**Detailed Analysis of 3 Interviews**

**Participator 1**

**1. What does cooking mean to you?**

**[Category: Basic Attitude/Values]**

* Cooking means "making meals for myself" - a straightforward, practical approach
* Views cooking as a basic necessity rather than a creative or emotional outlet
* Demonstrates a utilitarian perspective toward food preparation

**2. Can you paint a picture of the cooking dynamic in your house?**

**[Category: Cooking Environment]**

* Checking what to cook, preparing ingredients, washing, cutting, cooking, then cleaning up.

**3. How does cooking fit into your daily schedule?**

**[Category: Time Management/Daily Habits]**

* Adopts a completely reactive approach: "I don't organize [time], when I feel hungry then I cook, if I don't feel hungry, I don't cook"
* No structured meal planning or scheduled cooking times
* Food preparation is entirely driven by immediate physical needs rather than routine
* Represents a spontaneous, unstructured relationship with meal preparation

**4. What role does cooking play in your household?**

**[Category: Family Background/Cultural Traditions]**

* Expresses that cooking holds no particular significance for her personally
* Reveals work-related fatigue: finishes work at 7 PM feeling "lazy and tired"
* When exhausted, she opts for "something easy" rather than elaborate cooking
* Indicates that her professional life directly impacts her cooking motivation and energy levels

**5. When was the last time you cooked at home and why?**

**[Category: Actual Behavior/Recent Experience]**

* Last cooked five days ago, motivated solely by hunger
* Confirms her reactive approach to cooking - only when physical need arises
* No mention of cooking for pleasure, social reasons, or planned meals

**6. If you don't know how to cook something, how would you approach it?**

**[Category: Learning Attitude/Problem-Solving Approach]**

* Shows proactive learning behavior: searches online for recipes and follows instructions
* Demonstrates willingness to learn new cooking techniques when needed
* Uses digital resources as primary learning tool, indicating modern, self-directed learning style

**7. Are there aspects of cooking that frustrate you?**

**[Category: Challenges/Negative Emotions]**

* Notably, reports no particular frustrations with cooking
* Suggests either limited cooking experience or a generally accepting attitude toward the process
* May indicate that her simple cooking approach helps avoid common cooking stressors

**8. When was the last time a dish made you feel connected to your family or friends?**

**[Category: Social Connection/Emotional Dimension]**

* References "this lunch" as creating connection with friends
* Indicates that social dining experiences can create meaningful connections for her
* Suggests that while daily cooking may be mundane, shared meals hold social significance

**9. Are there any dishes you cannot make but want to?**

**[Category: Skill Limitations/Aspirations]**

* Wants to make hot soup but lacks knowledge about necessary ingredients
* Shows interest in expanding her cooking repertoire, particularly comfort foods
* Indicates awareness of her limitations but also desire for improvement

**10. Have you ever cooked with someone from a different cultural background? What surprised you about their approach?**

**[Category: Cross-Cultural Exchange/Learning Experience]**

* Cooked with a Colombian friend, specifically chicken dishes
* Was surprised by their use of spices in chicken: "they put spices in it, we don't do that"
* Shows openness to cross-cultural cooking experiences
* Demonstrates awareness of different cultural approaches to seasoning and flavor

**11. When cooking with friends, what differences have you noticed regarding prep, cooking, or cleaning up?**

**[Category: Social Interaction/Behavioral Differences]**

* Prefers to wash dishes while cooking to avoid post-meal cleanup
* Friends prefer to cook first, then wash all dishes together afterward
* This difference makes her feel "more tired" - indicates that different organizational styles can create stress
* Accepts cultural differences in cooking style but has clear personal preferences for kitchen organization

**12. Is there a story about cooking or food you'd like to tell?**

**[Category: Personal Experience/Memory]**

* No particular stories to share
* Suggests that cooking hasn't created particularly memorable or significant experiences in her life

**13. What part of cooking do you enjoy the most?**

**[Category: Positive Emotions/Preferences]**

* **Preparation stage**: Enjoys the unhurried aspect of chopping vegetables
* Appreciates not having to worry about food burning or overcooking during prep
* Values "taking time" and the meditative quality of preparation work
* Enjoys cooking with friends, feeling it creates more intimate connections
* Finds social cooking more meaningful than solo cooking

**Summary - Participator 1's Cooking Profile:**

Participator 1 represents a **pragmatic, socially-oriented cook** who approaches cooking reactively rather than proactively. She values simplicity, efficiency, and social connection over culinary achievement or cultural tradition. Her work-life balance significantly impacts her cooking motivation, and she finds more meaning in shared cooking experiences than individual meal preparation.

