**Behavioural Attitudes from Observations**

Participant C:

The dishes made by participant C all had the use of fresh ingredients as well as healthy sustainable ingredients incorporated in the dish, in addition to this, because the majority of ingredients were fresh, they had very little or no packaging at all. This corresponds to their interview given about their healthy eating habits. The participant also seemed very confident and comfortable around a kitchen and therefore didn’t follow recipes sometimes when cooking, this could have resulted in overusing some ingredients or using less, this could also be influenced by their little distractions such as singing and dancing to music, talking to their partner while cooking or 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. However, the participant was very good at prepping ingredients and keeping them in a place where needed, the one anomaly was when they had run out of kitchen foil which they quickly found a solution to. One clear observation was their intent to talk to the camera or be aware there was a camera recording, possibly resulting in behaviour that wouldn’t usually occur for example, more energetic responses to their partner, prep as well before cooking or talking to themselves. Overall Participant C seemed very comfortable around the kitchen and on one occasion had a small alcoholic beverage, their food choices were often times sustainable and healthy resulting in a fairly balanced meal, while cooking portions for not only them but their partner as well. While it wasn’t clear whether the participant bought their ingredients for sustainability or affordability reasons, it is clear that among the people observed they were very successful in eating sustainably.

Participant B:

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, in terms of sustainability, a lot of the food was from a sustainable resource as well as the packaging being mostly recyclable. This may not have been at the forefront of the participants mind as stated in their interview, “If I knew more about it, I don’t really know much about it as I haven’t really been told about it, so if I got more information probably" when asked if they would eat more sustainably. Frequently participant B would be rather aloof, this would happen quite often with the participant appearing bored or impatient as they waited for food to cook and resulting in them looking at the camera, this could have impacted their behaviour and made them anxious about behaving as they would usually. In comparison to participant C, participant B was silent when cooking with one or two cases of talking to themselves. The food cooked by participant B were rather small in portion size it would hardly pass as a meal; this could have been due to time of day or other reasons such as finance.

Participant B did however prep well and made clear hygiene was important to them as they washed their hands a few times throughout cooking the cooking process.

Overall:

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 particpants seemed comfortable with their kitchen but participant C also seemed very confident and comfortable with cooking and therefore didn’t follow recipes sometimes when cooking, this could have resulted in overusing some ingredients or using less, this could also be influenced by their little distractions such as singing and dancing to music, talking to their partner while cooking or 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 aloof, this would happen quite often with seeming bored or impatient as they waited for food to cook and resulting in them looking at the camera, this could have impacted their behaviour and made them anxious about behaving as they would usually, this was similar to participant C who would talk to the camera or be aware there was a camera recording, possibly resulting in behaviour that wouldn’t usually occur for example, more energetic responses to their partner, prep as well before cooking or talking to themselves.

Overall Participant C’s food choices were often times sustainable and healthy resulting in a fairly balanced meal, while cooking portions for not only them but their partner as well. While it wasn’t clear whether the participant bought their ingredients for sustainability or affordability reasons, it is clear that among the people observed they were very successful in eating sustainably. Meanwhile, the food cooked by participant B were rather small in portion size, this could have been due to time of day or other reasons such as finance but both ate rather sustainably without trying.