**User 3**

**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.