

FIT3175

Usability

Assignment

Submission 1

Gathering Data

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Questionnaire with 15 Questions

Demographic Questions

<p>Question 1</p> <p>What is your age group?</p> <p><input type="radio"/> 18-25 <input type="radio"/> 26-35 <input type="radio"/> 36-45 <input type="radio"/> 45-54 <input type="radio"/> 55+</p>	<p>Question 2</p> <p>What is your current employment status?</p> <p><input type="radio"/> Full Time <input type="radio"/> Part Time <input type="radio"/> Casual <input type="radio"/> Retired <input type="radio"/> I am currently unemployed</p>
<p>Question 3</p> <p>What is your gender?</p> <p><input type="radio"/> Male <input type="radio"/> Female <input type="radio"/> Other <input type="radio"/> Prefer not to say</p>	<p>Question 4</p> <p>How many people reside in your household?</p> <p><input type="radio"/> 1-2 <input type="radio"/> 3-4 <input type="radio"/> 4-5 <input type="radio"/> 5-6 <input type="radio"/> 7+</p>
<p>Question 5</p> <p>Do you have any Disabilities? If so (<i>Select all that apply</i>) if not, just select the None option</p> <p><input type="checkbox"/> Hearing impairment or Deaf <input type="checkbox"/> Physical disability <input type="checkbox"/> Neurodivergent (e.g., Autism, ADHD) <input type="checkbox"/> Chronic illness or health condition <input type="checkbox"/> Visual impairment or Blind <input type="checkbox"/> Mental health condition <input type="checkbox"/> Learning disability <input type="checkbox"/> Prefer not to say <input type="checkbox"/> None <input type="checkbox"/> Other: _____</p>	

Technology Questions

Question 1

What type of Learner are you? (One or more)

- Visual Learner (watching videos to learn)
- Read/Write Learner (reading step-by-step guides or blogs)
- Audio Learner (listening to audio books/ descriptions)
- Kinaesthetic Learner (hand on learning - interactive live classes)

Question 2

How confident are you in using digital platforms and online tools for learning (e.g., Zoom, online courses, mobile apps)?

- Very confident – I use them regularly and feel comfortable navigating new technology.
- Somewhat confident – I use them occasionally but may need guidance for new platforms.
- Not very confident – I struggle with digital tools

Question 3

How often do you use technology (such as apps, websites, or smart devices) to assist with cooking or meal planning?

- Daily – I frequently use apps for recipes, meal planning, or cooking tutorials.
- Weekly – I occasionally use apps or websites for cooking inspiration.
- Rarely – I prefer traditional cookbooks or handwritten recipes.
- Never – I don't use technology for cooking-related tasks.

Question 4

What is your main challenge when using technology for online learning or virtual experiences?

- Difficulty understanding and navigating new platforms.
- Lack of motivation or engagement with online content.
- Technical issues (e.g., slow internet, device limitations).
- I have no major challenges; I find technology easy to use.

Question 5

What devices do you use for accessing online learning (e.g., Social Media, Educational content)?

- Smartphone
- Tablet
- Laptop/Desktop computer
- Smart TV
- Other: _____

Project Questions

Question 1

How often do you cook at home?

- Daily
- Few times per week
- Once a Week
- Rarely
- I don't cook

Question 2

Have you ever attended any online cooking classes before? If so how was your experience, if not use N/A

Your answer

Question 3

If you cook, what motivates you to do so? (Select all that apply)

- Learn new recipes
- Improve cooking skills
- Healthy eating
- Fun and hobby
- Social interaction
- I don't cook
- Other: _____

Question 4

What do you consider your skill level at Cooking?

- Expert
- Proficient
- Competent
- Novice
- I don't cook

Question 5

What cuisines would you like to learn?

Your answer

Questionnaire Response Analysis

Describe Decisions

We distributed our survey electronically using Google Forms, allowing us to reach participants regardless of their location. The survey was shared via email and direct links, ensuring accessibility for both remote and in-person respondents. Participants were selected on an anonymous, voluntary basis to encompass a diverse range of individuals, both those who cook daily and those who rarely cook. This approach was chosen to gather a broad spectrum of perspectives on cooking habits and skill levels while maintaining participant privacy.

Analysis of Data

In the following data collection, our questionnaire revealed various patterns and outliers. This section will explore these findings and identify key connections to inform the development of an optimal user experience for our app.

The majority of participants fell within the 18-25 age range and were either casually employed or unemployed. This suggests that many respondents may be university students who have limited time for full-time or part-time work. Given their familiarity with digital platforms, it is unsurprising that most in this group reported confidence in using technology such as smartphones and laptops/desktops (**Refer to Appendix Graph A.1**). However, an interesting outlier emerged—some individuals within this age bracket expressed difficulty adapting to new platforms. This highlights the importance of designing an intuitive and user-friendly interface (**Refer to Appendix Graph A.2**).

The second-largest age group consisted of participants aged 55+, closely followed by those aged 45-54. Most were either employed full-time or, in some cases, retired. Despite generational differences, these groups also demonstrated confidence with technology, particularly smartphones and computers, as they rely on them for both personal and work-related tasks.

The smallest demographic represented in the survey was the 26-35 and 36-45 age groups. However, their responses closely aligned with those of the 45-54 and 55+ participants, reinforcing the overall trend that most respondents were comfortable using technology and digital platforms. (**Refer to Appendix Graph A.3**)

These findings suggest that while the majority of users are technologically proficient, careful attention must be given to accessibility and usability to accommodate outliers who may struggle with new platforms. (**Refer to Appendix Graph A.4**) The intent of the age questions and the technology use was to determine a correlation between younger individuals being better with technology, but from the results, it is clear this is not the case.

The survey results indicate that the majority of female respondents are within the 18-25 age range. This suggests that young adults are more engaged in the subject matter of the study. A significant proportion of these respondents belong to families with 3-4 members, implying that they may have shared household responsibilities, including cooking. According to the research, the number of members in a family may have an impact on meal preparation technology utilisation and cooking practices. Most female respondents consider themselves skilled in cooking, implying they have a good level of culinary skills.

Analysis of Data Continued

A significant relationship exists between cooking frequency and technology use, as those who cook daily often rely on digital platforms. Cooking habits are also influenced by family size; larger households typically cook more often. Enthusiasm and skill development go hand in hand, as those who see cooking as a hobby tend to be more competent. Young female participants actively engage in cooking, frequently enhancing their experience with technology. They are driven by a desire to learn and have fun, which opens doors for digital recipe platforms.

