1. Do you follow a certain diet, like being vegetarian, vegan or not eat specific foods?
2. How many meals do you prepare in a day?
3. What challenges do you face when cooking?
4. How do you decide on what to eat?
5. How often do you prepare your own food as opposed to going out to eat, in a month?
6. How important is the nutritional value of the food you eat, and why?
7. Any specific cultural food you like the most?
8. What are some of your favorite ingredients to cook with and why?
9. Where do you look for recipes?
10. Do you think your cooking skills can improve with the help of using more recipes?

Jessica Miller – Chef

<insert picture>

**Interview**

1. I just try to follow a healthy balanced diet while, of course, avoiding foods that I am allergic to like nuts. I try to incorporate vegetables frequently in my diet too.
2. Breakfast, lunch and dinner, so 3 meals a day for myself while occasionally cooking meals for my family.
3. I have a young child that I need to take care of, so it gets in the way of cooking sometimes, especially when I’m cooking a big meal.
4. Either I ask my family what they would like to eat, or I just go with what I feel like making or eating at the time. The ingredients I have available also affect this decision.
5. It mostly depends on my work shift, but I’d say I prepare my own food about 90% of the time. The other 10% would be eating out at restaurants or ordering food.
6. I’d say nutritional value is very important as I like to keep healthy however when I go out to eat with friends or family, this all goes out the window!
7. I absolutely love Chinese food and that is what most of that 10% takeaway food is.
8. Vegetables are my favourite ingredients to cook with as they taste great, they are healthy for you and they can be cooked in a variety of different ways, so they allow me to be creative.
9. If I don’t know how to make a certain meal, I just do a quick Google search and go on BBC Food for recipes. Either that or a website called Ocado.
10. Of course! I think there is always room for improvement when it comes to cooking and using more recipes could open your mind to using different ingredients or even different methods of cooking.

**Intriguing Things**

It is interesting that even an expert chef doesn’t plan on what to eat but rather they go with the flow instead.

**Point of view**

An expert chef with a husband and son who wants to incorporate vegetables into her and her family’s diet as much as possible – while caring for her nut allergy.

**HMW**

How we might do this, is by incorporating vegetarian filter as no meals with has as many vegetables as vegetarian food.

How we might do this, is by having a family section so that users can quickly find big meals fit for a family.

**How we might do this, is by adding substitutes and suggestions into the ingredients of recipes. This way users could share what extra ingredients could be used and added, like more vegetables.**

How we might do this, is by giving recipes a discussion board so that users can share their experiences of making them.

**How we might do this, is by having a filter for allergies so that users can find recipes that do not contain food that they are allergic to.**

**Top solution**

**How we might do this, is by adding substitutes and suggestions into the ingredients of recipes. This way users could share what extra ingredients could be used and added, like more vegetables.**

OR

**How we might do this, is by having a filter for allergies so that users can find recipes that do not contain food that they are allergic to.**