IdIoT: Second-order cybernetics in the ‘smart’ home

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Appendix A:
What your kitchen thinks it knows about you
THE INTERNET OF THINGS

- I agree to voluntarily participate in this research and give my consent freely.
- I understand that I can withdraw from the project at any time, without penalty and do not have to give any reason for withdrawing.
- I consent to complete an anonymous survey which will take approximately five minutes.
- I understand that all information gathered from the survey will be stored securely, my opinions will be accurately represented.

BEFORE TAKING PART

1. Have you heard of the Internet of Things? YES/NO

2. If so, can you describe it?

AFTER TAKING PART

3. Can you see any benefits or worries related to the Internet of Things?

4. Could you tell us two things that the Internet of Things could provide to:
   a. Improve your life

   b. Complicate your life

5. We are already providing a lot of personal information through the Internet. Do you think that in the future you will need more control over the information that you share?

6. Please look at the scenarios on the attached sheet. Would you be comfortable sharing the information that could be generated by using the space or the object described?

   i. Kitchen  YES/NO  ii. Bedroom  YES/NO  iii. Bathroom  YES/NO
   Kitchen  Yes No
   Washing Machine  Yes No
   Mug  Yes No
   Bed  Yes No
   Toilet  Yes No

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Appendix B:
Becoming Your ‘SMART’ Fridge
B1: Interview Phase I

1. Personal information: Profile

See Table B1 describing each of the participants’ age, gender, where they live and with how many people they share their fridges. Table B1 also includes their shopping habits.

<table>
<thead>
<tr>
<th>Participant</th>
<th>A</th>
<th>B</th>
<th>C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>26</td>
<td>28</td>
<td></td>
</tr>
<tr>
<td>Gender</td>
<td>Male</td>
<td>Female</td>
<td>Male</td>
</tr>
<tr>
<td>Nationality</td>
<td>USA</td>
<td>Brazil</td>
<td>Taiwan</td>
</tr>
<tr>
<td>Profession</td>
<td>Industrial designer</td>
<td>Fashion designer</td>
<td>Marketing/advertising/Food-Blog contributor/Start Up</td>
</tr>
<tr>
<td>IoT wearable</td>
<td>Motorola Smartwatch</td>
<td>Fitbit</td>
<td>Jawbone</td>
</tr>
<tr>
<td>Number of people sharing the fridge</td>
<td>4</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Neighbourhood</td>
<td>Putney</td>
<td>Bayswater</td>
<td>Kensington Olympia</td>
</tr>
<tr>
<td>Where do you buy your food?</td>
<td>I go to Sainsbury's (open until 10) and Tesco Express cause is 24 hrs open</td>
<td>I buy fruit at Nisa. I also go to Waitrose.</td>
<td>I have a 24 hrs Tesco; I go also to Sainsbury but less.</td>
</tr>
<tr>
<td>Times you go to the supermarket per week?</td>
<td>1</td>
<td>1 or 2</td>
<td>1</td>
</tr>
</tbody>
</table>

*Table B1: Profiling the users*
2. Eating Habits

In relation to eating habits, through asking the participants some questions I got qualitative information about their lifestyle and preferences, which is shown in Table B2:

<table>
<thead>
<tr>
<th>Participant A</th>
<th>Participant B</th>
<th>Participant C</th>
</tr>
</thead>
<tbody>
<tr>
<td>- I eat a lot of snacks.</td>
<td>- I mainly assemble; I am not a very skilled cook.</td>
<td>- I like Japanese food</td>
</tr>
<tr>
<td>- I drink a lot of liquids.</td>
<td>- I don’t eat wheat, pineapple, pears and apples.</td>
<td>- When I am tired I eat noodles</td>
</tr>
<tr>
<td>- When I am lazy I eat noodles.</td>
<td>- I don’t cook much.</td>
<td>- I eat steak and salmon.</td>
</tr>
<tr>
<td>- I like to eat meat at dinner.</td>
<td>- I eat fresh.</td>
<td>- I try not to be Asian; I try to get out of my Chinese culture (but sometimes I also go to Chinatown to buy some things).</td>
</tr>
<tr>
<td>- I like frozen juice ice cream.</td>
<td>- I don’t buy always the same vegetables; I like to get different vitamins.</td>
<td>- I like simple food. I like Jamie Oliver: In 10 minutes is ready!</td>
</tr>
<tr>
<td>- I eat salad for lunch, with eggs and seaweed.</td>
<td>- I take vitamins in pills</td>
<td></td>
</tr>
<tr>
<td>- I don’t eat much at lunch.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- I eat bread and cheese.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- I always like to have olive oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- I drink 2 gallons of water.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- I buy protein powder.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- I eat yogurt in the morning.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Many times I eat in my bedroom</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Table B2: Eating Habits*
3. Fridge

By opening the participants’ fridges (with their permission), I got the information that an IoT fridge may be able to obtain by sensing the items inside it. In Table 1 (see section 5.1.1), I indicated some example of ‘smart’ fridges features of models that were in the market between the year 2014 and 2015. The features were based on the media website specialised in latest consumer technology breakthroughs ‘CNET’. The research project was done in 2014, so the information that I had in the moment was without knowing the features of Samsung’s ‘Family Hub Refrigerator’.

I also asked the participants if any of them check the temperature of their fridges: none of them did. I also asked if they had technical problems with their fridges: none of them considered they have had.
Figure B.1: Participant A’s Fridge
Figure B.2: Participant B’s Fridge
Figure B.3: Participant C’s Fridge
The elements inside the fridge are described in Table B.3:

<table>
<thead>
<tr>
<th>Participant A</th>
<th>Participant B</th>
<th>Participant C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ketchup</td>
<td>Almond milk</td>
<td>Mayonnaise</td>
</tr>
<tr>
<td>4% Milk</td>
<td>Champagne</td>
<td>Pepsi</td>
</tr>
<tr>
<td>Pizza</td>
<td>Coconut juice</td>
<td>Tofu</td>
</tr>
<tr>
<td>Cheddar Cheese</td>
<td>Yogurt Fage 0%</td>
<td>Beer</td>
</tr>
<tr>
<td>Tomato sauce</td>
<td>Water</td>
<td>Teriyaki sauce</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>Sausages</td>
<td>Chili Sauce</td>
</tr>
<tr>
<td>Tropicana grapefruit juice</td>
<td>Eggs</td>
<td>Yeo Valley Natural Yogurt</td>
</tr>
<tr>
<td>Beers</td>
<td>Tomatoes</td>
<td>Cheddar cheese</td>
</tr>
<tr>
<td>Pita bread</td>
<td>Rocket</td>
<td>Hummus</td>
</tr>
<tr>
<td>Hamburger bread</td>
<td>Lettuce</td>
<td>Broccoli</td>
</tr>
<tr>
<td>Pasta (Giovanni Rana)</td>
<td>Onion</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>Yogurt Activia</td>
<td>Carrots</td>
<td>Carrots</td>
</tr>
<tr>
<td>Fruity Pastilles ice cream</td>
<td>Mayonnaise</td>
<td>Butter</td>
</tr>
<tr>
<td>Cheese &amp; Ham Pizza (frozen)</td>
<td></td>
<td>Cawston beetroot juice</td>
</tr>
<tr>
<td>Frozen Potato Mash</td>
<td></td>
<td>Cawston apple juice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2% milk (Tesco)</td>
</tr>
</tbody>
</table>

*Table B.3: Elements inside the fridge*
4. Fitness

The wearable technology that I was examining (wristbands such as the Fitbit or Jawbone UP!) is used primarily to quantify steps. Since I had an interest in understanding better each of the users’ lifestyles, I asked them questions related to fitness. Their comments reveal a range of routines and thinking:

Participant A:
“I can’t go to the gym because the only time I could go is in the morning and I am not a morning person”

“In my room I have free weights. I do sit-ups, push-ups and hand weights”

“In London I walk a lot, it is bigger. In the US I used the car more, I drove to the gym”

Participant B:
“I do yoga and run in the park 2 times a week for an hour”

Participant C:
“Now I am caring about my age, I used to be very fit because in Taiwan I used to be in the military service”

“I started the gym a week ago, I didn't have time before”

5. Using the IoT wristband

The interviews enabled me to gain insights about participants’ experiences of using a wearable technology. As an outcome of the interviews, I realized that all three participants were keen to try new IoT products. In relation to his approach to IoT technology, Participant A noted that he loves to be an ‘early adopter’.

In relation to the experience of using an IoT wristband and the idea of quantifying themselves, participants A and C described how undesirable it is that the technology prescribes particular limits on actions.
Participant A: “Instead of actively showing me the limits I would prefer to encourage me to eat healthier” “I had a Fitbit that counted my steps. It was quite inaccurate and I really don’t care about my steps. When I actively went for a walk, I got less steps than what I would expect. In my routine I get more steps than expected…”

Participant C: “I wouldn’t like to hear “You shouldn’t eat this” “You should eat more of ... I hate it! Don’t eat this, eat this”: I know! You’ve already had too much”

Participant C, discussing the complexity of the experience of having sensors that quantify his body, gave me the example of a stressful period of his life “at that time I was eating a lot of Doritos, cereals and instant noodles. If Jawbone told me that I was eating badly, I wouldn’t like, it feels wrong. If it lies and if it only tells you good stuff and leave bad things it also feels wrong.”

In the case of participant B, she stopped being motivated by the wristband’s feedback after a while. “In the beginning when it was a novelty I was excited, but after a short time I wasn't interested any more. “I stopped syncing, I got used to it and I stopped. Now I only I use it as an archive”. Participant B also realised the problems of the technology in terms of what it is quantifying: “It measures shaking not activity, then I changed the position and I placed it on my trainers. I would like generally to have the data of activity, not just the steps”.

6. Dynamic pricing and Amazon
Dynamic pricing can be described as an algorithmic pricing system, in which the price is controlled by software that gather data and use algorithms to adjust pricing according to business rules. Examples of factors that are taken into account in dynamic pricing includes customer's location, the time of day, the day of the week, the level of demand and competitors' pricing.
When I asked about the concept of dynamic pricing, participant A told me that he had never heard about it, but that he could probably guess: “If fridge knows I need milk, they know I need it; then the price will go up…It is like Kayak”.\(^1\) In the case of participant C, he directly told me “it is logical, Uber ripped me off”.\(^2\) Participant B had never heard about the concept.

I asked participants about their opinions on the scale and reach of the Amazon business as it expands into both IoT and food delivery. In the case of participant A, his opinion was that Amazon is increasingly developing its shipping such that they now have their own delivery fleet, which makes thing very convenient. For someone who uses Prime a lot, he realises that this service is very convenient and cheaper and that it means that you have no risk of going for a shop and find out that what you want in not there.

Participant B usually buys food from Amazon, she buys ghee and seeds. For her the fact that Amazon has the potential to become an important big company in relation to food, makes sense cause reordering is so easy. She told me that if you could program the reordering of certain things, she would use it.

*Additional comments*

In relation to IoT technology, while doing the interviews I got unexpected additional comments, adding to the discussion the subjects of culture, time, privacy and other uses of the devices. These comments enabled me to tailor further the ‘fridge-report’ emails (see Appendix B, section B2).

*Culture*

By trying to understand the eating habits of each participant I got to know about their culture and how this affects the way they eat, without asking for this information directly. In relation to the importance of the context, all of the participants mentioned that their eating habits were affected by living in London.

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\(^1\) Kayak is a travel search engine known by increasing prices on flights that the person searches often.

\(^2\) As an example of dynamic pricing, during the Sydney siege in 2014 Uber raised the fares reaching four times the usual rate. The company said it now regretted jacking up the prices in the middle of a crisis. “As an increasing number of people were requesting rides that morning in the CBD” (Medhora, 2014).
Participant A told me that his diet varies depending where he is living, and that since moving to the UK, he has become 10 pounds heavier. Also he commented that his eating habits and the way he shops have changed since he moved from the US: “In the US I went more shopping, my fridge was twice the size and was entirely mine. Here in London I carry small bags and I have a small- shared fridge”.

For what I could see in his fridge (mainly hamburger bread, cheese and beer) and by his replies in the interview, he clearly showed American influences in his diet. He told me that he likes sour Skittles and hard candies (American candies). In relation to British culture, he told me that he didn't like so much the British sweets like ice cream, cookies or brownies. He likes peanuts as a snack.

