

IdIoT: Second-order cybernetics in the 'smart' home

Delfina Fantini van Ditmar
PhD Innovation Design Engineering
Royal College of Art

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a, Professionals Roles

Interaction Designer

Nutritionist

Programmer / Start-up owner

Banker

Scriptwriter

User Experience researcher

b, Fictitious Roles

Chinese mother

Italian mother

Jewish mother

Korean mother

British mother

The Godfather

French fashion designer 'diva'

Authoritarian German General

Coach

Personal Trainer

'Schizophrenic' fridge

Open Session

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	<input type="checkbox"/> <input type="checkbox"/>	Bedroom	<input type="checkbox"/> <input type="checkbox"/>	Bathroom	<input type="checkbox"/> <input type="checkbox"/>
Washing Machine	<input type="checkbox"/> <input type="checkbox"/>	Bed	<input type="checkbox"/> <input type="checkbox"/>	Toilet	<input type="checkbox"/> <input type="checkbox"/>
Mug	<input type="checkbox"/> <input type="checkbox"/>				

Royal College of Art
Innovation Design Engineering
PhD Researchers:
Michael Kann / michael.kann@network.rca.ac.uk
Delfina Fantini van Ditmar / delfina.fantini@network.rca.ac.uk

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.

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

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:

Participant A	Participant B	Participant C
-I eat a lot of snacks.	-I mainly assemble; I am not a very skilled cook.	-I like Japanese food
-I drink a lot of liquids.		-When I am tired I eat noodles
-When I am lazy I eat noodles.	-I don't eat wheat, pineapple, pears and apples.	-I eat steak and salmon.
-I like to eat meat at dinner.	-I don't cook much.	- 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). ⁴
-I like frozen juice ice cream.	-I eat fresh.	-I like simple food. I like Jamie Oliver: In 10 minutes is ready!
-I eat salad for lunch, with eggs and seaweed.	-I don't buy always the same vegetables: I like to get different vitamins.	
-I don't eat much at lunch.	-I take vitamins in pills	
-I eat bread and cheese.		
-I always like to have olive oil		
-I drink 2 gallons of water.		
-I buy protein powder.		
-I eat yogurt in the morning.		
-Many times I eat in my bedroom		

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:

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

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 things 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 finding out that what you want is 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 because 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.

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)³

³ 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 continues “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.”

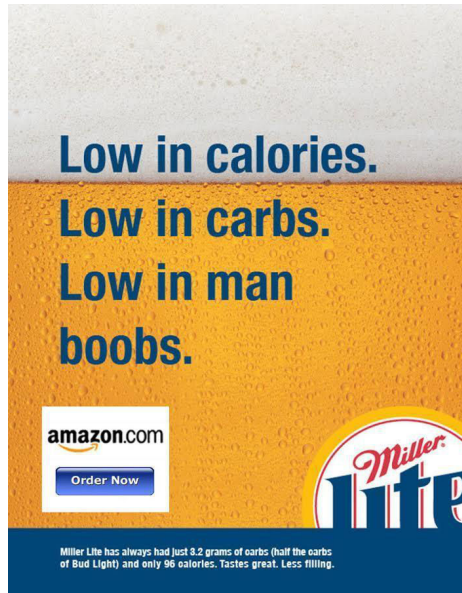
“Wearables as a proof of excuses”

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.

B2: Fridge-Reports

Participant A

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 caramelise 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 220°C.

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.

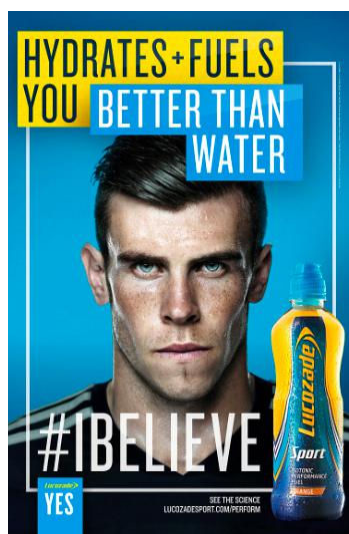
While it's cooking, put your breadcrumbs and thyme into a pan with a few drizzles of olive oil over a medium heat. Stir and toss the crumbs around until crunchy and golden all over. Remove from the heat and tip into a nice bowl. Serve your macaroni cheese in the centre of the table, with your bowl of 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"



