Q: Do you know how to cook and how about baking?

**I can cook, but I have never baked.**

Q: How often do you cook or bake on average?

**I would probably estimate 3-4 times a week**

Q: What do you think of your cooking skills?

**I'm a novice, I'm average, good enough to eat.**

Q: Do you have any difficulties when cooking, please describe?

**I'm not sure when to add seasoning and what to add**.

Q: Have you heard of Augmented Reality (AR) before? **Yes, I have.**

Q: If so, how would you describe Augmented Reality (AR)?

**Well, I think it's about assisting real-world actions, or augmenting the feedback of certain features of the real world to the human being, visual, auditory, whatever, in a way that increases the human being's attention to that feature, something like that**.

Q: When you’re cooking, what would you like to see in the AR glasses to help or inform you?

**I hope the timing is important, step-by-step instructions are also needed, and it would be great to be able to detect the temperature of the oil.**

Q: Where do you think the AR information should be displayed to help you the most without disturbing you?

**When the pot appears, it should be displayed on the top right corner of the pot, or just a little bit defocused and displayed on the top right corner, you can change the transparency.**

Q: If AR glasses could provide you with real-time step-by-step instructions for recipes, what would you ideally like?

**Show me when I need it, and turn it off when I don’t.**

Q: When you come across unfamiliar cooking techniques, which form of guidance would you prefer to be provided by AR glasses? Why? Video demonstrations, illustrations, text tips, real-time expert help

**Video demonstrations. Because cooking techniques are a series of coherent actions that stimulate learning both visually and audibly, this is highly effective**

Q: Imagine your workflow in the kitchen, when do you think using AR (cleaning, baking, cooking, managing/e.g. knowing what's in the cupboards to allocate space wisely) would improve your life?

**When cooking, e.g. sensible time allocation, rather than having the table full of ingredients you need, and also what spices to put in the pots and pans at what time**

Improvements in AR technology

Q: Do you have any worries or concerns about using AR glasses?

**What if I splash grease on the glasses while cooking, how to recognise when I have completed a certain cooking step**

Q: What improvements do you think are needed in AR glasses to better meet the needs of cooking ?

**Maybe ingredient recognition? And then give you an illustration of what to do with the ingredient, cut it, whatever.**