When it comes to going to a cooking class, we can see in the data that the majority of participants (95.5%) have not gone to a cooking class before; however, people have experience cooking regardless. The intent of this question was to discover if people have used online cooking classes before, but as can be seen, the app needs to be easy to use for inexperienced people who haven't ever attended a cooking class before.

This survey also inquired about disabilities to assess whether any accessibility features would be needed for implementation. This was to determine the proportion of participants who may require assistive technology for app usability. From the data, we can see that almost, if not all, of the respondents had no disabilities (97.7%). The data on learning styles provides additional insight into accessibility considerations. According to 72.7% of participants identify as visual learners, preferring to watch videos, while 68.2% are read/write learners who prefer written guides. 54.5% are kinaesthetic learners who benefit from hands-on experiences, and only 13.6% identify as audio learners (**refer to Appendix Graph A.5**). While accessibility might not be a concern based on the current sample, it is still an important part of usability to ensure inclusivity. So given that most users prefer visual and text-based learning, the app should prioritize video tutorials, written guides and interactive step-by-step instructions. Although audio learners are not as common, some features, such as voice navigation as well as text-to-speech, should still be considered to support their needs.

The question “*What Cuisines would you like to learn?*” was included as an open-ended question with the aim of understanding participants' preferences for learning new recipes. The insights can help in designing cooking classes, content or resources that align with the most popular choices. The responses indicate that Italian, Indian, and Chinese cuisines are the most popular choices among participants, making them good options for new recipes. There is also a notable interest in Japanese, Thai and Mexican cuisines. The majority of these preferences fall under a broader category like “Asian” or “Continental” cooking. Overall, the data suggests a strong preference for global cuisines, presenting opportunities to design broad and specialized cooking lessons to meet these needs.

Problems with Questions

Two problems in the questions “What is your age group?” and “How many people reside in your household?” had a number error where two options contained the same value, such as 3-4, 4-5. This can affect the results to an extent, making one side more biased than it should be for some values.

Gaps in Survey

Although our survey did garner a decent number of responses, there are some gaps that should be addressed. The first gap is an uneven distribution between participants of a certain gender, such as male and female, that could skew the view of cooking or participation reasons. According to a US Study by the National Library of Medicine, we can observe that women over 25 years old, 80% of them are the ones who cook meals for their families, while males sit between 38% and 43% (Storz, 2022). One new insight from this suggests that cooking is shifting to be more balanced between men and women, but the reasons for cooking may be slightly different. Another gap in the survey might be the number of respondents with a disability, as almost all of them had no disability. This could have an impact on some accessibility decisions that could/would be implemented into the app. However, this is just a minor issue that could be resolved by just implementing them anyway, regardless of data.

Persona 1 (Author: Christian)



Joshua Robinson

Age: 57
Gender: Male
Location: Melbourne, VIC
Job Occupation: Senior Network Engineer

"Sometimes, simple things are better"

Bio

Joshua is a Senior Network Engineer in Melbourne. After turning 57 he has realised how important it is to maintain his health for his family. Joshua has tried to use multiple cooking apps but they lack content or are too complex, he also can't find the time to cook in his busy schedule resorting to eating fast food. He wants to cut down on fast food so he can live a healthy lifestyle for his wife and kids.

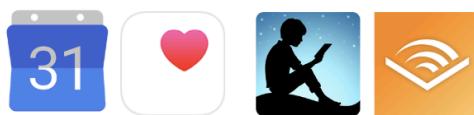
Goals

- To cut down on fast food
- To eat more healthier meals
- Set meal plans for his busy schedule

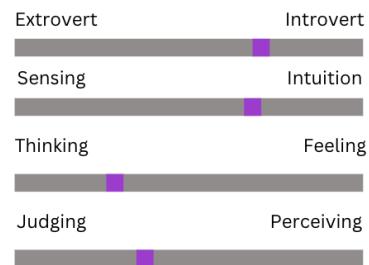
Pain Points

- Too much complexity in modern apps
- Lacks the time for other activities
- Not being a good cook

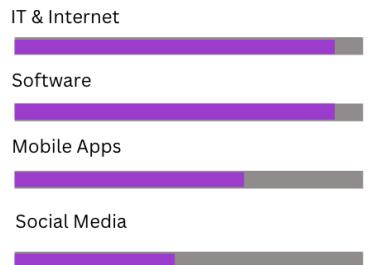
Brands



Personality



Technology Use



Persona 1 Explanation (Author: Christian)

The persona was developed based on the age bracket of 55+, the question "**I have no major challenges; I find technology easy to use,**" hence creating Joshua, a Senior Network Engineer who would be good with IT software and equipment. This persona empathises with those who have a family that cares for them due as indicated in the data, having **4-5** people or **7+** in their household.

The persona also demonstrates the struggle for change when moving to a new app or device, where it can be far too complex to get used to with some stating "**Somewhat confident – I use them occasionally but may need guidance for new platforms.**" That could lead to frustration for users which is why Joshua does not like the complex designs of modern apps. The final example was the need for healthy eating, the persona puts you into the mind of older adults who have to be healthier due to age and health complications, so they get to spend more time with their family, relating to the question "**If you cook, what motivates you to do so?**".

Persona 1 User Stories (Author: Christian)

1. As Joshua, I want a way to schedule cooking classes so that they fit into my busy schedule. (MoSCoW: Must Have)
2. As Joshua, I want a simple way to learn how to cook healthy meals, so that I can be healthier in my meal plans (MoSCoW: Should have).

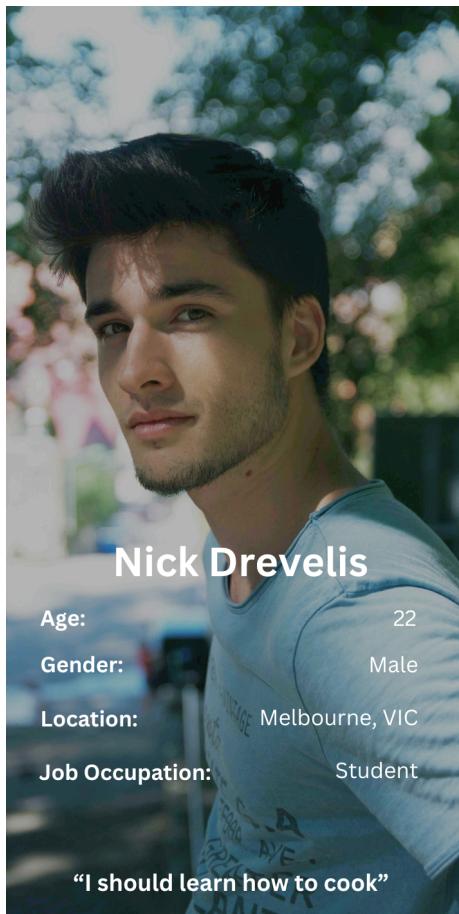
Persona 1 User Stories Justification (Author: Christian)

User story 1 has a profound impact on Joshua since his schedule is busy. According to the survey data for +55, about half don't cook daily due to busy schedules. Having a way to schedule cooking class time would be a huge boost in promoting cooking, which is why it is a must. This can also be said for 18-25 year olds due to uni commitments or part-time jobs. For story 2, about 50% of 55+ participants cook because they want to make healthy meals like Joshua, but rated should have since he wants to make other meals as well.