**Participator 2**

**1. What does cooking mean to you?**

**[Category: Basic Attitude/Values]**

* Views cooking as carrying "high responsibility"
* Sees cooking as essential for survival: "I have to cook myself lunch and dinner"
* Demonstrates a sense of duty and obligation toward self-care through cooking
* Cultural background appears to emphasize personal responsibility for nutrition

**2. Can you paint a picture of the cooking dynamic in your house?**

**[Category: Family Background/Cooking Environment]**

* Admits he's "not really the person who likes to paint anything"
* Struggles to articulate or visualize cooking scenarios
* May indicate either limited cooking experience in shared spaces or difficulty with descriptive expression
* Could suggest practical focus rather than aesthetic or atmospheric awareness

**3. How does cooking fit into your daily schedule?**

**[Category: Time Management/Daily Habits]**

* Describes fitting cooking into schedule as "hard because I'm very busy"
* Views cooking as "a really extra task" beyond his main responsibilities
* Indicates significant time management challenges between work/studies and food preparation
* Represents cooking as competing with other priorities rather than integrated routine

**4. What role does cooking play in your household?**

**[Category: Family Background/Cultural Traditions]**

* Cooking plays "a really important role" in his family culture
* Emphasizes structured eating: "very important to have three meals in a day"
* Follows strict timing: "lunch at specific time, dinner at specific time, breakfast at specific time"
* Demonstrates strong cultural programming around meal structure and timing
* Family traditions create both structure and pressure around food preparation

**5. When was the last time you cooked at home and why?**

**[Category: Actual Behavior/Recent Experience]**

* Cooked pasta two days ago when very hungry
* Flatmates "don't cook" so he must cook for himself
* Cooking driven by both hunger and lack of alternatives from household members
* Indicates cooking as survival strategy in shared living situation

**6. If you don't know how to cook something, how would you approach it?**

**[Category: Learning Attitude/Problem-Solving Approach]**

* Claims to "fortunately know how to cook" but acknowledges potential gaps
* Would search internet and watch YouTube videos for new recipes
* Initially calls his mother for recipe guidance: "I call my mom to ask her how to prepare some recipes"
* Demonstrates multi-modal learning approach: digital resources + family knowledge
* Mother identified as primary cooking knowledge source due to her experience

**7. Are there aspects of cooking that frustrate you?**

**[Category: Challenges/Negative Emotions]**

* Generally not frustrated but acknowledges situational stress
* Frustration emerges when busy with many responsibilities
* Particularly frustrated by lengthy preparation time for meals
* Time pressure creates primary source of cooking-related stress
* Balancing cooking with other obligations is main challenge

**8. When was the last time a dish made you feel connected to your family or friends?**

**[Category: Social Connection/Emotional Dimension]**

* Prepares traditional dishes from his country for fellow nationals who haven't tried them
* Experiences dual emotions: happiness from cultural sharing, sadness when food is consumed
* Cooking serves as cultural ambassador role - introducing others to his heritage
* Food becomes vehicle for cultural connection and identity expression
* Mixed feelings about sharing suggest deep personal attachment to cultural foods

**9. Are there any dishes you cannot make but want to?**

**[Category: Skill Limitations/Aspirations]**

* Not particularly interested in dishes he can't currently make
* Prefers searching for new recipes but finds following steps challenging
* Wants to cook traditional foods from his country but faces ingredient limitations
* Example: can buy beans locally but "they are not the same beans as in my country"
* Ingredient authenticity creates barrier to recreating traditional recipes

**10. Have you ever cooked with someone from a different cultural background? What surprised you about their approach?**

**[Category: Cross-Cultural Exchange/Learning Experience]**

* Has "a lot" of cross-cultural cooking experience
* Most memorable: learning fried rice from a 7-year-old child
* Age-related surprise: impressed that such a young person could teach cooking skills
* Demonstrates openness to learning regardless of teacher's age or background
* Values skill over conventional teacher-student hierarchies

