**User 4**

**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 - User 4’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.