New Functional Requirements (Author: Christian)

1. Users should be able to schedule their cooking classes for flexible timing.
2. Users should be able to sort for healthy meal/class options.

Persona 2 (Author: Suhani)



Bio

Nick is a university student in Melbourne. After moving out of his parents home, he has realised how hard it is to plan meals and cook for yourself. Nick has tried to set a habit of cooking more, but whatever he makes doesn't taste that good or it's just easier to order out. However, it is his new years resolution to actually learn how to cook cheap and affordable meals for his housemates and himself.

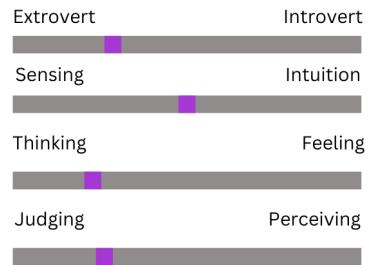
Goals

- To learn how to cook
- To spend less money
- To like the food I make

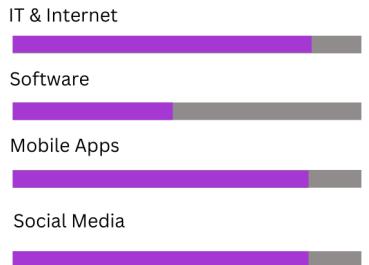
Pain Points

- Wants cheap meals
- Not being a good cook
- Not wanting to spend time cooking

Personality



Technology Use



Brands



Persona 2 Explanation (Author: Suhani)

The largest demographic to answer this questionnaire was those in the age bracket of 18-25; hence, this persona is a university student who is living with others of his age. Being young and having grown up with technology, using an app or website will not be an issue, but want a cooking app that gets to the point, and any form of instructions are easy to follow and straightforward.

This persona demonstrates that the average student is experiencing adulting for the first time, and so many things are overwhelming and new, so finding shortcuts is something he craves; this app would help with this need. Most participants in this age bracket also answered that they “**learn new recipes**” so that they can add to their cooking repertoire. This age bracket also highlighted that most were unemployed or had casual jobs, meaning they are more money conscious than other age groups, so making cheap and affordable meals is a must.

Persona 2 User Stories (Author: Suhani)

1. As a student, I want personalised recipe recommendations so that I can cook meals that suit my taste. (MoSCoW: Should have)
2. As a student, I want the app to be easy to use, so that I will want to use it often. (MoSCoW: Must Have)

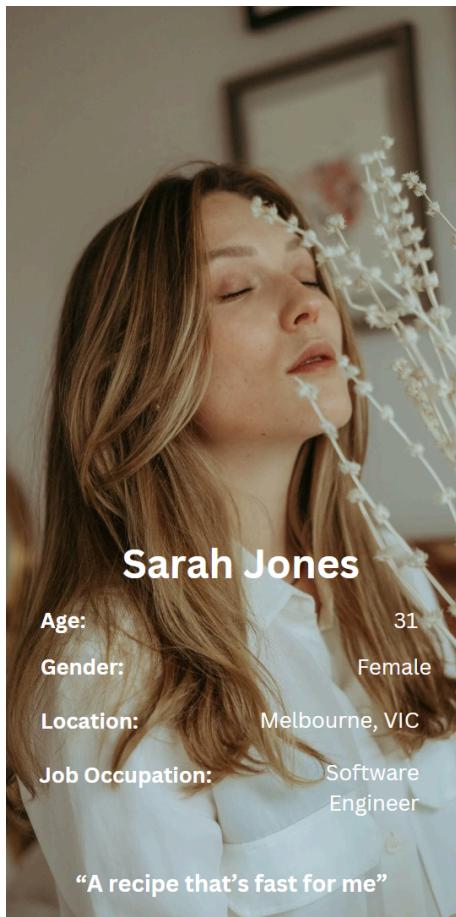
Persona 2 User Stories Justification (Author: Suhani)

The survey findings indicate that individuals aged 18-25 tend to cook only a few times per week, potentially due to dissatisfaction with their meals. To address this, implementing personalized recipe recommendations could encourage users to prepare dishes they enjoy, fostering a habit of regular cooking. Additionally, given the decreasing attention spans among young people and the time-intensive nature of cooking, integrating engaging, dopamine-boosting features—alongside an intuitive user experience—could enhance user retention and encourage frequent app usage.

New Functional Requirements (Author: Suhani)

1. Personalised Onboarding Questionnaire:
 - The system shall present a short questionnaire to users upon first downloading the app to assess their culinary preferences, dietary requirements and cooking experience. The responses will be used to personalise the user experience.
 - The questionnaire must include questions related to dietary requirements, preferred cuisines and cooking skill level
2. Gamified Engagement System:
 - The system shall implement a point-based reward system to encourage user engagement by awarding points for completing specific tasks within the app
 - Users shall earn points for completing tasks such as trying new recipes, teaching meals or interacting with app features

Persona 3 (Author: Belinda)



Bio

Sarah Jones is a Software Developer based in Melbourne. After transitioning into a demanding full-time job, the long office hours led to her development of fatigue and stress, leaving her with little energy to be able to cook tasty meals. Sarah trialed quick recipes, but the food is not up to expectations and finds it time consuming. In the future, she would like to learn healthy, delicious and efficient recipes.

