

Appendix A

An Interview conducted with Mrs Kalnina (Translated from Latvian)

Me: Hello, dear Mrs Kalnina! Thank you for seeing me now. I will gladly try to help you in alleviating your everyday chores and following through the programme of Weight Watchers that you have just joined. So, could you please elaborate on your problem in more detail?

Mrs Kalnina: Hey, dear Karlis! Yes, of course. You see, I started this programme of Weight Watchers just recently where I need to follow the intake of calories in the food that I am eating. I wasn't too good with maths in school already, and now, in my 40s, I have forgotten that little that I knew then, so I find it difficult to keep track of the amount of calories that I consume on a daily basis. The recipes I am using do not come from cookbooks, but mostly from my mom's cooking, and they all have very approximate values. There are, nevertheless, a few recipes that I have collected over the years, though they are not showing the calorie content. However, I still need to count the calories I get from eating food. It is an easy enough task when I buy prepacked food from the store. But when I cook myself, I have to calculate calories in each ingredient I add. And I need different amounts of those ingredients, which means that I get different calories per ingredient, and calculating that is very difficult and time consuming for me. Therefore, I often find it easier to make more than I need than to do complicated maths and recalculate the exact amount of ingredients I have to add. I end up taking the leftovers to my office to share with colleagues to avoid throwing the food away in the end. The problem is that it makes my cooking at home too expensive, I can hardly afford making more than I need all the time. The whole maths thing is so confusing; therefore, I would really appreciate if you made it easier for me.

Me: I could definitely make an application that would do all the calculations for you, and you would just have to insert the amounts, and the app would sum up the calories. Your only task would be to make a reference list of the products you usually use in your recipes and their calorie content.

Mrs K: That would be lovely! I would be so glad, sonny.

Me: Do you have any other problems when making food?

Mrs K: Hmm. Yes, I do. When I make food from recipes though, they use confusing units of measurement such as “cups”, “tablespoons”, or “teaspoons”. I oftentimes forget the exact amounts that these measurements represent and have to look up in cookbooks, and it takes time. Could you please make that application of yours do the conversion either?

Me: I could definitely try.

Mrs K: Here is my notebook where I have put the standard calorie count of products I use most often in my cooking. And here, on a separate sheet of paper, are my efforts at calculating the calories of the final product. It’s so confusing!

Me: I will make it clearer and easier for you to orientate.

Mrs K: Thank you so much!

Me: You’re welcome. I will get back to you as soon as I create the application. See you soon!

Mrs K: Be seeing you, son. Good luck!

Appendix B

Interview with Mrs Kalnina after trying the program for a week

Me: Hello! Thank you for seeing me! As I said in the phone call, I would like to hear your feedback on the program that I made and any possible improvements that you could think of. So, are you satisfied with the product?

Mrs Kalnina: Yes, very much so! Although at first it was very hard to get the hang of, the little text boxes with useful information really helped me understand what everything does and how it works. And thank you for the tutorial, too. The first thing I noticed though was that there were too few ingredients at the start – I mean, I had to spend an evening just adding everything. It took a lot of work, but now everything is in there in that little computer of mine, and the calculations work like a charm! Thank you for adding the different measurements, I don't even need to remember them! And dividing the food between people has never been easier.

Me: I'm glad you like it. Is there anything you are dissatisfied with?

Mrs Kalnina: As I said, the list was too short at the beginning. So if you give your program to any other person, be sure to do the manual labour yourself, haha. I also don't like how everything is in grams.

Me: Could you elaborate please?

Mrs Kalnina: It's hard to understand the significance of the numbers because sometimes they are really big – when I cook a lot of food. It would be very useful to see them in kilograms, too, so that I don't have to count the digits to understand if I've written the amount correctly or not.

Me: Thank you. Did you notice anything else you did not like?

Mrs Kalnina: No, that's it. I've been using this program every day now and I'm very satisfied with it.

Me: Well, I'm glad about that. Thank you for agreeing to do this interview.

Mrs Kalnina: No problem. I hope this project works out for you! Bye!

Me: Goodbye!