

Behavioural Attitudes from Observations

The dishes made by participant C all had the use of fresh ingredients as well as healthy sustainable ingredients incorporated in the dish, this corresponds with their answer from the interview about their healthy eating habits. In comparison, participant B appeared to have quick to make food, possibly for convenience or lack in cooking ability, this doesn't correspond with their answer of trying to eat more fruit and vegetables in their interview. However, both ate rather sustainable food which also included little to no packaging or recyclable packaging. Both participants seemed comfortable with their kitchen, but participant C seemed very confident with cooking and sometimes didn't follow recipes when cooking, this could have resulted in an imbalanced usage of ingredients on occasion, as well being influenced by little distractions such as singing and dancing, conversations while cooking or their quickly frustrated attitude. They would often leave the kitchen to go watch tv or have a conversation while doing mundane tasks such as peeling vegetables whereas participant B always stayed in the kitchen watching over the food but would frequently appear rather hyper focused, they would quite often seem bored or impatient while the food cooked resulting in a look at the camera. This could have impacted their behaviour and made them anxious about behaving as they would usually, similarly participant C would talk to the camera or be aware there was a camera recording, possibly resulting in behaviour that wouldn't usually occur.

Overall Participant C's food choices were often times sustainable and healthy resulting in a fairly balanced meal. Meanwhile, the food cooked by participant B were rather small in portion size it was clear from both their interviews, sustainability wasn't an as important factor as finance when buying food but they both naturally ate rather sustainably.