Goals

- Cooking a meal quickly
- Being able to cook tasty food
- Spending less money on food

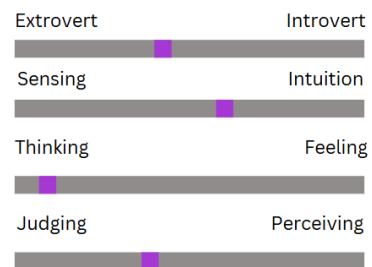
Pain Points

- Too busy to cook
- Not able to make meals delicious
- Most of the time food is bland

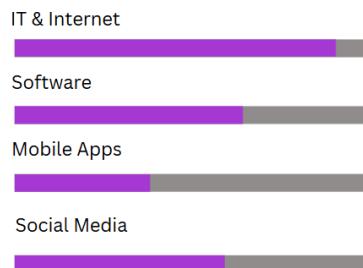
Brands



Personality



Technology Use



Persona 3 Explanation (Author: Belinda)

The demographic for this persona is 26-35 years old, with Sarah Jones representing a business professional at the age of 31. As a Software Engineer in Melbourne, she is trying to balance her career and personal well-being. The transition to her full-time role has left her fatigued and stressed, with little energy to cook delicious meals for herself. This aligns with the demographic's struggle to manage time effectively while maintaining a healthy lifestyle. Due to her technology background, Sarah is comfortable using apps and digital tools, which makes her an ideal user for an app that is efficient and simple to use. According to her preference, she prefers an app that caters to her busy schedule.

This persona demonstrates how people in their 20s to mid-30s working full-time roles prioritize convenience without compromising on their taste and health, while also being mindful about the expenses that this app would help with these needs. Most participants in this age bracket also answered that they “**learn new recipes**” so that they can add to their cooking repertoire. This age group also highlighted that most were working full-time roles, which shows that they have minimal time to cook a tasty meal within the limited amount of time.

Persona 3 User Stories (Author: Belinda)

1. As a budget-conscious person, I want affordable recipes so that I can spend less money on takeout. (MoSCoW: Should Have)
2. As a busy adult working in a full-time role, I want quick and easy recipes so that I can cook efficiently after long working hours. (MoSCoW: Must Have)

Persona 3 User Stories Justification (Author: Belinda)

In regards to user story 1, it was found in the survey that those within the 26-35 age group mostly cook daily in a week, this may be for a variety of reasons which include saving money on takeouts which costs way more than cooking at home, however due to limited amount of time and fatigue after a long day at work, less time and effort would be committed into meals which causes the meal to be bland and not tasty for them. A way to combat this is to create personalised recommendations of recipes within a certain amount of time that they prefer, so that users are able to cook a tasty meal within the amount of time that they are comfortable with. If the app can provide full-time role users a variety of recipes within the time that they prefer, the app can bridge the gap between convenience and satisfaction, addressing their desire for tasty food without it being time-consuming and complex.

New Functional Requirements (Author: Belinda)

1. The app shall provide users with quick and simple recipes within the amount of time that they prefer.
2. The app shall include seasoning guides and flavour guides for users to prevent bland meals.

Persona 4 (Author: Super)



Bio

Henry is a musician in Melbourne who loves spending time with his family. Music has always been his creative outlet, but cooking has become another way he expresses himself. He cooks daily for his family and enjoys discovering new recipes, eating healthy, and having fun in the kitchen. With strong cooking skills, Henry is always looking for new ideas and inspiration to keep his meals exciting. He wants to make meals that are new, enjoyable and healthy for his family.

Goals

- Experiment and try new dishes
- Maintain a healthy lifestyle
- Provide his family with tasty and nutritious meals

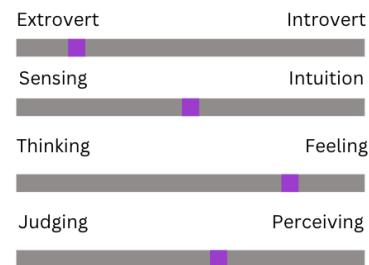
Pain Points

- Struggles to find fresh, exciting recipes
- Wants healthy meal ideas but finds varying information
- Prefers well organised cooking apps

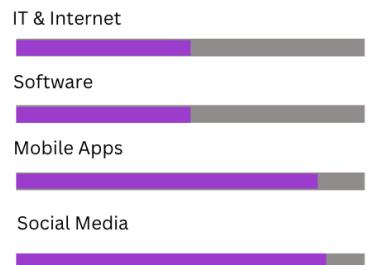
Brands



Personality



Technology Use



Persona 4 Explanation (Author: Super)

This persona was developed based on individuals in the 45-54 age range who are balancing work, family and personal interests. Henry represents the people of this age range, having to balance his time with music, family and cooking.

Henry demonstrates the desire for learning new recipes and healthy eating by people in this age group, as most respondents answered that they wanted to “**learn new recipes**” and for “**healthy eating**”. The app should cover these wants so that it meets the needs of its users. The fact that Henry also cooks for his family reflects a strong emphasis on family, which is a key characteristic of people in this age group. The data shows the majority, if not all, individuals within this demographic have **3-4** people within their household.

As Henry is a musician and father, this persona also reflects the time constraint that many people in this age group might face. Balancing multiple roles and responsibilities means looking for efficient, easy-to-follow recipes without sacrificing quality. Overall, this persona empathises with those who have a full-time job with 3-4 people in their household while also looking to learn new recipes and eat healthily.

Persona 4 User Stories (Author: Super)

1. As a busy musician and family cook, I want to be able to find healthy recipes quickly so that I can prepare nutritious meals for my family without spending too much time searching. (MoSCoW: Must Have)
2. As a creative cook, I want to explore new recipes and cooking techniques so that I can keep my meals exciting and continue to improve my skills. (MoSCoW: Should Have)

Persona 4 User Stories Justification (Author: Super)

For user story 1, the feature is essential as Henry and others in his age group balance work, family and personal interests. Easy access to healthy, time-efficient recipes directly impacts his daily routine. This will also benefit a wider audience who seek convenience while maintaining a balanced diet. Without this, users may struggle to use the app effectively. For user story 2, survey data shows that most respondents are motivated by healthy eating and learning new recipes. While not vital for functionality, the feature improves user engagement by making cooking more enjoyable and creative. This aligns with Henry's enjoyment of experimentation and helps to provide value to other experienced cooks. However, users can still cook without it, making it a "Should Have" instead of a "Must Have".

