Q: Do you know how to cook? Do you know how to bake?

**Yes, I have tried baking, some I can do and some I can't.**

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

**I cook when I'm in the mood, but once a week, other times I pay for a takeaway**

Q:What do you think of your cooking?

**I think it's unbeatably delicious!**

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

**Hahaha the difficulty I encounter is that I can't get the ingredients to go or find them when I want to make food**

Q: Have you heard of Augmented Reality (AR) technology before?

**Yes, I have.**

Q: If you have heard of it, how would you describe Augmented Reality (AR)?

**AR provides a visual experience that combines virtual objects such as images and text with the real world, and can be interacted with, and algorithmically recognises and tracks objects and planes in the user's field of view.**

Q: When you are cooking, what kind of help or information would you like AR glasses to provide you?

**Grams of ingredients, intuitive timing, recipe display, calorie counting and nutrient content, alert me when I leave the heat and gas on, and then show me videos or animations for difficult techniques, and also basic media features like watching videos and listening to music!**

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

**At the edge of the field of view, then minimised when I don't need it, and when there's a demo it can be switched to the middle of the display, and then switched off when it's finished**

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

**Voice guidance and video guidance, and each step timed when it needs to be timed.**

Q: When you come across an unfamiliar cooking technique, which form of instruction would you prefer the AR glasses to provide you with? Why? Video demonstrations, illustrations, text tips, real-time expert help

**Video demonstrations are easy to understand and follow along with text demonstrations**

Q: Imagining 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?

**The baking and cooking part could be used more, the amount of milk and sugar in baking needs to be controlled very precisely, as well as the temperature of the oven and the time of each baking, and the cooking part could be useful, recipes, ingredient substitution and so on.**

Improvements in AR technology

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

**AR may cause visual interference or distraction leading to misuse, the kitchen needs to use fire, and high temperature oil, so there is a degree of danger, and the glasses are tired after a long time, in the kitchen environment, the fumes are relatively large and may cause more damage to the glasses.**

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

**It should be comfortable to carry, waterproof and oilproof, have gesture and voice interaction, because both hands are usually working with pots and spatulas or knives, and have a good visual interface and adaptive interface, which, as I said before, automatically adjusts according to the user's needs and the current task. Preferably also interconnected with other appliances, such as smart ovens and so on**