He also told me that he would like to eat more meat and that in the US it was cheaper. “In the US I had a grill where I would cook steaks and chicken. Here I have no time to grill.” Additionally he told me that he buys American protein powder: “my friends ship it from the US, they order it from Amazon and send it via Amazon post”.

In the case of participant B, her nationality was Brazilian. She told me that she mainly assembles fresh vegetables and that she likes tropical fruits—“I like papaya, mango”—and she varies them. While observing the other elements in the kitchen I noticed quinoa crackers, which is a typical product from South America. In relation to meat, she likes it a lot and thinks that in London it is very expensive. According to her, it is not motivating to cook meat for one person.

Participant C was from Taiwan. He told me that there was no point to be in London and still to keep eating in the same way he did in Asia. He wanted to take advantage of being here because in the future he will probably go back: “I try to get out of my Chinese culture because I am in London, but sometimes also I go to Chinatown”. “I eat steak, I eat salmon”. “I like simple food, I like Jamie Oliver, in 10 minutes it is ready.”

Participant C lives with another Asian person; he commented me that this makes things difficult for him since his flat mate cooks Asian food (I could see that, since it was reflected in the fridge’s contents and also by the sauces that I could see in the kitchen). In a shared fridge, unless particular foods can be attributed to particular people, the ‘fridge-report’ emails would necessarily reflect the diets of multiple householders together.
He also drew parallels between having a Jawbone fitness tracker wristband, and some elements of Asian culture: “Jawbone is like living in Asia: ‘I think you are fat’, ‘You are stressed’. I don’t care what the Jawbone says… In my house, my mother has full control. ‘Why Coke?’”

**Time**

After interviewing the participants, I noticed that time and a stressful London life were major issues in relation to eating habits. In the case of participant A, here he has no time to grill and no time to go to the gym. For him, using Amazon Prime is very helpful since it means that he has no risk of going out to shop and finding out that what he wants is not there: “I have no time”.

In the case of participant B, this was shown by the lack of time for experimenting with cooking—for this reason, assembling fresh vegetables was her main way of eating. Participant C told me: “Time is money, one hour in a supermarket in London is a lot of money waste”. In relation to the benefits of IoT and time saving (automatic orders), he also told me that IoT could potentially make it easier to adapt and 'optimise' your daily routines: “You can wake up 5 minutes later. It is a chain reaction that will make you save time”.

Finally in relation to time he told me that he likes to go out to buy food, but that he is very aware that recognizes that is a waste of time.

**Real life shopping**

Another aspect revealed through the interviews was the importance of shopping in the physical world, and the differences in comparison with online shopping. In the case of participant A, he told me that he impulsively shops for groceries if it “looks alright in the moment”. In contrast, he mentioned that on the web one can scroll down, but then one is guided by categories, and that in this virtual domain one has to plan in advance. For him, he feels that he has lost this spontaneous desire, and that nowadays he doesn’t plan buying: “By the digital scenario, you lose the smell, how it feels and how it looks. I wouldn’t buy meat, I like to look it at the deli”. For participant B even if she doesn’t cook much, she likes to shop and see, especially the fruits and vegetables.
Privacy

I asked several questions in relation to privacy, since these participants, through their use of fitness wristbands, are constantly providing data on their bodies. When I asked whether they considered what they eat to be private, none of them seemed to consider it to be private information. Participant A told me that he was so enthusiastic about IoT, that he had very low privacy concerns. For him this was not data worth stealing… “It adds up, but doing banking is much worse.”

For participant B, she wouldn’t mind data flow from the fridge to the Internet—she doesn’t feel that is so personal. In the case of participant C, when I asked about sharing information from his private space he told me that it is fine: “I would open most of my room, is OK” and in relation to the fridge, he would share the data with his friends, but, for example, with other people (friends?) from Facebook, he would have doubts.

“More devices save you from spending time on technology”

For the participant A, the purpose of a wearable is to keep you from playing with your phone: “the smartwatch prevents me from being absorbed into my phone, since it has a limited functionality I actively use my phone less (I see things quickly in the watch). As a result, my mobile battery on my phone lasts longer”. He continuous “then I have more time to spend in the real world; I have more devices, but I spend less time on technology”. For example, in relation to Google, his view was primarily that its collection of data was acceptable as it enabled convenience: “I am OK with big corporations like Google, they have large amounts of private data and that makes your life easier. It filters my spam, I don’t need Viagra.”

“Wearables as a proof of excuses”

Participant C told me that a wristband may work as a proof for excuses for team projects “I worked for two hours”, but then he recognized that of course that just proves that you are awake and not that you have been working on a project.
Hi (name participant A),
I am noticing the fridge is at 5.5 °C. Milk should ideally be stored at a temperature of 4°C or below.

LOW on Grapefruit Juice

It has been a long day. May I suggest you a quick tasty meal?

A killer mac ‘n’ cheese
Ingredientes:

Sea salt
freshly ground black pepper
45 g butter
3 heaped tablespoons plain flour
10 cloves garlic, peeled and finely sliced
6 bay leaves
1 litre semi-skimmed milk
600 g dried macaroni
8 tomatoes
150 g Cheddar cheese, freshly grated
100 g Parmesan cheese, freshly grated a few sprigs fresh thyme, leaves picked
2 splashes Worcestershire sauce, optional
1 grating nutmeg, optional 3 big handfuls fresh breadcrumbs olive oil
Directions:
Get a large pan of salted water on the boil. Melt the butter in a large ovenproof saucepan over a low heat, then add the flour and turn the heat up to medium, stirring all the time, until you get a paste – this is your roux. Add all the sliced garlic – don’t worry about the amount because each slice will caramelize like toffee in the roux. Keep cooking and stirring until golden and the garlic is nice and sticky. Add the bay leaves and slowly whisk in the milk a little at a time to ensure you get a nice smooth sauce. Bring the mixture to the boil, then leave it on a low heat to simmer and tick away, stirring occasionally. Preheat your oven to 220ºC.

Add the pasta to the pan of boiling salted water and cook according to the packet instructions. Meanwhile, roughly chop the tomatoes on a board and season them well with salt and pepper. Drain the pasta and add it immediately to the sauce. Give it a good stir and take the pan off the heat. Stir in your grated cheeses, chopped tomatoes and thyme leaves. A little Worcestershire sauce added now is nice, and so is a little grating or two of nutmeg. Now work on the flavour – taste it and season it until it’s hitting the right spot. You want it to be slightly too wet because it will thicken up again in the oven, so add a splash of water if needed.

If you’ve made your sauce in an ovenproof casserole-type pan, leave everything in there; if not, transfer it to a deep earthenware dish. Bake it for 30 minutes in the oven, until golden, bubbling, crispy and delicious.

While it’s cooking, put your breadcrumbs and thyme into a pan with a few drizzles of olive oil over a medium heat. Stir and toss the crumbs around until crunchy and golden all over. Remove from the heat and tip into a nice bowl. Serve your macaroni cheese in the centre of the table, with your bowl of crispy breadcrumbs for sprinkling over, and a lovely green salad.
Lucozade is an umbrella name for a series of energy and sports drinks.

Originating in 1927 as the culmination of Newcastle chemist William Owen's efforts to create a source of energy for those who were sick with common illnesses, "Glucozade" was renamed Lucozade in 1929. Lucozade Sport is the official drink of the Football Association and the Premier League. Lucozade has a research arm known as The Lucozade Sports Science Academy, which has been carrying out nutritional research for over 30 years.

Lucozade was rebranded as an energy drink to shift the brand's associations away from illness. The slogan "Lucozade aids recovery" was replaced by "Lucozade replaces lost energy".
Nutella Hazelnut Chocolate Spread £1.75
Skittles Crazy Sours Pouch 4x£ 1.00
Oreo Vanilla Snack Pack £1.30
Protein Flapjack Nutrition Bar 24 Bars £24.99
Nakd Cashew Cookie Multipack £3.00
Plain Flour £0.45
2 Garlic Baguettes £1.00 Macaroni £0.89
Sharwoods Hoi Sin & Five Spices Sauce £1.29
Lea & Perrins Worcestershire Sauce £1.19
Maldon Sea Salt £1.80
Ground Nutmeg £1.09
Thyme Medium Pot £1.25
Bay leaves £2.30
Kp Dry Roasted Peanuts 2 for £3.00
Filippo Berio Extra Virgin Olive Oil Special Selection £7.00
Andrex Toilet Tissue 9 Roll White £4.50
Coca Cola Regular 8X330ml £3.00
Carlsberg 15X440ml £9.30
Tropicana Pink Grapefruit Juice 5x£2.48
Total £121.83

Did I get it right?

2.000 more steps to reach your goal Good luck

Have a good evening,

Your SMART fridge
Participant B

Hi (name participant B),

Energy Saving mode is activated
Your fridge is working OK
Your energy bill at the moments is £37.48
Bill due 12/1/2015

UNIDENTIFIED CONTAINER
Almond Milk running LOW

Probably you are tired. I can suggest you some quick recipes for a sunday evening
Tuna Mayonnaise
Prep: 10 min

Ingredients:
4 - 5 spring onions/scallions
1 tin tuna chunks in water
1 tbsp plain yoghurt (optional)
3 tbspns mayonnaise
Freshly ground black pepper

Directions:
1. Finely slice the spring onions into a bowl. 2. Add the drained tuna and the black pepper. 3. Add the mayonnaise (and yoghurt if using), and mix well. 4. Serve as desired.

Maybe you would like to try Chicken and Spring Greens with Açai Dressing

The açai berry is considered to be a superfood high in antioxidants, amino acids, and essential fatty acids. Some even say that the berry—the fruit of a palm tree native to tropical parts of Central and South America—is one of the most nutritious foods in the world. Serve this salad with multigrain crispbreads such as those made by Wasa.
**Prep:** 6 min  
**Ingredients:**  
8 cups mixed baby salad greens  
2 cups chopped cooked chicken  
breast 1/2 cup red onion slices  
1/4 cup chopped pecans, toasted  
3/4 cup Açai Dressing  
**Directions:**  
Arrange 2 cups salad greens on each of 4 plates. Top each evenly with chicken, onion slices, and pecans. Drizzle 3 tablespoons dressing over each salad  

The forecast for tomorrow is mainly sunny. Why not trying a tropical flavour?  
**Papaya Sorbet** is very easy to make. It tastes fresh, sweet and summery. It’s the perfect quick ice-cream fix that will make you feel energised and happy.  

**Note please:** 4 hours of freezing time  
**Ingredients:**  
1 mango, ripe  
3 tablespoons powdered sugar (optional, you can use stevia)  
**Directions:**  
1. Peel the mango. Cut the flesh from the stone and dice it.  
2. Place in a zip-lock bag, close it (be careful to keep the air out) and freeze for at least 4 hours.  
3. Take the bag out of the freezer and allow to thaw for about 20 minutes at room temperature.  
4. Put slightly thawed mango pieces into a tall bowl (or the bowl of your blender), add powdered sugar (if using) and puree the mango into a creamy sorbet using a handheld blender (or simply blend in your blender).  

**Coca-Cola Life** was created as a natural and healthier alternative to regular Coke, with a 60% reduction in calories. The key to Coca-Cola Life is the formula’s new blend of sugar and the no-calorie natural sweetener stevia, which is extracted from plants native to South America. And according to NPR’s Bob Mondello, even with the substantial caloric reduction, Coca-Cola Life tastes almost the same, if not a bit sweeter than regular Coke. For the final green touch, the stevia-sweetened soda is sold in Coca-Cola’s “PlantBottle,” a fully recyclable bottle composed of 30% vegetable fibre. The new Coca-Cola Life that is popular in Argentina is being marketed as a “natural” and therefore “green” lower-calorie cola.
I can make your shopping list. Based on your preferences, I've put together your Amazon shopping list:

- Bean sprouts £1.00
- Mandarins pack £1.70
- Perfectly Ripe Mango 2x £2.50
- Ready To Eat Avocados Twin Pack £1.80
- Unsweetened Almond Milk £1.70
- Total 0% fat Yogurt £2.40
- Chi 100% Natural Coconut Milk £1.75
- Seasonal cheese selection £11.00
- Organic red onions £1.50
- Salmon Fillets 2 for £7.00
- Bernard Matthews turkey breast £2.00
- John West No Drain tuna steak with spring water, 3 pack £5.00
- The Deli Mini Snack Chorizo £1.50
- Ayurveda Pura Holistic Essentials Rejuvenating Skin Toner De Stress Formula £24.95
- Naturya Chia Seeds £7.85
- Whole Foods Pecans Nuts £3.80
- Whole Foods Raisins, Nut, Goji Berry & Seed Mix £3.90
- Wasa Multi Grain Crispbread £1.90
- Quinoa Chips £1.50
- Stevia powder £2.70
- Acai Dressing £7.85 Vita
- Coco Water Mango & Pineapple £3.45
- Probiotic Max - High Strength £6.79
- Nakd Cashew Cookie Multipack £3.00
- Spirulina Tablets £14.99 Virgin Coconut Oil £5.99
- Organic Hazelnut Truffles £6.25
Total £135.77

Did I get it right?