New Functional Requirements (Author: Super)

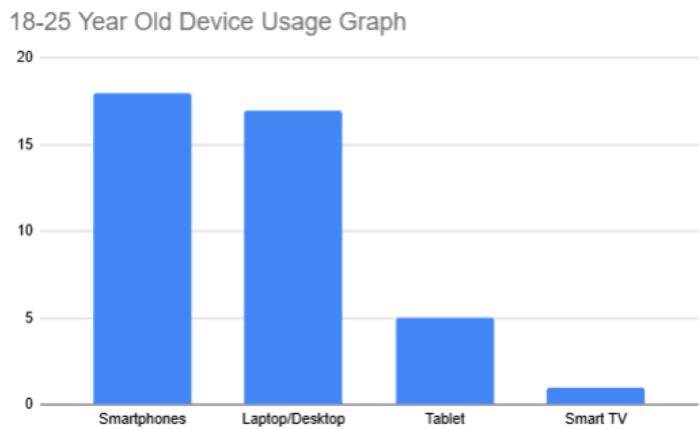
1. Users should be able to search and filter for recipes for quick access to meals that fit their household needs.
2. Users should receive personalised recipe recommendations based on their cooking interests and past selections

References

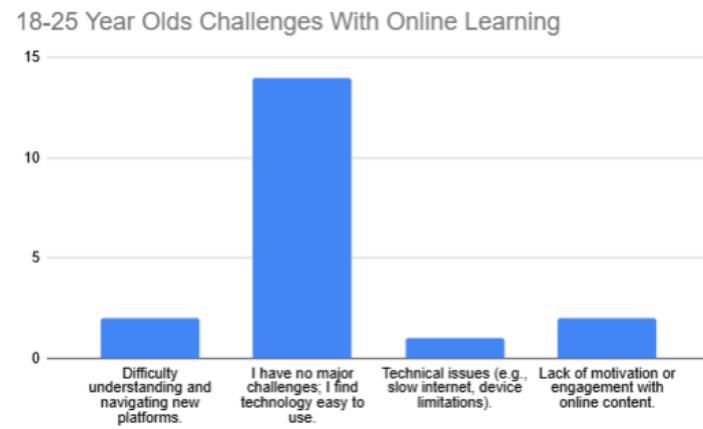
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Appendix

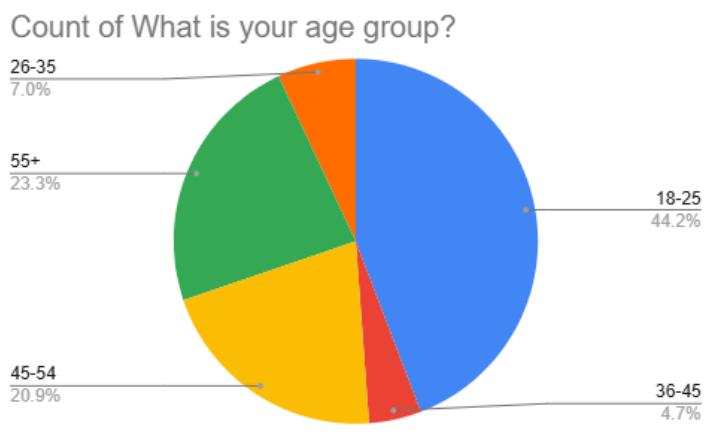
Graph A.1 Device Usage Graph 18-25



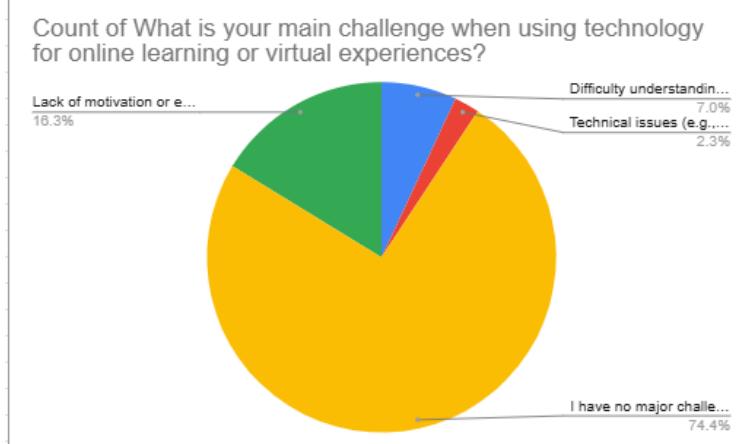
Graph A.2 Challenges with Online Learning 18-25



Graph A.3 Age Group Majority



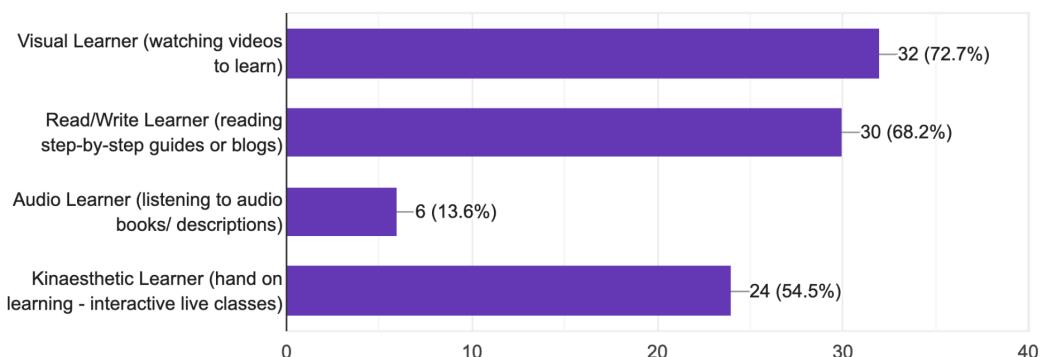
Graph A.4 Challenges with Tech Pie Form



Graph A.5:

What type of Learner are you? (One or more)

44 responses



(Google Form Edit) https://docs.google.com/forms/d/1_uQDoM6eYIPKQwQU1nxhs35Fo1PfDoAk-lIPS-cbWS0/edit

(Google Form Responder View)

<https://docs.google.com/forms/d/e/1FAIpQLSdtsUGq9fLK-NdIZEedWhheo6fVBYVecc69mPWhIPIUdu6kkw/viewform?usp=header>

(Excel Sheet Link) <https://docs.google.com/spreadsheets/d/1jbd4upPKI1NVHOYDXAttKaatXrNdf1ib0ImCoF5u6gk/edit?usp=sharing>

