**User 5**

**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 - User 5'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.