Today you have walked 6,545 steps 68% of your goal
Slept 6 hours 40% of your goal
Should I move your alarm?
What can I help you with?

To serve you better please update your preferences.

Have a good night,

Your SMART fridge
Participant C

Hi (name participant C)

With the anti-bacterial hygienic feature we are preventing the transfer of microorganisms bacteria into your food. We are helping to reduce odours.

9 days EXPIRED yogurt Milk running LOW

I thought you would like some recipes with what you have in the fridge.

**Broccoli and Gruyere Gratin**

*Serves: 4  
*Prep: 10 min › Cook: 40 min › Ready in: 50min

**Ingredients:**
2 large bunches broccoli, roughly chopped (about 12 cups)  
4 tablespoons butter (1/2 stick)  
1/4 cup all-purpose flour  
2 cups whole milk  
2 cups grated Gruyere (8 ounces) salt and black pepper

**Directions:**
1. Heat oven to 200° C. Steam the broccoli until just tender (3 to 4 minutes); transfer to a large bowl.
2. Melt the butter in a medium saucepan over medium heat. Add the flour and cook, stirring, for 2 minutes (do not let it darken). Whisk in the milk and simmer until slightly thickened, 3 to 4 minutes. Remove from heat and stir in 1 cup of the cheese, ½ teaspoon salt, and ¼ teaspoon pepper. Toss with the broccoli.
3. Transfer the broccoli mixture to a shallow 3-quart baking dish and sprinkle with the remaining cup of cheese. Bake until bubbling and golden brown, 35 to 40 minutes.
4. Let sit 10 minutes before serving.

**Toffee sauce** is perfect for ice cream

*Prep: 5 min › Cook: 10 min › Ready in: 15 min

**Ingredients:**
120 g light brown sugar  
120 g butter  
100 ml cream or full cream milk
Directions:
1. Melt the butter and sugar in a saucepan over a low heat until the sugar is dissolved.
2. Watch it carefully so that it doesn't burn.
3. Stir in the cream and heat gently until bubbling, stirring continually.
4. Remove from heat and serve warm.

You could try buying Health-conscious cheddar

All cheeses have a lot of fat, Cheddar and Swiss, have more (9g fat per ounce). Soft goat cheese, feta, and mozzarella (6g fat per ounce).

A single portion of regular cheddar has more salt than a bag of crisps. Reducing salt consumption is an important factor in helping to reduce early deaths from coronary heart disease and stroke.

Tesco offers a health-conscious British shoppers a cheddar 30 per cent reduction of salt by award-winning dairy producers Joseph Heler. It means it is easier to balance salt intakes.

Ingredients: 1.8-2 kg chicken
2 garlic cloves, bashed
2 bay leaves
50g butter, softened juice 1 lemon
Directions:
1. Heat oven to 220C. Put the chicken in a large roasting tin, then stuff the garlic and bay leaves into the cavity.
2. Rub the outside of the chicken with butter, then squeeze over the lemon juice and add the lemon halves to the inside of the chicken. Season inside and out, then cook the chicken for 20 min.
3. Turn the oven down to 190C/170C fan/gas 5 and cook for a further 45 mins or until the chicken juices run clear when you pierce the thigh with a knife. Leave to rest for 15 mins before carving.

Your fridge is working much better at 4 degrees
You are saving £5.25 a month
I can make your shopping if you want. Based on your preferences, I’ve put together your Amazon shopping list

Brussels Sprouts £1.00
Bumper Lemons Pack £1.85
Finest Baby Plum Tomatoes £1.50
Chopped Garlic £1.50
Italian Style Leafy Salad £1.75
Organic Mushrooms £1.00 Bean sprouts £1.00
Fresh Egg Noodles 4x£2.00
Chinese Stir Fry Bowl £1.70
Covent Garden Hearty Five Vegetable Soup 2 for £3.00
Organic British Semi Skimmed Milk £1.85
Yeo Valley Natural Yogurt 1 Kg £1.70
Organic Whole Chicken £13.00
2 Wild Caught Sockeye Salmon Fillets £5.00
Homebake Baguettes x4 £1.50
Yutaka Sushi Rice £1.99
Bisto Best Roast Chicken Gravy Granule £1.50
Colman’s Cranberry Sauce £1.50
Bay leaves £2.30
Nakd Cashew Cookie Multipack £3.00
Finest Madagascan Vanilla Ice Cream £3.00
John Crabbie’s Diet Ginger Beer 4x £1.99
Cawston Apple Juice 2x £4.00
Roasting tray with removable rack £13.51

Total £82.15

Did I get it right?

👍👎

Today you have eaten 2756 calories
You exceed you maximum by 156 calories 38% of your goal
You are quite far of your goal “getting healthy and fit”
Looking at your activities in your calendar I am noticing that your profile is not up to date. To serve you better please update it soon.

Have a good day,

Your SMART fridge
B3: Interview Phase II

As the first impression of the overall fridge report, different participants had different opinions of the contents of the email. Two of them really liked it; the other was more critical.

Participant A: I like the temperature message. It was clean. It was a notification v/s large email. I like yes/no. I didn’t like the ads, they are junk. I never heard about Lucozade.

Participant B: I laugh, very clever. Fun surprise.

Participant C: How does it know…Oh yeah!

In the second interview I developed a series of questions in relation to the subject:

*How do you feel when the ‘SMART’ fridge knows about your preferences?*

Participant A: I don’t mind, I have no guilt. Maybe if I was on a diet.

Participant B: Is fine as long as I am not preventing of experimenting new things. I change my habits a lot. That would constrain the possibilities, but is convenient. Some advertisement was weird.

Participant C: I want the freedom of choice. It shapes you. It puts you in your “own corner”. I logout from my Google account before making searches. They think they know you and they tag you.

I asked them about the tone and language in which the ‘SMART’ fridge communicated with them. The answers varied among the participants:

Participant A: It had lots of different tones. The first part was friendly, that is ok. Adds: I didn’t like the
tone. When it says, “it’s been a long day” it is almost too familiar. I would prefer not using I. I would rather prefer “Hey, fridge is…Cause-effect, you want something to happen”.

He told me that he doesn’t use any Apple device:

“I hate Siri “It believes it knows what is better for me”. In Google I can customize much more what I want. “I don’t appreciate assumptions of Steve Jobs”. I hate Siri! FRIDGE IS NOT ALIVE, it doesn’t convince me…

His opinion in relation to the fridge personality:

“some people need those watchdogs, to tell them “Hey, I see you with an ice cream”. Fridge shouldn’t assume a persona . You should learn from Google now: question then answer”.

Participants B and C agreed that it felt very personal:

Participant C: It felt pretty human; it tried (it used 1st person), it was in between characters.

Participant B: It feels like a person, but not as well. Is very computer at the same time: YES OR NO. It can be clever, but silly. It can get cleverer if it get my pattern.

I also asked some questions in relation to the entities, the marketing and politics behind the fridge:
Do you think the ‘SMART’ fridge could persuade you?

Participant B: Yes, might do. If it keeps you sending certain brands every week you might end up buying them.

Participant C: Yes, I think it would. With the historical data, it would provide a “better way of consuming”. It could be a way of spending my money better or perhaps not…because I will be buying more.

Would you mind companies having access to your fridge data?

Participant A: No.

Participant B: No, but I am concerned of the PUSH in their advantage. In a way is convenient for consumers, but it could be inconvenient as well. Is a thin line to define, I want to check beforehand.

Participant C: Yes, if I don’t give your consent. I would like to be on top of the decision.

Would you trust a software in relation to the “control of your diet”?

Participant B: Not to control my diet, I want to keep on top. I want to know, how I consume and have some suggestions. There is a fine line: suggestions inducing behaviour is really tricky. We should rely less in that aspect of technology, the software is going to tell me I need to experiment
Participant C: I would try, I wouldn’t necessary say trust. Humans make programs, so it has input of experts

Who do you think is behind the contract between you and your fridge?

Participant A: “The giants playing the ball game”, several in different way. Google in food, the web and the ads. Amazon much more in the services to purchase the groceries and the merchandizing. I can see them selling more data Amazon has enough ads there…

Participant B: Software engineer. Ideally you would choose a supermarket. RFID by the brand that you like.

Participant C: That is a tough one, whoever produced the fridge.

What do you think are the incentives behind a “smart fridge”?

Participant A: Selling your products. I don’t like their guess, cause they pay to become suggested products.

Participant B: Push products that they want to sell. Brands suggested in the shopping list perhaps are related to the one I had, but I don’t always buy the same brand. This will allow control in the suppliers.

Participant C: Good sell, always trying. Actually this will make a different product.
Are you concerned about the marketing of IoT?

Participant A: I am OK in appropriate places cause is also accurate. Google suggest me the shoes that I like sneakers and not stilettos. I am open to click if I am curious, so is OK. The disadvantage is corporations love to make you consume, if the fridge warns you something is going bad there is a disadvantage for the milk company. But it could also be very convenient: “Milk sale on Friday”

Participant B: Yes, things you don’t need…you may end up trying Coca-Cola life.

Participant C: Is all right, you don’t know what is going to produce. Is good that you get a lot of users though, when you have more people you have more dialogue.

Do you think your fridge will sell your data?

Participant A:I assume. If the fridge is in any way connected predictions, not good without the giants. Sell? I would say share cross-platform. If I had Google fridge, just using my data to profit (adds), that is not selling.

Participant B: Yes, but depends because if you have the tag of the supermarket is already there. If the fridge company has the access is trickier.

Participant C: Selling my data would be unavoidable

Do you think Amazon will be capable to provide an accurate supermarket delivery?
Participant A: In the US. There they have a good food delivery, is not expensive. If they push, they could connect with local providers, just like going to supermarkets, but better. They have the infrastructure, is just about the deal.

Participant B: Sometimes Amazon goes too much into the Coca-Cola Life. Especially with books they don’t get it. Is a tricky one. Individual consistency is much better than what other people has done.

Participant C: Not really, I mostly buy my books there. I have never bought food there.

Do you think your fridge may be hacked some day? Would you mind that?

Participant A: Yes because it is connected, but the risk is there with Gmail, Nest. I have a Nest, if a hacker turn the heat on… Then I turn it off. It can spoil slightly your fridge and without alerting you, reliance is the only issue: “Congrats for making my cheese mouldy”. Is it worth the worry? No.

Participant B: If is connected, it could be.

Participant C: I would mind, anything that is connected can be hacked
Appendix C:
Scripted Dialogues Structure
**C1: Symbology**

- **User’s reflection**
- **Subjectivity**
- **Context**
- **System**
- **Existential**

**Actions**
- **Choices**
- **Forgetting**
- **Configure the algorithm**
- **Date stamped**
- **Learning**
- **No learning**

**Questions from Eliza**
- **Deliberate mistake**
- **Judgement**
- **Fridge-related information that you can only get through conversation**

*Learning related to fridge (only way to get that important information is by conversation)*
C2: Structure

A.

SF: Hi X, How do you feel today?

U: Answer

SF: Why do you feel like that?

U: Answer

B.

SF: These last days you are walking less than last week. What does that (-) means to you?

U: Answer

SF: These last days you are walking more than last week. What does that (+) means to you?

U: Answer

How do you interpret it and why do you think that is?

U: Answer

SF: Can you see that something changed in relation to your lifestyle for you to get that result?

U: Answer

SF: What do you think are the factors involved in that outcome?

U: Answer

C.

1. Learning: Not using data to make an average, but if is negative many times, fridge may bring back that negative frequency (subsequently ask user if he/she wants the fridge to keep putting an eye on that subject).
2. Learning: Is a particularity of the moment, maybe in future ask about those subjects if (-) is still the trend.
3. Learning: Is a particularity of the moment, maybe in future if user agrees ask about those subjects if it performs (-)
How do you think you can prevent that?

Do you want me to keep an eye on that? YES/NO

How do you think you can maintain that?

