Q: Do you know how to cook and bake?

**Cooking will be a little, baking is never engaged**

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

**I do it once a day**

Q: What do you think of your cooking skills?

**I think so-so, not lethal to the degree**

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

**I don't know if the food is cooked, maybe if it is not cooked, I have to cook it in the pot again**

Q: Have you heard of augmented reality (AR) technology before?

**Yes, I've provided it, I probably know, it's a little bit more in the game**

Q: Let me explain it to you

It is a technology that combines virtual information with the real world, by adding computer-generated images, sounds, videos and the like to the real environment, so that you can experience it better, this environment is not completely virtual,

Showcase Video: Videos of megacities

Q: What kind of help or information would you like AR glasses to help you with when you're cooking?

**Let me know if it's cooked, how long it will take to get better, and how long it will take to eat**

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

**As long as it's not on the pot, it's okay on the bowl**

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

**That's it, the recipe is divided into each step, and each step can be from a circle to a long piece of paper**

Q: When you encounter unfamiliar cooking skills, what form of guidance do you prefer AR glasses to provide you? Video presentations, illustrations, text prompts, real-time expert help

**Voice is fine, and I still have to distract myself from the pictures to see.**

**Videos are also available, it may be better to know how I do it, the video has a zoom out function**

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

**Before baking, remind me when to take something out, for example, if I want to eat meat, it's best to tell me in advance that I should take it out and thaw it, otherwise I will have to wait a long time and may not want to eat it in the end**

**Improvements in AR technology**

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

**may not be able to afford it, for people with myopia, is there any special lens, if you want to customize the lens, wouldn't it cost more than normal people**

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

**Is it possible to have a wiper like the one in the car, or a similar one on the AR glasses, so that the fog or fumes can be cleaned regularly without affecting the vision**

**It would be great if it could be applied to dentistry.**