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

**I can cook, but I haven't baked for a long, long time.**

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

**Haha, I usually cook once every 12 hours!**

Q: What do you think of your cooking skills?

**I would say my cooking skills is not to bad , just enough to fill my stomach because I have a very light taste, I cook by feelings, I can say it's average, I don't know because no one has ever commented on it. hahaha**

Q: Do you have any difficulties while cooking please describe?

**The hob is not very good and not powerful which resulting in not very good fire control when cooking. Also I tried baking before but lacked a lot of moulds~ no money~**

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

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

**I can use virtual reality technology to let me know what the finished product will look like before processing, or I can experience it in advance, I mean false attempts, for example, I can try clothes and look at furniture through a virtual image or something like that. Also I remember a game before that was Pokémon, which is when I take a picture with my mobile phone camera and a cute Pokémon elf comes and interacts with you.**

Q: What help or information would you like AR glasses to provide you with when you are cooking?

**Well, that is really a good question, I think it would be best if it could tell me about the ingredients, the nutritional value, or what to avoid, like what food can not to eat together, and tell me some allergens.**

**And also, if there is a recipe, can you tell me how much time is needed for each step or key steps while cooking? Ingredient portion is also very important, because my meal size is actually very small, I may not be able to finish a vegetable after processing, before I'm not sure of the amount of food I eat, there is always unnecessary waste, because like vegetables, you know you can't eat overnight, the next day may not be good for the stomach, and I kinda value this.**

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

**Emmm, Regarding the food itself, the information can be displayed on the ingredients, it's just a matter of whether there is any transparency that can be changed.**

**Recipes can be placed below the line of sight if the information is a gif, it would be better to have a button that I can trigger or not trigger the recipe.**

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

**Just like the combination of checklist and bollet point, you can have an overview before selecting a recipe, after selecting a specific recipe, a step-by-step display is shown, and the user can choose to complete the current step after completion, during which there is a preview of the next step (low transparency display). If there is a need for a timer or something like that, the user can choose to enable it, and if enabled, the steps during the timer will be reminded in an alarm-like mode.**

What form of guidance would you prefer AR glasses to provide you with when you come across unfamiliar cooking techniques? Why? Video demonstrations, illustrations, text tips, real-time expert help

**I prefer a combination of video and text. Text often doesn't convey the state of the matter, but it can convey the exact amount of ingredients, such as how many grams and so on. For a lot of recipes I don't know, it's much more understandable.**

Imagine your workflow in the kitchen, when do you think using AR would improve your life (cleaning, baking, cooking, managing/knowing what's in the cupboards)?

**Baking, cooking I guess**

Where AR technology would improve

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

**Emm, for working in the kitchen, in a place like the kitchen where there is a lot of grease and smoke, and you will always touch water, will it be affected, can it keep working properly, will it fog up or something, blocking the view.**

**Will privacy be protected, should not be privacy leakage, blocking the line of sight will not cause accidents?**

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

**I think recipes should be simplified because if they are too long and difficult to understand, you may miss to observe the state of the food and cause a cartwheel should. Then probes, temperature, timing, volume converted to weight, etc. can be provided. It would be better to fit on the face, similar to normal glasses, not most VR glasses, otherwise it's too much, I have to wear such a heavy device when I cook, and it would be better to drastically reduce the obstruction of vision.**