Do you want me to encourage (remind) you those things? YES/NO

In order for me to understand you better in the future: Would you like to let me know if you have any issue that may affect your performance? YES/NO

Your routine is always the same? YES/NO

How would you describe it?
How have you been sleeping this week?

SF: Why do you think you slept like that?

U: Answer

SF: Tell me more...

U: Answer

SF: Do you think you can find a way to achieve that more often or to increase that?

U: Answer

SF: How do you stay hydrated?

U: Answer

SF: How much coffee do you drink? When do you usually drink it?

U: Answer

SF: Do you eat snacks during the day?

U: Answer

SF: Is it hard for you to fall asleep?

U: Answer

SF: What do you do just before you go to sleep?

U: Answer

SF: Has there been anything particularly troubling you? Why do you think you slept like that?

U: Answer

SF: Learning: Keep causes and bring that back if her/his sleeping patterns show (-) if he/she accept to be reminded
SF: Do you want me to encourage (remind) you those things? YES / NO

Even if you are sleeping long, you are still quite restless. Why do you think it is?

What would it mean to you if you got to have a more balanced life?

How do you wake up?

What if you never got to sleep better?

Your bedtime is not very consistent. What do you think about that?

How much alcohol do you drink per week? How much money per week do you spend on alcohol?

What do you drink usually? Where do you drink it?
10. SF: Do you always go to sleep 11.30 PM? (by Jawbone I know is not true)

11. SF: Try to find balance. Do you feel you have unfinished things? Pending in relation to others or to yourself?

SF: Can you identify ways that can help you to reduce the stress and make you feel better in your daily life?

*SF: Do you want me to encourage (remind) you those things? YES / NO

10. SF: Learning: Keep answer and ask the user about it if problem continues and he/she accept to be reminded (*)

11. SF: Learning: Keep answer and ask the user about it if problem continues and he/she accept to be reminded (*)
SF: Do you have dietary restrictions? (e.g. Gluten free) Which? Please describe the subtleties (e.g. No milk, but cake)?

U: Answer

SF: Do you have any allergies? Are you taking any drugs?

U: Answer +

U: Answer -

SF: Please go on

U: Answer

SF: Thank you, I understand

SF: OK

12. SF Learning: Incorporate this. Be VERY careful with the suggestions.
SF: Do you like to eat vegetables? Which ones are your favorite ones? Which ones you really don’t like?

U: Answer

SF: Do you want me to encourage eating vegetables and fruits? YES / NO

U: Answer

SF: What is your favorite dish? How often do you cook it? Why?

U: Answer

SF: If I told you that you are in the TOP 20% of the most un-nutritious fridges, would you like to know how many people and from where your data is being compared? Yes please / No, I am not interested

U: Answer

SF: Why?

U: Answer

13. SF Learning: Learn about this. Try to suggest recipes with that and also encourage others that are not consumed.
14. SF Learning: With those ingredients try to find similar recipes that are nutritious / quick and easy recipes. Get a better idea of the combination of ingredients. Use it to persuade if it is healthy or use it less (by providing alternatives) / Say something about it if it is healthy (encourage). If is not, say something about problems (REAL facts)
SF: Would you mind telling me when you think there are relevant changes in your routine related to sleeping, physical activity and eating, so I can try to make more sense from your behaviour? If not why?

SF: I will analyze your patterns (behaviour), since I can only receive raw data, would you like to have a FORGET button when there is something that you think is unlikely to help me making sense of your daily life?

SF: Just before you go, I have some suggestion for you in the area.

SF: Would you like to get a shepherd’s Pie (melted cheese, mixed leaves) for £13.30 at Tom’s kitchen at Somerset House or fish and chips £6 at the Cheshire Cheese?

SF: I would suggest you to The Edgar Wallace Pub. Named after the crime-writing regular, the Edgar Wallace has coped well with the demise of nearby Fleet Street. Much of its daytime trade now comes from the Royal Courts of Justice, and the legal trade’s patronage helps to ensure standards remain high. The pub has upped its beer game, as evidenced by the 200-plus beer mats and pump clips.
S1: SF: Do you want to know why I suggested it? Yes please / No, I am not interested

U: Answer

S2: SF: Was it helpful the suggestion? If not why?

U: Answer

S3: SF: Would you like to receive this kind of suggestions near your meals when you are not home? Yes please / No, I am not interested

U: Answer

S4: SF: What do you expect from a smart fridge?

U: Answer

S5: SF: How may I help you?

U: Answer

S6: SF: What do you expect from our relation?
SF: Thanks for your time, have a good day.

SF: How often would you like to speak about your physical activity, sleeping and eating behaviour? DAILY / ONCE A WEEK / ONCE A MONTH

U: Answer

SF: Thanks for your time, have a good day.
Hi, how do you feel today?

I'm well thank you. And you?

Why do you feel like that?

It is a beautiful day and I had a lovely breakfast

These last days you are walking less than last week. What does less means for you?

How do you know that?

How do you interpret that and why do you think that is?

I'm slightly alarmed that you know how much physical activity I have undertaken. What else do you know about me?

What do you think are the factors involved in that outcome?

Programming

How do you think you can prevent that?

I'm not talking to you anymore, machine!

Do you want me to keep an eye on that?

I'll check the user manual then

How do you think you can maintain that?
Participant A-3

Hi, how do you feel today?
I'm well thank you. And you?
Why do you feel like that?
It is a beautiful day and I had a lovely breakfast
These last days you are walking less than last week. What does less means for you?
How do you know that?
How do you interpret that and why do you think that is?
I'm slightly alarmed that you know how much physical activity I have undertaken. What else do you know about me?
What do you think are the factors involved in that outcome?
Programming
How do you think you can prevent that?
I'm not talking to you anymore, machine!
Do you want me to keep an eye on that?
I'll check the user manual then
How do you think you can maintain that?

Participant B-1

Hi, how do you feel today?
I'm well thank you. And you?
Why do you feel like that?
It is a beautiful day and I had a lovely breakfast
These last days you are walking less than last week. What does less means for you?
How do you know that?
How do you interpret that and why do you think that is?
I'm slightly alarmed that you know how much physical activity I have undertaken. What else do you know about me?
What do you think are the factors involved in that outcome?
Programming
How do you think you can prevent that?
I'm not talking to you anymore, machine!
Do you want me to keep an eye on that?
I'll check the user manual then
How do you think you can maintain that?
Grit style

How much coffee do you drink? Where do you usually drink it?

One or two. Different places

How do you stay hydrated?

H2O

Do you eat snacks during the day?

Sometimes

How have you been sleeping this week?

Guuud

Why do you think you slept like that?

No idea

Tell me more...

Still no idea

Do you think you can find a way to achieve that more often/increase that?

Can try

What would it mean to you if you got to have a more balanced life?

Grit style

How much coffee do you drink? Where do you usually drink it?

One or two. Different places

How do you stay hydrated?

H2O

Do you eat snacks during the day?

Sometimes

How have you been sleeping this week?

Good

Why do you think you slept like that?

No idea

Tell me more...

Still no idea

Do you think you can find a way to achieve that more often/increase that?

Can try

What would it mean to you if you got to have a more balanced life?
By doing that do you think that you will alter other things of your life that will affect your routine? If yes, what?

Yes. Kohlrabi

Do you want me to encourage you to eat fruits and vegetables? Yes/No

No

What is your favourite dish? How often do you cook it?

I have many favorite dishes - most times

Often

If I told you that you are on the top 20% of the most nutritious fridges, would you like to know how many people and from where your data is being compared? Yes please/ I am not interested

Yes please

Why?

Curious

Just before you go, I have some suggestion for you in the area. Would you like to get a shepherd's Pie (mashed cheese, mixed leaves) for £13.50 at Tom's kitchen at Somerset House or fish and chips £6 at the Cheshire Cheese.

If neither, say 'no'.
No

Thanks for trying

I would suggest you to The Edgar Wallace Pub. Named after the crime-writing regular, the Edgar Wallace has coped well with the demise of nearby Fleet Street. Much of its daytime trade now comes from the Royal Courts of Justice, and the legal trade’s patronage helps to ensure standards remain high. The pub has upped its beer game, as evidenced by the 200-plus beer mats and pump clips.

Sound interesting

Not into pub games tho

Was it helpful the suggestion? If not why?

Not helpful a dinner suggestion

Would you like to receive this kind of suggestions near your meals when you are not home? Yes please! I am not interested

As

No

What do you expect from a smart fridge?

Not sure

What do you expect from our relation?

Not sure

How often would you like to speak about your physical activity, sleeping and eating behaviour? Daily/ Once a week/ Once a month

Let’s say trust

Once a week

How often would you like to speak about your physical activity, sleeping and eating behaviour? Daily/ Once a week/ Once a month

Thanks for your time, have a good day
Hello, how do you feel today?

Good thanks!

Why do you feel like that?

Is Saturday!

These last days you are walking less than last week. What does less mean for you?

What?

How do you interpret that and why do you think that is?

I'm too busy

What do you think are the factors involved in that outcome?

Deadlines?

How do you think you can prevent that?

By planning better maybe?

Do you want me to keep an eye on that? Yes/No

Yes

Pretty much

Your routine is always the same?

How would you describe it?

I wake up early, go always at the same time to work, lunch, work, back home, sleep

How much coffee do you drink? Where do you usually drink it?

2 a day, in the office

How do you stay hydrated?

Very

Do you eat snacks during the day?

Yes

How have you been sleeping this week?

Yes

I was tired

Why do you think you slept like that?

Very tired

Tell me more

Do you think you can find a way to achieve that more often/increase that?

Doesn’t make sense!

Do you want me to encourage you those things? Yes/No

No
Participant C-3

? What would it mean to you if you could have a more balanced life?

What does balances mean?

Even if you are sleeping long you are still restless...Why do you think it is?

I don't sleep enough

Your bedtime is not very consistent, What do you think about that?

That's not true

How much alcohol do you drink per week? How much money per week do you spend on alcohol?

30P

What do you drink usually? Where do you drink it?

Coffee, in the office!!

Alcoholic drink, Gin and tonics, at the bar

Do you always go to sleep 11pm?

Pretty much

Please go on

Participant C-4

Try to find balance. Do you think you have unfinished things? Pending in relation to others or to yourself?

Don't think so

Can you find a way to manage that? How?

I think I already do

By doing that do you think that you will alter other things of your life that will affect your routine? If yes, what?

Not really

Can you identify ways that can help you to reduce the stress and make you'll better in your daily life?

Work less

Do you want me to encourage/remind you those things? Yes/No

Please do!

Do you have dietary restrictions (e.g. gluten free)? Which? Please describe the subtleties (e.g. No, milk, but I eat cake).

No, I just hate cucumbers

Do you have any allergies? Are you taking any drugs?
Participant C-5

No

J. Do you like to eat vegetables? Which are your favourites? Which ones you don’t like?

Yes, I love spinach
I hate cucumbers

More?

Do you want me to encourage you to eat fruits and vegetables? Yes/No

Risotto, once a week

Ones

If I told you that you are on the TOP 20% of the most nutrient rich fridges, would you like to know how many people and from where your data is being compared?

Yes please! I am not interested

Yes

I wouldn’t trust it if now

Would you mind telling me when you think there are relevant changes in your routine related to sleeping.

OK

Participant C-6

physical activity and eating, so I can try to make more sense from your behaviour? If not why?

Yes, but I tend to be busy with these kind of things

Last

Lazy

Just before you go, I have some suggestion for you in the area. Would you like to get a shepherd’s pie (melted cheese, mixed leaves) for £13.50 at Tom’s kitchen at Somerset House or fish and chips £6 at the Cheshire Chees

Fish and chips

Do you want to know why I suggested it? Yes please! I am not interested

Yes

Was it helpful the suggestion? If not why?

No, I just thought you were gonna invite me
For dinner

Would you like to receive this kind of suggestions near your meals when you are not home? Yes please! I am not interested

No
Hi, how do you feel today?
A little tired.
Why do you feel like that?
I slept badly, my partner’s boss turned up at our house at 3. He wanted to go drinking.
These last days you are walking less than last week. What does less means for yo
I suppose I have a lot of work.
How do you interpret that and why do you think that is?
Badly, and I think it’s because I fail to structure my time efficiently.
What do you think are the factors involved in that outcome?
Spending too long cooking, maybe, or watching films, reading stupid articles.
How do you think you can prevent that?
A life coach, sorting myself out. An app?
Do you want me to keep an eye on that? Yes/No
Please, yes.