Timestamp	What is your age group?	What is your current employment status?	What is your gender?	How many people reside in your household?	Do you have any Disabilities? If so	What type of Learner are you?	How confident are you in using digital platforms and online	How often do you use technolo
21/03/2025 14:52:56	18-25	I am currently unemployed	Male	3-4	None	Visual Learner (watching videos to	Somewhat confident – I use them occasionally but may need gu	Weekly – I occasionally use apps or
21/03/2025 15:47:41	18-25	Part Time	Female	3-4	None	Read/Write Learner (reading step-b	Very confident – I use them regularly and feel comfortable navig	Weekly – I occasionally use apps or
21/03/2025 20:20:26	18-25	Casual	Female	7+	None	Visual Learner (watching videos to	Very confident – I use them regularly and feel comfortable navig	Daily – I frequently use apps for rec
23/03/2025 16:37:42	18-25	Casual	Female	4-5	None	Visual Learner (watching videos to	Somewhat confident – I use them occasionally but may need gu	Weekly – I occasionally use apps or
23/03/2025 16:40:00	18-25	I am currently unemployed	Female	3-4	None	Visual Learner (watching videos to	Very confident – I use them regularly and feel comfortable navig	Daily – I frequently use apps for rec
23/03/2025 16:43:41	18-25	Casual	Male	3-4	None	Read/Write Learner (reading step-b	Very confident – I use them regularly and feel comfortable navig	Weekly – I occasionally use apps or
23/03/2025 16:57:44	18-25	Casual	Female	3-4	None	Visual Learner (watching videos to	Very confident – I use them regularly and feel comfortable navig	Daily – I frequently use apps for rec
23/03/2025 17:07:00	18-25	Casual	Female	4-5	None	Visual Learner (watching videos to	Very confident – I use them regularly and feel comfortable navig	Weekly – I occasionally use apps or
23/03/2025 17:27:44	18-25	Part Time	Female	4-5	None	Read/Write Learner (reading step-b	Somewhat confident – I use them occasionally but may need gu	Rarely – I prefer traditional cookbo
23/03/2025 21:12:15	18-25	Casual	Female	3-4	None	Visual Learner (watching videos to	Very confident – I use them regularly and feel comfortable navig	Daily – I frequently use apps for rec
23/03/2025 21:44:26	18-25	Casual	Male	4-5	None	Visual Learner (watching videos to	Very confident – I use them regularly and feel comfortable navig	Weekly – I occasionally use apps or
24/03/2025 09:58:03	18-25	I am currently unemployed	Male	5-6	None	Visual Learner (watching videos to	Very confident – I use them regularly and feel comfortable navig	Never – I don't use technology for c
24/03/2025 13:46:02	18-25	I am currently unemployed	Male	1-2	None	Visual Learner (watching videos to	Somewhat confident – I use them occasionally but may need gu	Weekly – I occasionally use apps or
24/03/2025 14:07:15	18-25	I am currently unemployed	Male	3-4	None	Visual Learner (watching videos to	Very confident – I use them regularly and feel comfortable navig	Never – I don't use technology for c
24/03/2025 18:34:34	18-25	Part Time	Male	3-4	None	Read/Write Learner (reading step-b	Very confident – I use them regularly and feel comfortable navig	Daily – I frequently use apps for rec
24/03/2025 22:12:52	18-25	Casual	Female	3-4	None	Kinaesthetic Learner (hand on lea	Very confident – I use them regularly and feel comfortable navig	Weekly – I occasionally use apps or
25/03/2025 05:38:19	18-25	I am currently unemployed	Male	4-5	None	Visual Learner (watching videos to	Somewhat confident – I use them occasionally but may need gu	Never – I don't use technology for c
25/03/2025 12:03:52	18-25	I am currently unemployed	Female	3-4	None	Visual Learner (watching videos to	Very confident – I use them regularly and feel comfortable navig	Weekly – I occasionally use apps or
26/03/2025 15:52:22	18-25	Part Time	Male	3-4	Neurodivergent (e.g., Autism, ADHD)	Read/Write Learner (reading step-b	Very confident – I use them regularly and feel comfortable navig	Weekly – I occasionally use apps or
24/03/2025 18:25:16	36-45	Full Time	Male	3-4	None	Visual Learner (watching videos to	Somewhat confident – I use them occasionally but may need gu	Weekly – I occasionally use apps or
24/03/2025 20:11:45	36-45	Full Time	Female	3-4	None	Read/Write Learner (reading step-b	Very confident – I use them regularly and feel comfortable navig	Weekly – I occasionally use apps or
23/03/2025 16:41:29	45-54	Full Time	Prefer not to say	3-4	None	Visual Learner (watching videos to	Very confident – I use them regularly and feel comfortable navig	Weekly – I occasionally use apps or
24/03/2025 16:34:39	45-54	Full Time	Female	3-4	None	Visual Learner (watching videos to	Very confident – I use them regularly and feel comfortable navig	Weekly – I occasionally use apps or
24/03/2025 20:54:13	45-54	Full Time	Male	3-4	None	Visual Learner (watching videos to	Very confident – I use them regularly and feel comfortable navig	Weekly – I occasionally use apps or
25/03/2025 00:27:14	45-54	Full Time	Female	3-4	None	Visual Learner (watching videos to	Somewhat confident – I use them occasionally but may need gu	Never – I don't use technology for c
25/03/2025 00:27:15	45-54	Full Time	Male	3-4	None	Visual Learner (watching videos to	Somewhat confident – I use them occasionally but may need gu	Never – I don't use technology for c
25/03/2025 07:11:54	45-54	Full Time	Male	3-4	None	Visual Learner (watching videos to	Very confident – I use them regularly and feel comfortable navig	Weekly – I occasionally use apps or
25/03/2025 07:16:29	45-54	Full Time	Male	3-4	None	Visual Learner (watching videos to	Very confident – I use them regularly and feel comfortable navig	Daily – I frequently use apps for rec
26/03/2025 15:36:32	45-54	I am currently unemployed	Female	3-4	None	Visual Learner (watching videos to	Somewhat confident – I use them occasionally but may need gu	Daily – I frequently use apps for rec
26/03/2025 19:01:30	45-54	Full Time	Male	3-4	None	Kinaesthetic Learner (hand on lea	Very confident – I use them regularly and feel comfortable navig	Daily – I frequently use apps for rec
24/03/2025 21:02:39	55+	Retired	Male	1-2	None	Read/Write Learner (reading step-b	Somewhat confident – I use them occasionally but may need gu	Rarely – I prefer traditional cookbo
24/03/2025 21:07:01	55+	Full Time	Male	4-5	None	Visual Learner (watching videos to	Very confident – I use them regularly and feel comfortable navig	Weekly – I occasionally use apps or
24/03/2025 21:07:11	55+	Full Time	Male	1-2	None	Visual Learner (watching videos to	Very confident – I use them regularly and feel comfortable navig	Daily – I frequently use apps for rec
24/03/2025 21:31:05	55+	Casual	Male	3-4	None	Visual Learner (watching videos to	Somewhat confident – I use them occasionally but may need gu	Never – I don't use technology for c
24/03/2025 21:55:15	55+	I am currently unemployed	Male	3-4	None	Read/Write Learner (reading step-b	Very confident – I use them regularly and feel comfortable navig	Daily – I frequently use apps for rec
24/03/2025 21:59:36	55+	Retired	Male	3-4	None	Visual Learner (watching videos to	Somewhat confident – I use them occasionally but may need gu	Daily – I frequently use apps for rec
24/03/2025 21:58:29	55+	Full Time	Male	7+	None	Visual Learner (watching videos to	Very confident – I use them regularly and feel comfortable navig	Weekly – I occasionally use apps or
24/03/2025 22:44:03	55+	Retired	Male	1-2	None	Visual Learner (watching videos to	Very confident – I use them regularly and feel comfortable navig	Weekly – I occasionally use apps or
24/03/2025 23:55:38	55+	Retired	Male	1-2	None	Read/Write Learner (reading step-b	Very confident – I use them regularly and feel comfortable navig	Rarely – I prefer traditional cookbo
25/03/2025 21:57:40	55+	Part Time	Male	1-2	None	Visual Learner (watching videos to	Very confident – I use them regularly and feel comfortable navig	Weekly – I occasionally use apps or
21/03/2025 20:30:51		I am currently unemployed	Male	4-5	None	Visual Learner (watching videos to	Very confident – I use them regularly and feel comfortable navig	Daily – I frequently use apps for rec

