARD  
Is it because maybe of like pure pressure, like your friends also tell you the packet, but 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? What? What? That was 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. 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  
Yeah, just about order less food if you like. Usually the deadline 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, 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.

00:20:22.990 --> 00:20:23.540  
SOH KAI MENG LEONARD  
Ohh.

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 were implemented, 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 point based system like motivate you? Is it because you are very motivated to get the price? 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.

00:21:02.890 --> 00:21:03.300  
SOH KAI MENG LEONARD  
OK.

00:21:13.750 --> 00:21:15.720  
TAY WEE YANG RYAN  
Want to get the price doing?

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  
That's 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 was going me like if I wish to.

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, there was Gore. Ohh. OK, not really score. 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 school 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 scoring you there you you will be more like inclined to finish your food, right?

00:22:00.530 --> 00:22:00.800  
TAY WEE YANG RYAN  
Like.

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 faucet down.

00:22:14.700 --> 00:22:20.330  
SOH KAI MENG LEONARD  
OK, when you see people who are stopping, 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 premise cook showed me and it 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 new time 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. It's cool. It's cool 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 whole when weathering food from outside, usually outside places, we have like bundle meals where they give you a lot of food and a.

00:23:40.930 --> 00:23:44.460  
TAY WEE YANG RYAN  
Like valuable price 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  
SOH KAI MENG LEONARD  
Do you have like a tendency to leave if they start any unfinished food on the table?

00:24:02.870 --> 00:24:11.600  
TAY WEE YANG RYAN  
Not really. If that's I finished for a table, I'll like try to stay behind a little bit longer to attempt to finish it before I leave. So.

00:24:10.500 --> 00:24:10.750  
SOH KAI MENG LEONARD  
Of.

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  
It's there even been an occasion where, in an effort to reduce food waste you you bought uneaten food back home but had to throw it away because, like maybe it turned bad because you forgot to hit 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 top off your 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.

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 I say you but like does he not give you you bought from you, you bought food home, but then you like could not finish it and then it turned bird all part. Does it mean you feel?

00:25:50.440 --> 00:25:51.090  
TAY WEE YANG RYAN  
It's like.

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.

00:26:06.820 --> 00:26:07.270  
SOH KAI MENG LEONARD  
You know.

00:26:11.720 --> 00:26:15.660  
TAY WEE YANG RYAN  
Right now it feels bad I guess cause someone else could be eating at me.

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 as 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  
Did it really need a lot so I didn't really. I have a lot of unfinished food. When I was younger, but after I write 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.

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 decryption of our amount of unfinished work.

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 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 not 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  
They are value meals where they give you a lot of food and then my like people might die the value meal.

00:28:08.020 --> 00:28:08.420  
SOH KAI MENG LEONARD  
Umm.

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 by waste food because of the amount of food inside the valuable.

00:28:19.870 --> 00:28:20.130  
TAY WEE YANG RYAN  
So.

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?

00:28:37.660 --> 00:28:38.130  
SOH KAI MENG LEONARD  
A beat.

00:28:37.820 --> 00:28:38.190  
TAY WEE YANG RYAN  
With the.

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 have size of rice and sometimes they cannot finish the price and they will throw away the price. So yeah. So actually what they want is I'll take a drink, but they also get a bigger price 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 listening for.

00:29:09.860 --> 00:29:10.090  
TAY WEE YANG RYAN  
I.

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 I think it's like I see it and then like, ohh the person true with the price was OK.

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, alright, I 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 price 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 that first. So yeah, so I don't grade 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 price.

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  
I did another interview. Yeah.

00:30:27.670 --> 00:30:28.780  
TAY WEE YANG RYAN  
OK. Yes.