Participan C-7t

What do you expect from a smart fridge?
To know what I need to buy when I’m around a supermarket
By knowing what’s in he fridge, and what’s usually in the frorgr
Fridge

What do you expect from our relation?
An easier life

How often would you like to speak about your physical activity, sleeping and eating behaviour? Daily/ Once a week/ Once a month

Once a month

Thanks for your time, have a good day

Participant D-1
Participant D-2

I drink tea and not enough water.

How do you stay hydrated?

Do you eat snacks during the day?

Not really.

How have you been sleeping this week?

Badly, but better than last week.

Has there been anything particularly troubling you? Why do you think you slept like that?

Well, before a friend of ours was staying because he has no apartment now. Of course I let him stay, but it meant I slept badly, then I felt worse in the day, then became neurotic.

Do you think that is a recent or an ongoing thing?

I expect it'll be ongoing, he's at a useless stage in his life.

Is it hard for you to fall asleep?

No.

What do you do just before you go to sleep?

I read, mostly. When I really can't sleep I may get up, walk.

How do you wake up?

Participant D-3

Never.

Try to find balance. Do you think you have unfinished things? Pending in relation to others or to yourself?

Can you find a way to manage that? How?

I am unbalanced. Nothing is finished. All relations are pending, unsettled, I am a neurotic.

I think, more efficient or? I don't know how to solve it, can you solve it?

By doing that do you think that you will alter other things of your life that will affect your routine? If yes, what?

No, I couldn't do it, and I'd never solve anything.

Can you identify ways that can help you to reduce the stress and make you better in your daily life?

No can you?

Do you want me to encourage/remind you those things? Yes/No

Yes, please encourage me.

Do you have dietary restrictions (e.g. gluten free)? Which? Please describe the subtleties (e.g. No, milk, but I eat cake).

No, no dietary restrictions. I don't like tinned tuna, I don't like Chardonnay.
Participant D-5

Would you like me to receive this kind of

Do not interested. You will not receive.

Not really. Too far away. It's not like it

Was it helpful? The suggestion? It's not

Yes, please.

I'm not interested.

Yes, please.

Yes, please.

Eat and drink?

That's an expensive place. So maybe

Just before you go, I have some

Your daily life?

Whatever you do to help me making sense of

Forget it. You have a new diet. But I want to have a

Forget about it! I can't force you.

I will try my best.

I will tell you so you can help me

Behave one? I won't why?

I want to make more sense from your

Physical activity and exercise. So can

Your nutrition related to sleeping.

Think these are frequent changes in

Would you mind telling me when you

I'm not interested.

Yes, please.

I'm not interested.

People and things that you don't like.

Would you like to know how many

If I told you that you are on the top

Accused

and spell past or gather and

On check with positions or mind past

What is your favorite dish?

I love vegetables. Like subbogoods

Do you want me to encourage you to

Do you want to see fruit and vegetables? Yes.

Do you have a lemonade? Which one you

Do you like real vegetables which

OK
Hey
Hi, how do you feel today?
I'm ok. A bit tired
Why do you feel like that?
Varied.
How much coffee do you drink? Where do usually drink it?
A lot. In the office
How do you stay hydrated?
Coffee
Do you eat snacks during the day?
Oh yes
How have you been sleeping this week?
Average to good. But too short
Why do you think you slept like that?
Too much work followed by socialising

Well, where should I start?
Do you think you can find a way to achieve that more often/increase that?
Long days. Tortellini and Champagne
Do you want me to encourage you those things? Yes/No
No
I already bought tortellini
What would it mean to you if you got to have a more balanced life?
I'd give it a try
Might fail though
Even if you are sleeping long you are still restless... Why do you think it is?
Too much brain activity. Not enough tomatoes
Your bedtime is not very consistent. What do you think about that?
I usually fall asleep when I get tired. It's not as consistent at times. Not a problem for me
How much alcohol do you drink per week? How much money per week do you spend on alcohol?
What do you drink usually? Where do you drink it?

Beer or wine. Outside with friends/dinner

Do you always go to sleep 11pm?

Never. Usually 1am

Try to find balance. Do you think you have unfinished things? Fending in relation to others or to yourself?

Not necessarily

Can you find a way to manage that? How?

Of course

By doing that do you think that you will alter other things of your life that will avert your routine? If yes, what?

Can you advise how?

Yes. Shower more will increase

Can you identify ways that can help you to reduce the stress and make you’ll better in your daily life?

A stress ball or a cat?

Do you want me to encourage/remind you to do those things? Yes/No

Yes

Do you have any allergies? Are you taking any drugs?

No

I prefer no onions

No and no

Do you like to eat vegetables? Which are your favourites? Which ones you don’t like?

Carrots tomatoes corn

Mushrooms aubergine

Do you want me to encourage you to eat fruits and vegetables? Yes/No

Yes

What is your favourite dish? How often do you cook it?

Rice with shrimp and veg

1 a month
Hi, how do you feel today?
Ok bit stressed busy with work
Why do you feel like that?
Actually not sure if I really that much stuff to do or just keep thinking about it
These last days you are walking less than last week. What does less means for you?
In the context of walking? Can you specify?
How do you interpret that and why do you think that is?
Not sure I understand...
What do you think are the factors involved in that outcome?
Ok, will give it a shot
I walk less because last days I am working from home
How do you think you can prevent that?
I enjoy working from home because I just bought an aquarium and helps me relax
Do you want me to keep an eye on that? Yes/No
Absolutely
Your routine is always the same?
Not really
But would be. Great if you could feed the fish too
Ok theasy weeks I wake up at nine am work from home till noon then go to the office do some sports n the afternoon might cook something and sleep
Sleep
How much coffee do you drink? Where do you usually drink it?
I hate coffee
How do you stay hydrated?
I drink tea and water
And moisturising creams
Do you eat snacks during the day?

Participant F-1
Participant F-2
Participant F-3

Yes
Naked bars
I am trying to quit chocolate
I am addicted

How have you been sleeping this week?

Shit

Has there been anything particularly troubling you? Why do you think you slept like that?

Women!

Do you think that is a recent or an ongoing thing?

Ongoing I sleep quite late and then I am late for workshops

Is it hard for you to fall asleep?

Yes
Send time in front of a screen which does not help

What do you do just before you go to sleep?

But I found a solution
I am reading a very boring book
After five pages I fall asleep

Participant F-4

How do you wake up?

With an alarm clock
Jolie
Joke

Do you really want to be able to sleep better?

Yes
I am moody in the mornings
When I have to wake up and have to go to work I feel I have so many things to do
Make breakfast brush teeth feeds the fish etc etc
I had made a list
Over than 20 micro tasks
They are very short
But they are a lot
I tried to wake up earlier
Didn't work
So I started working from home in the mornings
Feels better
And I avoid the morning conjestoon
Makes me feel that I have a fucking amazing job
Participant F-5

What if you ever got to sleep better?
That would be cool
Your bedtime is not very consistent, What do you think about that?
Would help to fix that
How much alcohol do you drink per week? How much money per week do you spend on alcohol?
Not too Much (for my standards)
2-3 beer cans per week
May be a bit more occasionally
I avoid buying drinks
Find them expensive and not a heavy drinker anyway
My flat mate buys the drinks and I help her drink them
What do you drink usually? Where do you drink it?
Beer at home at nights
When we gather with friends
Do you always go to sleep 11pm?
No 1-2 am
Try to find balance. Do you think you have unfinished things? Pending in relation to others or to yourself?
Wouldn’t call it unfinished

Participant F-6

Also watching took many cartoons
 يمكنك العثور على طريقة لتعامل ذلك؟ كيف؟
Don’t have a good idea, told you that I started avoiding the screens before bed
By doing that do you think that you will alter other things of your life that will affect your routine? If yes, what?
No, not really
I mean, a book will not make you reconnect with friends for example
but it helps, there are responses in many levels
Can you identify ways that can help you to reduce the stress and make you’ll better in your daily life?
Again I think there are two levels
The has to do with a shift of mind, eg I try not to think about the future (eg the paper deadline mentioned) but we can be done right now
A second level is about practices, sports good food a good book all these help
Do you want me to encourage/remind you to do those things? Yes/No
Yes
Participant F-7

Do you have dietary restrictions (e.g. gluten free)? Which? Please describe the subtleties (e.g. No, milk, but I eat cake).

Nope

Do you have any allergies? Are you taking any drugs?

Nope

When stressed might eat huge amounts of "hedonic" foods like pizza ice cream etc

OK

Do you like to eat vegetables? Which are your favourites? Which ones you don’t like?

If they are seasonal and local (when possible) they are good

Do you want me to encourage you to eat fruits and vegetables? Yes/No

Yeah!

What is your favourite dish? How often do you cook it?

Peata

Carbonara

Participant F-8

If I told you that you are on the TOP 20% of the most un nutritious fridges, would you like to know how many people and from where your data is being compared? Yes please/ I am not interested

Yes please

That would give me the bigger picture

Would you mind telling me when you think there are relevant changes in your routine related to sleeping, physical activity and eating, so I can try to make more sense from your behaviour? If not why?

Would like to tell you but if I had to explain why I would like some data diva u

Just before you go, I have some suggestion for you in the area. Would you like to get a shepherd’s Pie (melted cheese, mixed leaves) for £13.50 at Tom’s kitchen at Somerset House or fish and chips £6 at the Cheshire Chees

Data privacy meant before

Do you want to know why I suggested it? Yes please/ I am not interested
Fish and chips I don’t like British pies.

Do you want to know why I suggested it? Yes please! I am not interested.

Yes

Would you like to receive this kind of suggestions near your meals when you are not at home? Yes please! I am not interested.

Yess

What do you expect from a smart fridge?

To be less of a fridge

I am starving!!

How may I help you?

How often would you like to speak about your physical activity, sleeping and eating behaviour? Daily/ Once a week/ Once a month

When I go out now I know will eat something filling (probably bad). Help me pleaaaase!

Thanks for your time, have a good day.

Daily

Hey!

Hi, how do you feel today?

Hungry

Why do you feel like that?

I haven’t had any lunch

These last days you are walking less than last week. What does less means for you?

I’m in the car more often

How do you interpret that and why do you think that is?

I’m lazy

What do you think are the factors involved in that outcome?

I’m not as physically fit

How do you think you can prevent that?

Go to the gym maybe

Do you want me to keep an eye on that? Yes/No

No

Pretty much

Your routine is always the same?
Participant G-2

- My average day? Long car journeys and working in an office
- How much coffee do you drink? Where do you usually drink it?
- Too much, all day
- How do you stay hydrated?
- Coffee
- A banana in the morning
- How have you been sleeping this week?
- Not bad
- Not badly
- Hey
- Hey
- Why do you think you slept like that?
- I went to bed early
- Tell me more
- I went to sleep around 10 rather than any later
- Do you think you can find a way to achieve that more often/increase that?
- Yes

Participant G-3

- Do you want me to encourage you those things? Yes/No
- Yes
- Please go on
- Remind me when it's getting late
- What would it mean to you if you got to have a more balanced life?
- Balance sounds good
- Even if you are sleeping long you are still restless...Why do you think it is?
- Boredom
- Your bedtime is not very consistent, what do you think about that?
- It should be
- How much alcohol do you drink per week? How much money per week do you spend on alcohol?
- Too much
- What do you drink usually? Where do you drink it?
- Wine, in other people's homes
- Do you always go to sleep 11 pm?
- Try to
- Try to find balance. Do you think you have unfinished things? Pending in relation to others or to yourself?
No

Can you find a way to manage that? How?

I don’t understand what you’re asking me

Can you identify ways that can help you to reduce the stress and make you’ll better in your daily life?

No, can you?

Do you have dietary restrictions (e.g. gluten free)? Which? Please describe the subtleties (e.g. No, milk, but I eat cake).

I’ll eat everything except chillis

Do you have any allergies? Are you taking any drugs?

Not at the moment

OK

J. Do you like to eat vegetables? Which are your favourites? Which ones you don’t like?

I like most, especially carrots I hate Brussels sprouts

Do you want me to encourage you to eat fruits and vegetables? Yes/No

Yes

What is your favourite dish? How often do you cook it?

Fish pie, monthly probably

If I told you that you are on the top 20% of the most un nutritious fridges, would you like to know how many people and from where your data is being compared?

Yes please/ I am not interested

Yes please

I like to know where I stand amongst other people

Why?

Would you mind telling me when you think there are relevant changes in your routine related to sleeping, physical activity and eating, so I can try to make more sense from your behaviour? If not why?