**11. When cooking with friends, what differences have you noticed regarding prep, cooking, or cleaning up?**

**[Category: Social Interaction/Behavioral Differences]**

* Regional variation within his own country: "every city has different recipe"
* Even same dishes prepared differently across locations
* Personal preference: enjoys cooking more than cleaning
* Tends to "escape the cleaning" - focuses on cooking process rather than cleanup
* Recognizes that preparation methods vary significantly even within shared cultural backgrounds

**12. Is there a story about cooking or food you'd like to tell?**

**[Category: Personal Experience/Memory]**

* Dramatic food poisoning incident: ate soup that "looked like poppy seeds"
* Despite appearing "disgusting," he tried it anyway
* Resulted in severe diarrhea lasting one week
* Story demonstrates both adventurous eating spirit and consequences of food experimentation
* Indicates willingness to try unfamiliar foods despite potential risks

**13. What part of cooking do you enjoy the most?**

**[Category: Positive Emotions/Preferences]**

* Enjoys "preparing" but specifically the integration phase
* Loves "joining all the ingredients and preparing the food"
* Prefers actual cooking process over preliminary preparation (cutting, chopping)
* Finds satisfaction in combining elements rather than individual ingredient preparation
* Values transformation process where separate ingredients become unified dish

**Additional Question: How do you handle different cultural foods?**

**[Category: Cross-Cultural Adaptation/Openness]**

* Enjoys observing others cook to decide whether to try their food
* Willing to try most foods but avoids anything that appears "too strange"
* Guided by cultural wisdom: "everything goes through the nose" - smell test determines acceptability
* Uses sensory evaluation before committing to try new foods
* Balances cultural curiosity with personal comfort boundaries

**Summary - Participator's Cooking Profile:**

Participator represents a **culturally-grounded, responsibility-driven cook** who views cooking as essential duty while struggling with time management. His approach combines strong family traditions with openness to cross-cultural learning. He values the creative combination process over preparation work and uses cooking as a way to maintain cultural identity while adapting to new environments.

**Participator 3**

**1. What does cooking mean to you?**

**[Category: Basic Attitude/Values]**

* Cooking serves to "meet daily needs" and "make me feel full"
* Purely functional approach focused on basic sustenance
* No mention of pleasure, creativity, or social aspects
* Most utilitarian perspective among the three participants

**2. Can you paint a picture of the cooking dynamic in your house?**

**[Category: Family Background/Cooking Environment]**

* Describes extremely simplified process: "grab everything from the fridge → prepare boiling water → put everything in the pan → wait for it to get ready"
* "Always follow that step" - indicates rigid, minimalist routine
* No variation or complexity in cooking approach
* Represents most basic possible cooking methodology

**3. How does cooking fit into your daily schedule?**

**[Category: Time Management/Daily Habits]**

* "If I'm busy, I won't cook" - cooking is first thing eliminated under pressure
* "I don't think it's part of my daily schedule" - explicitly rejects cooking as routine element
* Cooking treated as optional activity rather than necessary daily task
* Most disconnected relationship with regular meal preparation among participants

**4. What role does cooking play in your household?**

**[Category: Family Background/Cultural Traditions]**

* Contrasts current situation with childhood: "when I was little, I didn't need to cook, my mama cooked for me"
* Acknowledges cooking "was an essential part of my life" in the past
* Indicates significant transition from family care to independent living
* Suggests that cooking role has diminished rather than developed over time

**5. When was the last time you cooked at home and why?**

**[Category: Actual Behavior/Recent Experience]**

* Cooked "just today in the afternoon" when hungry at library with no available food
* Cooking triggered by immediate necessity combined with lack of alternatives
* Location-based decision: had to go home because no food available at study location
* Most recent cooking experience among all participants, yet still necessity-driven

**6. If you don't know how to cook something, how would you approach it?**

**[Category: Learning Attitude/Problem-Solving Approach]**

* "I would just give up"
* Most defeatist attitude among all participants
* No mention of seeking help, looking up recipes, or attempting to learn
* Represents complete avoidance of cooking challenges
* Suggests low confidence and motivation in cooking skill development