Timestamp	How often do you use technology (such as apps, websites)	What is your main challenge when using technology?	What devices do you use for cooking?	How often do you cook at home?	Have you ever attended any online cooking classes?	If you cook, what motivates you to do so? (Select all that apply)	What do you consider important in cooking?	What cuisines would you like to learn?
21/03/2025 14:52:56	Weekly – I occasionally use apps or websites for cooking instructions.	Difficulty understanding and navigating new recipes.	Smartphone, Laptop/Desktop computer	Few times per week	N/A	Improve cooking skills	Competent	Italian
21/03/2025 15:47:41	Weekly – I occasionally use apps or websites for cooking instructions.	I have no major challenges; I find technology useful.	Smartphone, Laptop/Desktop computer	Few times per week	N/A	Learn new recipes, Improve cooking skills, Healthy eating	Competent	Mexican
21/03/2025 20:20:26	Daily – I frequently use apps for recipes, meal planning, or cooking tasks.	I have no major challenges; I find technology useful.	Smartphone, Tablet, Laptop/Desktop	I don't cook	NA	Learn new recipes, Fun and hobby	Novice	I don't mind
23/03/2025 16:37:42	Weekly – I occasionally use apps or websites for cooking instructions.	Technical issues (e.g., slow internet, device compatibility).	Smartphone, Laptop/Desktop computer	Few times per week	N/A	Help out family	Proficient	Unsure
23/03/2025 16:40:00	Daily – I frequently use apps for recipes, meal planning, or cooking tasks.	Lack of motivation or engagement with online resources.	Smartphone, Laptop/Desktop computer	Few times per week	NA	Learn new recipes, Healthy eating, Fun and hobby	Competent	Japanese and Korean
23/03/2025 16:43:41	Weekly – I occasionally use apps or websites for cooking instructions.	I have no major challenges; I find technology useful.	Smartphone, Tablet, Laptop/Desktop	Few times per week	N/A	Learn new recipes, Improve cooking skills, Fun and hobby	Proficient	East Asian
23/03/2025 16:57:44	Daily – I frequently use apps for recipes, meal planning, or cooking tasks.	I have no major challenges; I find technology useful.	Smartphone, Tablet, Laptop/Desktop	Daily	N/A	Learn new recipes, Healthy eating, Fun and hobby	Competent	Uhhhhh Mexican and Assam
23/03/2025 17:07:00	Weekly – I occasionally use apps or websites for cooking instructions.	I have no major challenges; I find technology useful.	Smartphone, Laptop/Desktop computer	Few times per week	NA	Fun and hobby	Proficient	French, continental, Sri Lankan
23/03/2025 17:27:44	Rarely – I prefer traditional cookbooks or handwritten recipes.	Difficulty understanding and navigating new recipes.	Smartphone	Daily	N/A	Learn new recipes, Improve cooking skills, Healthy eating	Competent	Chinese
23/03/2025 21:12:15	Daily – I frequently use apps for recipes, meal planning, or cooking tasks.	I have no major challenges; I find technology useful.	Smartphone, Laptop/Desktop computer	Rarely	NA	Learn new recipes, Healthy eating, Fun and hobby	Proficient	Marathi
23/03/2025 21:44:26	Weekly – I occasionally use apps or websites for cooking instructions.	I have no major challenges; I find technology useful.	Smartphone, Laptop/Desktop computer	I don't cook	N/A	I don't cook	I don't cook	Take away
24/03/2025 09:58:03	Never – I don't use technology for cooking-related tasks.	I have no major challenges; I find technology useful.	Smartphone, Laptop/Desktop computer	Rarely	N/A	I don't cook	I don't cook	Mexican
24/03/2025 13:46:02	Weekly – I occasionally use apps or websites for cooking instructions.	I have no major challenges; I find technology useful.	Smartphone, Laptop/Desktop computer	Daily	N/A	Learn new recipes, Healthy eating, To not get hungry	Competent	Italian
24/03/2025 14:07:15	Never – I don't use technology for cooking-related tasks.	Lack of motivation or engagement with online resources.	Smartphone, Laptop/Desktop computer	I don't cook	It was a fun and enjoyable class	I don't cook	Competent	Italian
24/03/2025 18:34:34	Daily – I frequently use apps for recipes, meal planning, or cooking tasks.	I have no major challenges; I find technology useful.	Smartphone	Daily	N/A	Healthy eating	Novice	N/A
24/03/2025 22:12:52	Weekly – I occasionally use apps or websites for cooking instructions.	I have no major challenges; I find technology useful.	Smartphone, Laptop/Desktop computer	Rarely	N/A	Learn new recipes, Social interaction	Novice	Thai, Mexican
25/03/2025 05:38:19	Never – I don't use technology for cooking-related tasks.	I have no major challenges; I find technology useful.	Laptop/Desktop computer	Daily		Learn new recipes, Improve cooking skills, Fun and hobby	Proficient	
25/03/2025 12:03:52	Weekly – I occasionally use apps or websites for cooking instructions.	I have no major challenges; I find technology useful.	Smartphone, Tablet, Laptop/Desktop	Once a Week	N/A	Learn new recipes, Improve cooking skills, Fun and hobby	Competent	Chinese, western
26/03/2025 15:52:22	Weekly – I occasionally use apps or websites for cooking instructions.	I have no major challenges; I find technology useful.	Smartphone, Tablet, Laptop/Desktop	Few times per week	N/A	Learn new recipes, Healthy eating, Fun and hobby	Proficient	Chinese and French