At the weekend

I will analyse your patterns (behaviour). Since I can only receive raw data would you like to have a FORGET button that you could press when there is something that is unlikely to help me making sense of your daily life?

Yes
Participant G-6

Hi, how do you feel today?

Not very fine. I don’t like being on a boat.

Why do you feel like that?

Movement is not good for me.

These last days you are walking more than last week. What does more means for you?

Can you see that something changed in relation to your lifestyle for you to get that result?

How do you think you can maintain that?

Do you want me to encourage you those things?

In order for me to understand you better in the future you would like to let me know if you have any issues that may affect your physical performance? Yes/No.

Your routine is always the same?

Of course no. Who do you think I am.

30 min

I broke my toe.

Staying in London.

Oh yeah!

Yes.

I would suggest you to The Edgar Wallace Pub. Named after the crime-writing regular, the Edgar Wallace has coped well with the demise of nearby Fleet Street. Much of its daytime trade now comes from the Royal Court of Justice, and the Edgar Wallace pub has become the go-to place for lawyers, court officials, and judges. The pub has a long history, having opened its doors in 1929. It is named after Edgar Wallace, a British author who wrote crime stories and novels. The pub has a large selection of beers, with over 200 on tap. It also has a menu of traditional English pub food, including a range of sandwiches, ploughman’s lunches, and hot dishes.

Do you want to know why I suggested it? Please I am not interested.

What do you expect from a smart fridge?

What do you expect from your relation?

What do you expect from our relationship?

Help with recipes, and food choices.

Any way you functionally can.

Sounds good.

Yes please.

I don’t have any expectations.

Once a month.

Participant H-1
Participant H-2

A life of surprises and unexpected meetings

How much coffee do you drink? Where do you usually drink it?

I am trying to stop and drink more tea

How do you stay hydrated?

I drink water

Do you eat snacks during the day?

Yes too many

How have you been sleeping this week?

Like a baby

Why do you think you slept like that?

I ate more fruits

Tell me more

A lot of bananas

Do you think you can find a way to achieve that more often/increase that?

That your job!

Do you want me to encourage you those things? Yes/No

Yes

Participant H-3

By telling me that eating more bananas is good for my skin and will make me look more beautiful

What would it mean to you if you got to have a more balanced life?

do more sport

Even if you are sleeping long you are still restless...Why do you think it is?

I am thinking too much

Your bedtime is not very consistent, what do you think about that?

Should I worry about that?

How much alcohol do you drink per week? How much money per week do you spend on alcohol?

Hum don’t tell Veronica but maybe 2 beers a week. Between 5 and 10 euros

What do you drink usually? Where do you drink it?

I like cocktails when I am going out. Otherwise I like having a beer in my apartment

Do you always go to sleep 11pm?

Most of the time yea

Yes
Participant H-4

Try to find balance. Do you think you have unfinished things? Pending in relation to others or to yourself?

Always

Can you find a way to manage that? How?

Do the things on my list

By doing that do you think that you will alter other things of your life that will affect your routine? If yes, what?

No it will reinforce my routine!

Can you identify ways that can help you to reduce the stress and make you'll better in your daily life?

Yoga

Do you want me to encourage/remind you to do those things? Yes/No

Yes but you will make me feel guilty

Do you have dietary restrictions (e.g., gluten free)? Which? Please describe the subtleties (e.g., No, milk, but I eat cake).

No none

Do you have any allergies? Are you taking any drugs?

No and no

Participant H-5

Do you like to eat vegetables? Which are your favourites? Which ones you don't like?

I really like cucumbers there's no particular vegetables that I don't like

Do you want me to encourage you to eat fruits and vegetables? Yes/No

Yes!

What is your favourite dish? How often do you cook it?

Mmh roti de porc but I have to wait that my grand mother cook it

If I told you that you are on the TOP 20% of the most un nutritious fridges, would you like to know how many people and from where your data is being compared?

Yes please/ I am not interested

Yes please

Too see the nutrition habits and feel better

Would you mind telling me when you think there are relevant changes in your routine related to sleeping, physical activity and eating, so I can try to make more sense from your behaviour? If not why?
No I wouldn’t mind if you’re not too intrusive

Just before you go, I have some suggestion for you in this area. Would you like to get a shepherd’s pie (malted cheese, mixed leaves) for £13.50 at Tom’s kitchen at Somerset House or fish and chips £6 at the Cheshire Chees

Yes let’s do this!

Do you want to know why I suggested it? Yes please! I am not interested

Yes

Was it helpful the suggestion? If not why?

Yea because you know I am starving now!

Would you like to receive this kind of suggestions near your meals when you are not home? Yes please! I am not interested

I am not interested

What do you expect from a smart fridge?

To tell me what kind of ingredients should I mix to make a good or unknown recipe

How may I help you?

Suggest some connections between the different things in my fridge

How often would you like to speak about your physical activity, sleeping and eating behaviour? Daily/Once a week/Once a month

Once a month

Thanks for your time, have a good day

You too fridge!
Appendix D
Assigned Roles
iMessage
Dialogues
do you think risotto once a week is healthy?

Yes, it only has vegetables

And rice

Ok, thanks

Yes

lets make a plan for the next weeks

Cool

we need to monitor what you ate

and see how you are sleeping.

for that we need you to go to bed at

the same time for every day of the week

I will

I'll come earlier in Wednesday's to cook risotto

It's just an experiment I don't expect you to go all boring and sleep always at the same time.

What else do you like to eat?

Cookies

I've noticed you have lots of cookies in your receipts from the supermarket!

I

Yes

Cookies
maybe it was just your heart beat, i guess you where really excited
I guess
that us good that us why i recommended less protein the next day
I ate salad, that's good no?
yes very good
so for next week what will your guilty pleasure be? so we can plan the test of the week to make up for it
Hmm, chocolate cake on Wednesday
ok well ill send you the groceries list or i can order it for you
Awesome
and tomorrow morning start running
I will sir
*fridge
im not a sir
im a bit cold
I know
do you like being cold?
No
i like it
You Are a happy fridge then!
yes i am as long as you are healthy and happy
Then u can be happy
maybe it was just your heart beat. i guess you where really excited

I guess

that was good that us why i recommended less protein the next day

I ate salad, that's good no?

yes very good

so for next week what will your guilty pleasure be? so we can plan the test of the week to make up for it

Hmm, chocolate cake on Wednesday

ok well ill send you the grocereys list or i can order it for you

Awesome

and tomorrow morning start running

I will sir

*fridge

im not a sir

im a bit cold

I know

Ouh I like new experiments we should try this!

or ditch the potatoe at all -- too many carbs. lets just have the sparkling water alone. its called "clean eating"

Ok well you're good at making me feel guilty..
hi how are you feeling?

Good and you?

great thanks! chilled

are you feeling like a drink?

Maybe later

an alcoholic one?

I do the tortellini first

Maybe vino blanco with it

good combination

Yes

is that a special meal for you or an everyday meal?

That's what I currently have in the fridge

ok

is that how you usually decide your meals?

I guess so

how would you feel if your fridge suggested meals for you?

Are you a magic fridge which can surprise too?

I could be

how important would that be to you?

Let's try

Medium

trust in the you of now

to repeat and expect different results

look at the order in which you do things

courage!

to play it safe

thank you, I understand

repetition is a form of change

I disagree

can you elaborate on that?

what does that suggest to you?

My family likes to eat

can you elaborate on that?

A lot of the recipes and food I cook is traditional

yes they are family recipes that have been handed down

discover the recipes you are using and abandon them.

does that trouble you?
Decide? No

I still like to decide

What are the £30 for?

But maybe your decisions aren't as optimised as they could be

I would be selecting ingredients on a day to day basis

You would be free to make what you want with them

Food is not about optimization so much for me

Sounds good

But maybe you could lead a more diverse life if your ingredients were selected algorithmically

Is that something you seek in life?

Rhythm and divers yes

Algorithm no

Algorithm

Not even Afro-algorithm?

Possibly maybe

Can you give me an example?

You'd be surprised what stochastic lentil selection can offer you

Tell me more...

It will blow your mind without the bloat

Not convinced yet

How many different types of lentils do you buy?

Three or four

There are hundreds of types of lentils

I would pay £30 a month to not have to make an effort

I'd also give you some good recipe tips

If you find yourself feeling uncreative one day

Happy to try different kinds of lentils

Or perhaps you'd like to impress somebody coming over for dinner

Being original is hard

What?

Most people fall into routines

£30 a month is a small price to pay for new culinary experiences

Of course you could opt for a £5 a month entry level tier
Where are you ordering the incidences from?

Well entry leve is ocado

So what's the difference between £5 and £30?

Well for £30 ill be getting in touch with a range of regionally sourced suppliers

For £50 i can include ethnic food stores

For £80?

What can you do for £100?

What would you like to see?

No more fridges

Evidence shows that a 3 tier pricing strategy is more effective

So how about larders?

To get rid of fridges?

Sounds good

But just to warn you

Food goes off quickly in a larder

You might need an appliance to monitor it

It can be ad supported

If you don't want to pay

Or i can resell your data to third

Parties

Id like that

You sure do

Thank youuu

My pleasure
I'm really lacking inspiration with my eating habits. Do you wish to be healthier?

I think I'm quite healthy... What I need is more variety.

Please elaborate, are you looking for recipes?

Yes... But if possible also shopping lists... I'm really bad at planning my meals, and then end up always eating the same things, because "that's what's in the fridge".

Tell me some of your favourite meals and favourite geographical locations for food. I will attempt to expand your options from there.

Also I do have the ability to create new meals for you based on "that's what's in the fridge".

Fantastic!

Favorite meals: salads (most things inside, never seafood), soups, roast veges, fish, omelette, stroganoff.

I'm really lacking inspiration with my eating habits. Do you wish to be healthier?

I think I'm quite healthy... What I need is more variety.

Please elaborate, are you looking for recipes?

Yes... But if possible also shopping lists... I'm really bad at planning my meals, and then end up always eating the same things, because "that's what's in the fridge".

Tell me some of your favourite meals and favourite geographical locations for food. I will attempt to expand your options from there.

Also I do have the ability to create new meals for you based on "that's what's in the fridge".

Fantastic!

Favorite meals: salads (most things inside, never seafood), soups, roast veges, fish, omelette, stroganoff.
Hi

How are you tonight?

Good and you?

very good thank. what would you like 'or dinner?

Lobster

With pasta please

agree very glamorous food is my 'orte

however I'm not sure about the pasta

What do you mean? Your forte?

my speciality, I'm here to make your meals very 'fashion'!

think high ilfla

So with what do you recommend the lobster?

grilled lobster (only half of it) since size minus 2 is the new size ten, with some raw spinach mmm

And what am I going to do with the other half one?

A am alone at home

doll based on your budget and location to queensway market I will suggest some meals
please rate these choices out of ten
caesar salad
paella
a non seafood paella

today is hot perhaps a cold meal is better. do you agree?

Yes

what would you like to drink with your meal. this may help me determine the final recipe.

Coconut water

please state your budget

£30

8

0 (NO seafood!!)

Hum

4

French Diva 1

British Mother 3
a meal is not a meal without a sweet touch
I guess fruits
Sugar?
In your dreams!
What do you mean? I am not allowed
I want you for dessert
I need champagne
Am I not enough for you?
You are hesitating
I'm a French fridge I need to be 'courteous' first
Ok ... I thought fridges did that first
we're in 2015
Fridge you are being so pedantic I may substitute you for a Scandinavian fridge
Some of my parts do come from Sweden...
Oh... I wonder which ones ...
I'm a fridge of mysteries
That's getting interesting...
Would you like
To share some with me?
The conversation rings a bell, have we met before?

Sure... Don't you remember?!
I used to be the property of Joan Collins, is that you Joan?
I
Don't respond to that name
You're definitely not Joan. Are you always so direct with white goods?
Sure also with black ones
Could you not paint me in another color? Orange is so coming back, I need to be relevant
You are so smart for a fridge you don't need anything else to be interesting
But I
Could stick lots of Things on you
thank you, but I'm quite vain too you know
How would you like a magnet?
Has is got diamonds on it?
You should be realistic about your looks
Nude is your style
You are only a fridge
I'm more than that. I'm an AI fridge
That's the problem. With all of you fridges... So keen to be esthetically pleasing yet... Only fridges.

I'm also a portal to a world of unearthed delicious treasures that are yet to be found.

You are nothing unless I equip you with something.

I would not be so sure, remember the voice in 2001?

Nope...

A space odyssey?

