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

**I can cook, but I don't bake.**

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

**I cook on average once every two days when I have time, but usually once a month when I'm in school.**

Q: What do you think of your cooking skills?

**Pretty good, I think it’s quite tasty**

Q: Do you have any difficulties when cooking?

**Sometimes it's hard to control the fire because if the fire is too high, it will burn, and if the fire is too low, it may take a long time and the meat may not be cooked. And sometimes I put too much seasoning and I'm not sure of the proportions.**

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

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

**It’s a technology that, emm, provides more information through a device like glasses without affecting your senses.**

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

**The control of the heat is more important to me, to judge whether the amount of seasoning is too much or too little compared to the usual or standard, to give me some remedies if it is too much, and to tell me how much to add if it is too little.**

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

**I think it’s best to keep it on the edge all the time, or anywhere but not interfering with what’s going on**

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

**When I’m trying a step that I’ve never done before, I can be prompted with the next step that I’m about to do.**

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

**Pictures, I think in comparison, illustrations can give you a lot of information in the shortest possible time**

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

**I think cooking or managing, that is, if I manage, it would be best if AR could record my relevant habits so that they become exclusive to me**

Improvements in AR technology

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

**AR glasses should not be too heavy, and some of the virtual information it provides must be accurate**.

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

**Is there any odour detection, gas composition detection, in case I burn and there is a lot of smoke, or if there is a fire, it would be better to help call the fire engine**