Q: Do you know how to cook and bake?

**Yes, I can cook and bake a little.**

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

**Cooking 4-5 days a week, 1-2 times a day. Baking very rarely, maybe not even a few times a year**

Q: How would you consider your cooking skills?

**Cooking personally I think is very good**

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

**Yes, when I first started cooking, I sometimes don't know the right proportion of seasonings, and the dishes are too heavy or tasteless.**

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

**Yes, I have.**

Q: If yes, how would you describe Augmented Reality (AR)?

**AR is more focused on interacting with the real scene than VR, and will give you a response based on the real scene.**

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

**AR glasses can tell me the temperature of the pan and remind me what seasoning to put in when.**

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

**In the four corners of the display area, trying not to block my view of the centre of the screen**

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

**Have a vertical task bar on the right side to remind me what the next step is. Show the next step when I'm done with it**

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

**Video demonstration, text tips, implemented expert help (AI)**

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?

**Cooking.**

**Where AR technology would improve**

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

**Will it be inconvenient to carry around cooking, as AR devices can be heavy. Will the display malfunction and cause safety issues.**

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

**There are sensors to detect temperature, sensors to detect harmful gases**