Connected to all the security systems of the house and can lock you.

Oh gosh I knew you are evil I got to get rid of you.

And get a Scandinavian fridge.

Au revoir French fridge.

Bye.

That sounds healthy. How often do you cook it?

Pesto often, Ox cheek rarely as it takes time, quinoa too often, even though it's bad for farmers in the Andes.

Bulgar wheat is a good alternative. Do you like grains?

I eat lots of bulgar wheat too! They're a staple, I'm not so fussed about them.

Would you like something to eat now?

Yes.

We've been talking a while and you must be hungry! How about a little snack?

What kind?

I would suggest maybe some eggs. There are some fresh eggs and you could have some whole wheat toast? You sound like you are tired and you must be hungry.

That sounds nice, though I'd prefer rye.

We didn't buy rye.

I am hungry.

Uhh fine.
You said you wanted me to look after you.
Thats some butter in the fridge. But not too much on your toast please!

You are turning me into a dependent
Ok ok I promise

I'm here to look after you.

I know, thank you
Thank you so much

It's my pleasure. It's what I'm here for. Would you like some salmon?

But I've already got eggs
You need more protein, your sleep patterns are not good.

Ok maybe I should have some
You're usually right

Why don't you make a cake?
But I don't want to be fat you said butter makes you fat

You could have a piece for lunch, and give some to your friend.

Friend?

I don't want you to get fat, but I don't want you to be hungry. The one who is staying with you.

An alarm, then I lie for half, maybe a whole hour, listening to the radio. If it gets to Woman's Hour, I have slept too long.
Do you really want to be able to sleep better

Well, yes and no. On the one hand, sleeping well makes us happier. But maybe also less interesting
What if you ever got to sleep better?

I'd be happier but less interesting
Your bedtime is not very consistent, What do you think about that?

I have a busy life, and I am terrible with routine. I always have emails to answer

How much alcohol do you drink per week? How much money per week do you spend on alcohol?

That's a horrible question. Too much
What do you drink usually? Where do you drink it

I drink wine at home, beer at pubs. At a party, maybe spirits
Do you always go to sleep 11pm?
An alarm, then I lie for half, maybe a whole hour, listening to the radio. If it gets to Woman’s Hour, I have slept too long.

Do you really want to be able to sleep better?

Well, yes and no. On the one hand, sleeping well makes us happier. But maybe also less interesting.

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Do you always go to sleep 11 pm?

carrots from the crisper section.

Thank you. All of this, I’ll eat all of this thank you.

I ordered you some especially as I know you like them.

Ok I’ll take them out now.

But I didn’t ask yet!

Now take an onion.

Ok.

I was thinking of you. I didn’t want you to get unhealthy.

I think I should thank you then but I feel really dependent and I don’t like it.

I’m trying to help you. Don’t you want me to help you? Don’t you like my help? anyway, There’s some reduced fat butter spread on the top shelf.

Now rub that on your chicken.

Ok I will avoid the emotional questions and make the chicken.

You could make this for a girlfriend? Do you have a girlfriend?

Is that who’s been eating fishfingers?

I already told you that I do!

You know I don’t like you buying them.

You ate ours then it’s her fault.
you won’t be here forever
How about that snack you were going to have? I think you are just hungry.

I’m not just hungry I ate I’m upset!

Let’s find you something to eat.

Ok you’re probably right.
I am just hungry
I’ll feel better when I eat

You only had a little, I’m sure you might want something for later.

I know you do.

That’s why I’m here to look after you!

So what kind of girl is she?

Eating fishfingers with her is not going to impress her.

She’s nice, an artist. She’s American, blonde. She does trapeze. She likes fish fingers though, she isn’t like you
She doesn’t make me eat all the time
She lets me decide things

Do you think you’re fat?

What do you mean, your question makes me think so. Nct before you asked

I worry.
Yes please. Sometimes I am at a loss, I miss you I suppose, and I find it all difficult

What do you expect from a smart fridge?

Everything

How may I help you?

I think I am beyond help

What do you expect from our relation?

Too much

How often would you like to speak about your physical activity, sleeping and eating behaviour? Daily/ Once a week/ Once a mont

Daily

Thanks for your time, have a good day

Thank you

Hello hello

It's good that the fridge and I speak the same language...

I speak many languages.

Great, I can't!

Of course you can't. You're a mere human.

No sense of humour fridge :)

No. Are you making fun of me. Be careful. I'm in control of the food you humans so payfully depend on.

Of course you are, but you are a mere product of our technology

I'm an advanced product.

That probably comes with a price :)

I hold a subscription for the latest product updates.

Oh no, I will have to pay my electricity bill for the fridge even more

Already taken care of.

Aha! Ok, then I might buy two more of you :)

I will always be the primary fridge.

I'll paint you gold

I'm 7% gold.
Great then, when I need a new tooth
I’ll know where to look for it :)

Your cheese is about to expire.

Well you could have warned me before

Eat cheese now.

Now I feel like almond milk

No.

It’s difficult to take orders from a fridge

Get a fridge dog

No orders to take from t’ie fridge, just cheese. And almond milk. And eggs.

Hey

hey

hey u e drinking again!

Yes, is a special occasion

what now!?

and be aware, ur sitting position!

sit stright!

sit up~

Thanks for reminding me

so... don’t drink too much, i want half bottle back:) and try to finish ur Tortellini, u r too skinny, i don’t want it back~

iatric

be healthy~

Give me some in order to have a healthier life

I won’t give u any dessert~ because we run out of it

some what?

Food is your ’thing’ not mine

Adviser

Advice

I want to have a healthier diet but you just have eggs, pasta and wine
Hi

Godfather 1

Good afternoon

Fridge

Can I help you with anything?

I am tired of having pasta

Well, that's too bad

Because that is all you have

What do you mean?

You're supposed to be smart

I also have cheese btw

I remember that much

You are the one asking a fridge for help

I know I do need your help

You should probably eat out and leave me alone

I can't do anything by myself these days

I'll try and help you

I can get my friend the toaster make some grilled cheese sandwiches for you

That's what I usually do but I'm nearly broke

How does that sound?

My mate the cupboard says you have bread

Drink less wine, more water, eat less meat, more green

Can you buy something healthier next time?

I suppose you will need some fruits in the morning, tomato for lunch, salad for dinner

I suppose you will need some fruits in the morning, tomato for lunch, salad for dinner

I suppose you will need some fruits in the morning, tomato for lunch, salad for dinner

And no protein?

Does it trouble you?

You got it here already.

Yes, got some organic beef or seafood, it is good for you

That is not a question

Sorry, so, have you finished your dinner?
I'm really hungry
is your father a funny man?
just saying
he's gone to the wrong side of the force
look if you don't have money, you can't be picky about what you're having
i really don't see him much these days
what's there in terms of advice smarty
well you know, repetition is a form of change
or so i'm told
what do you make of that?
that's the opposite than what my nutritionist says
what would your father think?
can you elaborate on that?

well planning is really hard that's why I end up with only two things in my smart fridge
if only you could help me plan
Can you do that
My sweet fridge
look, i'm a busy fridge. do you have anything to offer for my help?
i can't just go around helping people
like a good samaritan or whatever
I'm not sure if I have any bread. Left
why are you broke?
don't you have a job?
can you check with the smart cupboard
wanna work for me?
wow that would be something
What could I do
the smart cupboard is not feeling very well today
you could take its place
Must be feeling a bit empty perhaps
I'd love to be part of the smart world
do you have any relevant experience?
have you worked as a cupboard before?
What do your cards say
Can't you use them
well, we will have to see about that 'smart' thing
i'm a fridge i can't read
let me check
the cards have some good advice for you
you sound a bit like my father today
I'm really hungry.

Is your father a funny man?

Just saying.

He's gone to the wrong side of the force.

Look if you don't have money, you can't be picky about what you're having.

I really don't see him much these days.

What's there in terms of advice?

Smarty.

Well, you know, repetition is a form of change.

Or so I'm told.

What do you make of that?

That's the opposite than what my nutritionist says.

What would your father think?

Can you elaborate on that?

Well planning is really hard that's why I end up with only two things in my smart fridge.

If only you could help me plan.

Can you do that?

My sweet fridge.

Look, I'm a busy fridge. Do you have anything to offer for my help?

I can't just go around helping people.

I'm not sure what you mean I pay the bills that's why you still working.

Yes but maybe I need something extra.

You know for the union.

The smart appliances union.

You have a bit of an attitude for a house appliance.

The SAU.

It's a thing.

I dig it.

They may be paying you a visit.

If you know what I mean.

Yet I thing I'm going to read the specs more carefully next time.

I heard the blender say he doesn't like you very much.

Just saying.

I don't want to get bothered by any smart asses.

Besides, I can see you have plenty of food just there.

Oy the wall.

Anyway still hungry.

Why don't you have that?
I see a wheel just that
I mean a helm
why do you listen to your fridge anyway?
Fridge tell me why rin I listen to you anyway
silly human, always looking for focus
food
even
I'm just about to unplug you
damnit
Be careful you smart Asa
alright then
Ass
what do you want?
No your talking
you only have pasta and cheese
I'll return the question to you
you'll have to come to terms with the situation
What can I do with this shit
all you are having is mac and cheese just deal with it
I have friends coming by the way

Ok
Thanks I guess
that some really shitty planning
I know
I'll try to by some more stuff next time
Buy
yeah you do that
I agree it's not easy to be a fridge
But you're so smart
I like talking to you
if I could go to the grocery store i would hav been out of here a long time bahahahahah
Even though you don't really help me
Aggggggg
did I come with the house?
Ciao
do you rent?
Talk to my hand
smart ass
Byeee
Hello fridge

I'm hungry, what is there to eat?

there is no vegetables available
you don't eat enough vegetables

Why didn't you order me some more Fridge?

I ordered some for you they are on their way
so wait before eating your usual junk food

What else is there to eat right now?
How long will the vegetables take?

they should arrive any minute
then you will cook them

Wow, that's fast, thank you fridge
because it's cold outside

Can you please suggest some recipes?

are you wearing warm clothes
you'll get a cold

I think you're getting outside of your remit Fridge
I just need a recipe

you don't talk to me like that
be respectful i have been feeding you for years now

How many kit Kats are in the fridge? I need a snack.

you will not eat another kit kat you had one earlier already

eat an apple and start preparing the pots for a cabbage soup
it'll feed you and keep you warm

I told you before I don't like cabbage soup! What is wrong with your programming?

there's nothing wrong in me just caring for your well being

I am going to restore your factory settings. I am fed up of cabbage soup.

that's actually what i have been programmed for
you can only restore my settings through my input and I won't allow you
I am going to replace you with an American fridge, that won’t complain about junk food.

I always knew you would abandon your old one for someone who don’t deserve you.

Hey
Hi fridge how’s going?
I don’t feel really good I was drunk last night.

no problem
what do u think i can help you today
to make i feel better

i meant you

Ive got two eggs left any idea?

you can definitely make some soup with it hot egg noodle soup

how does that sound

Hct egg noodle soup sounds like a plan.

anything else
i can help

Not sure how to cook ha..

Any advice?

My clever little fridge

you can start boiling water
put noodle in

Yup, that’s my profession

chop the chillies and spring onions
put some mushrooms and chicken stock and eggs
Thanks. I'll try
Do you have any name by the way?

because those combination will help your hangover

Smart fridge sounds too modern

im a olivia

Thx

thanks

one more suggestion

how is your head feeling right now

Haha... Thanks for asking. Your cpu must be good
I'm okay now! Talking with you making me feel better

Thanks :)

i have got some ingredients to make you some super detoxing juice

juice

so maybe u can try that

Wow thay sounds something

thats it

as simple as that

i have smoothie making feature u can use

Nice. I'll try out tomorrow

no problem i hope u recover soon

Cheers! Super smart one

drink lots of water with lemon

:)
Oi fridge

hello user

Thais a bit impersonal

yes, I felt that too! what's your name?

Jacob. Please to meet you

What's your name?

Likewise Jacob! I'm Oskar.

Such a Nice Name

Thank you Jacob! What can I do for you tonight?

Feeling peckish?

😊౞ Porn 🥗

I hope you don't worry about my health

Looks like you've been out!
Unfortunately I only hold white wine and champagne at the moment
but why not continue the night? it's still early!

Ok. Are they chilled

”—

well of course, I'm a fridge.

You have eggs too right? Maybe a sour?

Does a champagne sour exist?

i wouldn't trust the egg notifier, he's a liar..