24/03/2025 18:25:16	Weekly – I occasionally use apps or websites for cooking instructions.	I have no major challenges; I find technology useful.	Smartphone, Tablet	Few times per week	N/A	Healthy eating, Fun and hobby	Proficient	Asian
24/03/2025 20:11:45	Weekly – I occasionally use apps or websites for cooking instructions.	I have no major challenges; I find technology useful.	Smartphone, Tablet	Few times per week	No	Learn new recipes	Competent	Italian, Chinese
23/03/2025 16:41:29	Weekly – I occasionally use apps or websites for cooking instructions.	I have no major challenges; I find technology useful.	Smartphone, Tablet	Daily	NA	Healthy eating, Fun and hobby	Competent	
24/03/2025 16:34:39	Weekly – I occasionally use apps or websites for cooking instructions.	I have no major challenges; I find technology useful.	Laptop/Desktop computer	Daily	N/A	Learn new recipes, Healthy eating	Proficient	
24/03/2025 20:54:13	Weekly – I occasionally use apps or websites for cooking instructions.	I have no major challenges; I find technology useful.	Smartphone, Tablet, Laptop/Desktop	Daily	N/A	Learn new recipes, Improve cooking skills, Healthy eating	Proficient	Mexican, European, Japanese
25/03/2025 00:27:14	Never – I don't use technology for cooking-related tasks.	Lack of motivation or engagement with online resources.	Smartphone, Laptop/Desktop computer	Daily	N/A	Healthy eating	Proficient	Chinese food
25/03/2025 00:27:15	Never – I don't use technology for cooking-related tasks.	I have no major challenges; I find technology useful.	Smartphone	Rarely	N/A	Learn new recipes, Healthy eating	Competent	Cuisines relate to fish
25/03/2025 07:11:54	Weekly – I occasionally use apps or websites for cooking instructions.	I have no major challenges; I find technology useful.	Smartphone, Laptop/Desktop computer	Once a Week	N/A	Learn new recipes, Fun and hobby	Competent	Thai, Japanese, Korean, Italian and Indian
25/03/2025 07:16:29	Daily – I frequently use apps for recipes, meal planning, or cooking tasks.	I have no major challenges; I find technology useful.	Smartphone, Tablet	Few times per week		Learn new recipes, Healthy eating, Fun and hobby	Proficient	Thai, Mexican
26/03/2025 15:36:32	Daily – I frequently use apps for recipes, meal planning, or cooking tasks.	Difficulty understanding and navigating new resources.	Smartphone, Smart TV	Daily	N/A	Learn new recipes, Fun and hobby	Proficient	Filipino Food
26/03/2025 19:01:30	Daily – I frequently use apps for recipes, meal planning, or cooking tasks.	I have no major challenges; I find technology useful.	Laptop/Desktop computer	Few times per week	N/A	Fun and hobby	Competent	Thai, Vietnamese
24/03/2025 21:02:39	Rarely – I prefer traditional cookbooks or handwritten recipes.	Lack of motivation or engagement with online resources.	Smartphone, Tablet	Rarely	No	Fun and hobby	Novice	Indian
24/03/2025 21:07:01	Weekly – I occasionally use apps or websites for cooking instructions.	I have no major challenges; I find technology useful.	Smartphone	Once a Week	No	Healthy eating	Competent	Vegetarian Indo Chinese
24/03/2025 21:07:11	Daily – I frequently use apps for recipes, meal planning, or cooking tasks.	I have no major challenges; I find technology useful.	Smartphone, Laptop/Desktop computer	Once a Week	No	Improve cooking skills, Healthy eating, Fun and hobby	Novice	Indian
24/03/2025 21:31:05	Never – I don't use technology for cooking-related tasks.	Lack of motivation or engagement with online resources.	Laptop/Desktop computer	Few times per week	n/a	Learn new recipes, Improve cooking skills	Competent	
24/03/2025 21:35:15	Daily – I frequently use apps for recipes, meal planning, or cooking tasks.	I have no major challenges; I find technology useful.	Smartphone, Tablet, Laptop/Desktop	Few times per week	N/A	Learn new recipes, Healthy eating, Fun and hobby	Novice	Indian, Mexican, Thai
24/03/2025 21:39:36	Daily – I frequently use apps for recipes, meal planning, or cooking tasks.	Lack of motivation or engagement with online resources.	Smartphone	Daily	n/a	Healthy eating	Proficient	any good food
24/03/2025 21:53:29	Weekly – I occasionally use apps or websites for cooking instructions.	Lack of motivation or engagement with online resources.	Smartphone, Smart TV	Daily	N/A	Learn new recipes, Improve cooking skills, Healthy eating	Proficient	
24/03/2025 22:44:03	Weekly – I occasionally use apps or websites for cooking instructions.	I have no major challenges; I find technology useful.	Smartphone, Laptop/Desktop computer	Rarely	N/A	Improve cooking skills	Novice	Italian, Indian, baking
24/03/2025 23:35:38	Rarely – I prefer traditional cookbooks or handwritten recipes.	I have no major challenges; I find technology useful.	Smartphone, Tablet, Laptop/Desktop	Daily		Fun and hobby	Novice	
25/03/2025 21:57:40	Weekly – I occasionally use apps or websites for cooking instructions.	I have no major challenges; I find technology useful.	Smartphone, Tablet	Daily	N/A	Fun and hobby	Competent	Chinese
21/03/2025 20:30:51	Daily – I frequently use apps for recipes, meal planning, or cooking tasks.	I have no major challenges; I find technology useful.	Smartphone, Tablet, Laptop/Desktop	Few times per week	N/A	Learn new recipes, Improve cooking skills, Healthy eating	Proficient	Korean