**Basic questions**

1. How often do you cook or bake on average?

I usually do it once a week

1. Do you consider yourself a seasoned master chef or a novice?

Very novice

1. Describe what are the most common difficulties you face when cooking or baking?

It's when I wash the vegetables and cut the vegetables, and then, when I grasp the heat, I can't make meat, so it's easy to make domestic products

**Learn about the interviewer's concept of AR technology**

1. Have you heard of augmented reality (AR) technology before?

I've heard about it

1. If so, how would you describe augmented reality (AR)?

If you haven't heard of it, I'll give you a brief introduction to what AR is and what it can do

**AR glasses in cooking and baking**

1. When you're cooking or baking, what help or information would you like AR glasses to help you with?

It's to start the countdown, nineteen eight seven six five four three two one stop, I can turn off the fire, for boiling, steaming, frying, stir-frying has a very accurate time, when it's time to stop, I immediately know to turn off the fire,

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

Marking the calories is very friendly to fitness people or weight loss people.

1. If AR glasses could give you real-time step-by-step tips for recipes, how much do you think it would help you?

What's next, how to do it, what to put in it. How many seconds it takes, when to turn off the heat, can it be stopped

1. When you encounter an unfamiliar cooking technique, what form of guidance do you prefer AR glasses to provide you?
   * Video presentation
   * illustrate
   * Text prompts
   * Real-time expert help

For example, if I'm interacting with this thing, the text can be pointed out immediately

1. Imagine the process of working in the kitchen, when do you think that using AR (cleaning, baking, cooking, managing/like knowing what is reasonably allocated space in the cupboard) will improve your life?

Still cooking this part. It's best that AR can scan my stuff, it can record all the spices in my house, where the stuff is, so it helps me find it, I don't lose it, I know where it is.

**Improvements in AR technology**

1. Do you have any concerns or concerns about using AR glasses?

I'm afraid of dizziness, it's too heavy, and I'll be dizzy if I stay for a long time, and I hope it's not like VR glasses, because it's really dizzy.

What improvements do you think AR glasses need to be made to better meet the needs of cooking and baking?

I want to be able to identify something, and to be able to identify it, and to put it in the pot, and how long it takes, and it's ready to serve. And it can still make people distinguish between reality and virtuality, otherwise I would be scared  
  
  
   
 thank you for the interview.