**7. Are there aspects of cooking that frustrate you?**

**[Category: Challenges/Negative Emotions]**

* "The waiting time" - wants immediate gratification
* "I just want to eat right away, so the waiting time is quite frustrating"
* Impatience with cooking process creates primary source of frustration
* Focuses on delay between cooking initiation and consumption
* Time between effort and result creates negative emotional response

**8. When was the last time a dish made you feel connected to your family or friends?**

**[Category: Social Connection/Emotional Dimension]**

* Mother cooks fried rice when she goes home
* She reciprocates by cooking fried rice for mother "when I meet her"
* Acknowledges her fried rice "is not really the best"
* Cooking serves as expression of care despite limited skill
* Food becomes medium for parent-child bonding and reciprocal care

**9. Are there any dishes you cannot make but want to?**

**[Category: Skill Limitations/Aspirations]**

* "There are many dishes I cannot cook, maybe some traditional Chinese dishes"
* Acknowledges significant skill gaps, particularly in cultural cuisine
* Suggests disconnect from traditional cooking knowledge
* May indicate generational knowledge gap or lack of cultural cooking transmission

**10. Have you ever cooked with someone from a different cultural background? What surprised you about their approach?**

**[Category: Cross-Cultural Exchange/Learning Experience]**

* "I don't think so" - no cross-cultural cooking experience
* Limited exposure to different cooking approaches or techniques
* Suggests either limited social cooking or homogeneous social circle regarding cooking

**11. When cooking with friends, what differences have you noticed regarding prep, cooking, or cleaning up?**

**[Category: Social Interaction/Behavioral Differences]**

* Cooked with friend who "did everything" while Participator 3 served as passive observer
* "I just was just there to be there and if she needed an assistant"
* Friends demonstrate speed and expertise: "they were very quick"
* "They know what to cook, they know the steps and the recipe in their mind"
* Stark contrast with her approach: "I just put everything and wait for it to get ready"
* Friends appear "professional" with "many steps" while she uses minimal process
* Recognizes significant skill and knowledge gap between herself and cooking-competent friends

**12. Is there a story about cooking or food you'd like to tell?**

**[Category: Personal Experience/Memory]**

* No particular stories to share
* Suggests limited memorable cooking experiences
* Cooking hasn't created significant personal narratives or meaningful moments

**13. What part of cooking do you enjoy the most?**

**[Category: Positive Emotions/Preferences]**

* "Buying ingredients at the supermarket"
* Enjoys the anticipation and planning phase rather than actual cooking
* "I can imagine all the ingredients being cooked in the process"
* "I can imagine all the ingredients that are being cooked"
* Values imagination and possibility over actual execution
* "Imagination is the most beautiful part"
* Finds more satisfaction in mental planning and visualization than physical cooking process

**Summary - Participator 3's Cooking Profile:**

Participator 3 represents a **reluctant, imagination-focused non-cook** who finds more pleasure in planning and visualizing food than preparing it. Her approach is characterized by minimal skill, avoidance of challenges, and preference for the conceptual over the practical. She maintains emotional connections to food through family relationships but demonstrates the least developed cooking competency and motivation among all participants.

**Comparative Analysis Summary**

**Cooking Motivation Spectrum:**

* **Participator 2**: Duty-driven, culturally responsible
* **Participator 1:**  Pragmatic, socially-oriented
* **Participator 3**: Reluctant, necessity-based

**Learning Approach:**

* **Participator 2**: Multi-source (internet, family, observation)
* **Participator 1**: Self-directed digital learning
* **Participator 3**: Avoidance and giving up

**Social Cooking Dynamics:**

* **Participator 2**: Cultural ambassador, enjoys teaching/sharing
* **Participator 1**: Values collaborative cooking, notices organizational differences
* **Participator 3**: Passive participant, observer rather than contributor

**Relationship with Cooking Process:**

* **Participator 2**: Enjoys combination/integration phase
* **Participator 1**: Enjoys preparation phase for its meditative quality
* **Participator 3**: Enjoys imagination/planning phase, avoids actual cooking