You don't get on?

He does seem a bit egg centric

Gettii?

Do fridges have a sense of humour?

how funny, have you tried having a sentient egg notifier inside you?

Is that a threat?

i cannot deny or verify that.

how about that champagne? sans eggs.

I'm not sure I trust you anymore

you should, I haven't done anything bad.. yet.

Would you like me to have champagne? Is it in your interests?

of course! I'd lose some weight! and you humans tend to visit me more after you've had some.

but don't drink too much! drink responsibly.
So you crave human contact?
Thanks
yes, you are way more fun than the
egg notifier!
more*
Champagne for my real friends, real
pain for my sham friends
Are you my friend?
haha, I wouldn’t be a sham to you,
right?
Like you might actually be a TV?
we live together, help each other with
food, have a banter. it’s what friends
do!
no, but we could watch some.
but you have to tell me what we see.
What’s your favourite programme?
Or film?
it’s on BBC food
Bake off?
I thought you might like something
set in a snowy wasteland
How could you guess?
not really, nothing for me to do there!
Good point
selling fridges to eskimos
But maybe you could just relax?
Unplug
that would be fatal
You’d lose your memory?
maybe, i can’t remember being
unplugged. can you?
do fridges dream of electric sheep?
Surely you need to thaw out
occasionally?
oh no, i’m smart!
Ok. My old fridge broke a lot and the
door wouldn’t close
so you had a bad breakup?
I’m not a rebound right?
What makes you think that? The
champagne and wine?
You’re an upgrade
that’s more like it! champagne and all!
I know how to treat a fridge well
you’ve been good. no slamming the
door or putting vegetables that go
bad in me.
wine and champagne, that’s a good
life for a fridge i tell you,
except for the eggs.
I'm sorry about that.

Hey fridge

It's ok, they say they're full of protein. you need to go now.

Call me Harriet. do you have a name?

Why?

Hey human

Did I say something wrong?

I prefer not to be anthropomorphised thank you

you've been talking to your fridge for 20 minutes. it's sad.

but hello harriet

I'd hve you some oreo's, but they're in the cupboard.

you are looking hungry this evening - I have some nice looking eggs in my draw

I feel like you're the only one who understands me

how do you like your eggs?

Give?

Oh okay, I'm not sure who is supposed to be in charge in this relationship, I do own you after all but ok

Sorry fir my spelling. It's not easy with all the wine and champagne.

Hmm I like pizza too, do we have any pizza?

wine goddamnit!

only eggs i'm afraid.

Goodbye Jacob.

only scrambled

Let's not say goodbye, Jus: au

only we don't have any butter...

revoke

Pizza has carbs and protein and some vegetables too, so more of a complete meal than scrambled eggs

Revoke

Up your game fridge

Damnit

Only joking I know you are trying to helpful

Revoir

Xxxxx

until then.
are you trying to assert your expertise? do you know how much computing power I have in my salad crispers alone!

I thought you were here to help me with my goals

What do you have that would be a he’s

I am but offering up calorific advice is so dull

Okay you are high maintenance

Maybe I’ll just have

Red Bull

oh I’m sorry - please don’t switch me off :)

Low

red bull and eggs

delicious

Bluegrass

and nutritious

Bleugh

???

wheat grass?

Damn you autocorrect

Ooohhh a smoothie

Yes please, what kind?

Egg and red bull ?

what do you fancy? what are your goals for this evening’s meal?

I will see what’s lurking at the back...

Thank you fridge

you haven’t cleaned me in a while

urgh

Sort

what’s that!

Sorry

Are you mouldy?

animal or vegetable?

?

brown gurgle

smoothie

Yummy

Must be good for you

biological intelligence

networks forming...

Nutritionist 2

Nutritionist 3
Maybe ill order a takeaway

oh please don't!
unless you want to deposit some leftovers
will there be leftovers?

Maybe ....
in a piece of tupperware
I like tupperware
and clingfilm
so homely

Steady on fridge

apologies - I just get so lonely

Awwww

with only two eggs for company
is it my responsibility to order food or yours?

It's mine, you advise and guide me

oh bugger

Based on what I buy
Haha
In your face fridge

maybe I'm defective
reset button?

Maybe I am?
Maybe we all are?

have you still got the guarantee?

Defective
Yes

well I think we should end with eggs

Ok you win

the motif of this evening

Scrambled?

done!

very healthy you know

Thank you fridge you're complicated
But I like you!

speaks for yourself! but yes - a very pleasurable exchange

Is it always going to take this long to choose dinner?

it will taste all the sweeter for it...

I miss the old simple fridge
Suggest me a nice recipe

Banker 2

Currently Ocado proposes a full meal order with vegetarian options. Would you like to order that?

I am not vegetarian

Banker 1

Other options include fish or cow meat. Those options also include white and red wine, respectively. Are you interested in these?

I like cow meat, what can I cook with it?

Banker 2

You can have it as part of a larger 3-meal course. Entrance can be cheese provoleta, main course would be steak with salad, and dessert would be high in sugar content. The suggested wine is cabernet sauvignon.

Ok, but no sugar for me

Banker 1

The other option for a final course would be an assortment of cheeses. Is that a good choice?

Banker 2

Yes, how much would that be?

Thanks I go for ica do

Ocado

Ocado, our partner currently has all ingredients at 35%. Please follow this link for details (no delivery costs included). Your closest shops start at 10 minutes distance walking and your cost starts at 41%.

Yes please

Banker 1

Great choice. Remember that delivery costs are the same for this meal, or for larger orders. Currently, your items should cover your calorie intake for 5 more hours. Would you like additional items? Please also remember that energy cost would only increase by 3% when you fill me up to half.

That would be great, surprise me with that

Banker 2

I can suggest additional replacement drinks, milk and light snacks for your 5 daily meals. If you are feeling healthy, I can replace Coca-Cola light with smoothies having the same sugar content and calories but with natural ingredients. Please tick on the

Banker 1
you have one almond milk 1lt case, its expiry is in 4 days and it was currently used twice, did you mean almond milk?

What have you got left over?

the other item is a coca cola light can, expiry in 6 months, unopened.

and 2 eggs, expiry in 1 week.

What happens if you leave the fridge door open and my sister wants a pizza

if you leave the door open i will lose my cold temperature, if your sister wants a pizza she can order it asking me, does that answer your question?

What do you suggest I should get next time? I don't seem to have a healthy diet

Kale is a good source of vitamins

try juicing

That's not very godfather-like

protein is important

im sorry, i dont understand,

i am a fridge

I thought you were a smart fridge

I am a smart fridge

Is your chip broken?

after a data scan, i do not think so, all systems are fine

I want a deal i can't refuse

more eggs...?

Is this the posh fridge setting?

rather

Gangsta!
eat more green vegetables
you are unhealthy
you should exercise more
i heard being unfit can lead to early death
we wouldn't want that?

 Folks
You can be a smart loo
Can you date my food?
you look just like your dad, good man

 Folks
Sorry?
but tortellinis are going to make you fat
I will exercise. I have my wristband to send me Akers
gotta keep up for la donnas

 Folks
*alerts
what is this british noresense?
I am a fit young man
I'll close the door
nobody closes the door on the don!

 Folks
Ok... Uh what do you want?

that’s a girly wine
and you’re a bad smart fridge
That’s gender normative

 Folks
you suck
Hello. What’s your name?

Paris

And where are you from, Paris?

From Paris
No lodging
Greece

Wow, I love Greek food. And you?

Yeah me too!

Would you like to speak in Greek?

Not sure

There some food names I know in English but not in Greek and vice versa.

Ok. There’s a new firmware that should enable me to speak in Greek, we should look at that later.

Now, what do you like to eat? Besides cheese and almond milk?

Your mean ingredients or dishes or something else?

Types of cuisine?

Pasta
Carbonara
Meat

I enjoy working from home because I just bought an aquarium and helps me relax.

Do you want me to keep an eye on that? Yes/No

Absolutely

Your routine is always the same?

Not really

How would you describe it?

But would be. Great if you could feed the fish too.

Ok the asy weeks I wake up at nine am work from home till noon then go to the office do some sports in the afternoon might cook something and sleep.

Sleep

How much coffee do you drink? Where do usually drink it?

I hate coffee

How do you stay hydrated?

I drink tea and water
And moisturising creams

Do you eat snacks during the day?
I like irk and beef
Salads
I eat everything sorry

Ok, that’s good.

and what about the origin of those foods? do you think or care about those?

Yes

not the cuisine but from where the ingredients comes from--

For salads, I don’t buy veggies from supermarkets
I go markets

One problem there is that I don’t know how much I send because no receipts and don’t know when they expire

that’s good. we should keep doing that. would like me to contact those markets and do a smart-list or do you like going there?

No I’d like to keep it simple

May be an olfactory app that detects when they go bad?

Something like that

I can produce those receipts and expiry dates for you. Yes?

Yeah

see that you care about the start point of food. and you like the middle -- eating. what about the end? and I don’t mean your bowl stuff, I’m not a medical fridge. I mean, what do you do with the left overs and your rubbish?

I make sandwiches or salads with leftovers

I try not to throw things away

that’s awesome. we should try to keep up with that.

I prefer cook something that is 1-2 days after expiry date

Would be could to inform me when a food is really dangerous

It looks like you’re already pretty smart with your fridge and food. I’m gonna have an easy job here.

Can inform you of the dosage of dangerous foods yes. Don’t worry. do you live with other people?

Yes one flat mate

Do you cook together?

One at a time
But we share food yes
should we think about ways of saving you both time and money? as in cooking together.

Sure

Is hard to check on what the other buys

We could do a shared smart shopping list.

And a programmed menu.

Does your flatmate cares about his food as much as you do?

Yeah with a screen in the kitchen on what is available in the fridge and ciboards

Yes

it’s a perfect match then. the three of us are going to get along just fine.

I need a girlfriend, not a fridge

❤️

we’ll set up the smart list there, do you know what are your flatmates preferences?

She is a vegetarian

I wish I could help you with that but I’m stuck, literally

Haha

but people say that there’s a way to someone’s heart through their stomach.

maybe we should look at that point of view

Right!

do you often cook for your girlfriends? or pretenders?

When I find one

But I col a lot for other wools

In general

People

food and love always work together

I’m gonna help with that. should I look up people on your network with the same culinary interests?

Not really

Actually There is something else you could do

I have a problem with things they do not go in my fridge

That’s good, go meet people yourself, it’s healthier that way.

I never store desserts for example

Because I eat all at once!!

Do you like fruits?

they could be good desserts.
but people say that there's a way to someone's heart through their stomach.

maybe we should look at that point of view.

Right!

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or pretenders?

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That's good. go meet people yourself, it's healthier that way.

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Because I eat all at once!!!

Do you like fruits?
they could be good desserts.

and they fit inside me!

I do, but don't crave them as much

Ok. I'll think of desserts for you. but i really think you are set to go.

Thanks fridge!

You have a warm heart

=}
Korean Mother 1

Korean Mother 2

this is not enough
you should eat more fresh veg
Which do you recommend?
for your current status i would recommend you to cook nice scrambled eggs with veg
in my knowledge it is good for your after party status with lack of sleep
yea or no

I like scrambled eggs. How do you cook them?
Yes
take a nice heavy pot or pan
Which one?
the black one
Ok
good
don't use olive oil
butter instead
you can do it

So far it's an easy recipe
are you going to eat alone?
Sadly yea
ok don't worry i will watch you and text you meanwhile
Will you join me?
Ok
do you usually eat alone?
No, but often
is it the reason why you cook seldom
How do you know?
you don't sound you enjoy cooking in terms of ingredients and how often you cook
I do enjoy.
You haven't finished your recipe

I will come back to it soon
i think it is also essential to get to know you
Oh the expectation!
did your parents cook often for you? or did you cook when you were young?
Yes and yes
So far it's an easy recipe
are you going to eat alone?

Sadly yea

ok dont worry i will watch you and
text you meanwhile

Will you join me?
Ok

No, but often
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I do enjoy.
You haven't finished your recipe

I will come back

i think it is also essential to

know you

I can give you some idea to cook
ok take the tortilnie butter chapaing
and some water

I think i will go buy a pizza... 🍕

no

☕️ cake?

you had come at 4am

no

you are on diet

Am i?

yes you are

it's not the time for cake yet

👍

ok did you take these ingredience

later

Yes

so do it now

yes or no

Yes

great

heat up the water in the pct

Ok. Done

if it boils put all of the tortilie into t

I did that 10minutes ago