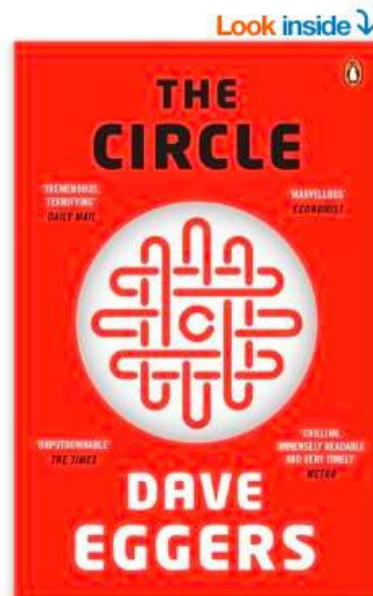
No time for shopping?

I've put together your [Amazon](#) shopping list

Organic Cherry On The Vine Tomatoes £1.75
Chopped Garlic £1.50
Snack Sausages £1.25
4 Mini Pork Pies £2.00
Birds Eye 12 Beef Burgers £4.20
Beef Steak £4.00
Vanilla Chocolate Balls Yoghurt 6 for £3.00
Rustlers Quarter Pounder Cheese £2.20
Rustlers The Deluxe With Bacon /Cheese £2.40
Parmigiano Reggiano £2.70
Anchor Original Block Butter £1.70
British Semi Skimmed Milk £1.00
Eggs For Soldier Barn Eggs £1.29
Cheese, Tomato & Basil Tortellini £1.29
Italian Sausage & Ham Tortellini £1.29
Super Noodles Chicken 5x£0.81
Kellogg's Frosties Cereal £2.00

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 tbspsn 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.

London, UK

Monday
Clear

 8 °C | °F

Precipitation: 10%
Humidity: 84%

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 Açaí 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.

BOOTCAMP PILATES

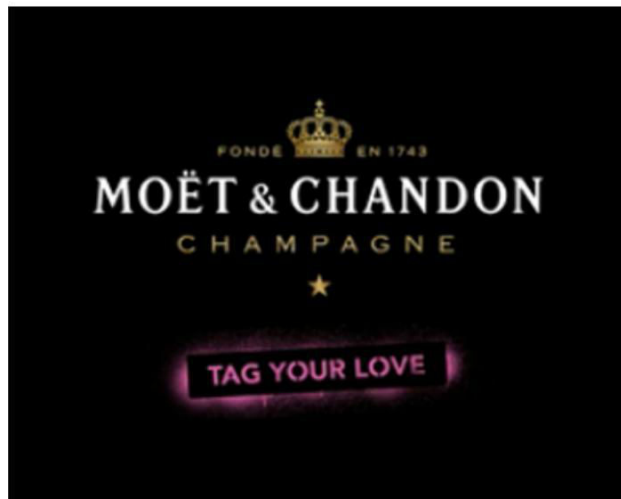
LATEST OFFER

Take advantage of our **FESTIVE FITNESS OFFER.** Unlimited classes for £240 until the end of the year. Offer starts 17th November.

BOOTCAMP PILATES – Notting Hill

34 Porchester Road, Bayswater, London W2 6ES

BUY CLASSES

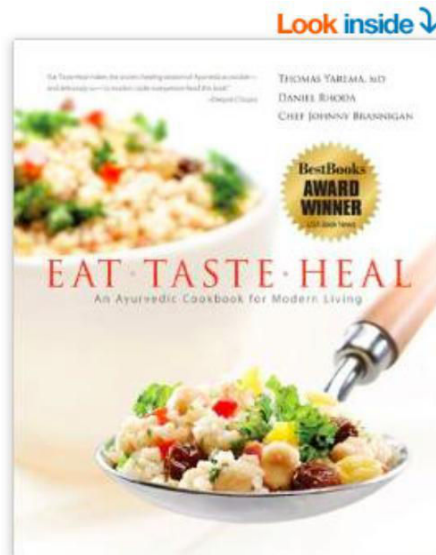


I can make your shopping list Based on your preferences, I've put together your [Amazon](#) shopping list:

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
Açai 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.



London , Heathrow Airport → Beijing,
Capital International Airport

19 days left

Travel start from 01.01.2015 - 19.06.2015

From **£ 654** *

Round trip
Economy class

[Details >](#)

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Toffee sauce is perfect for ice cream

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

Ingredients:

120 g light brown sugar
120 g butter
100ml cream or full cream milk

Directions:

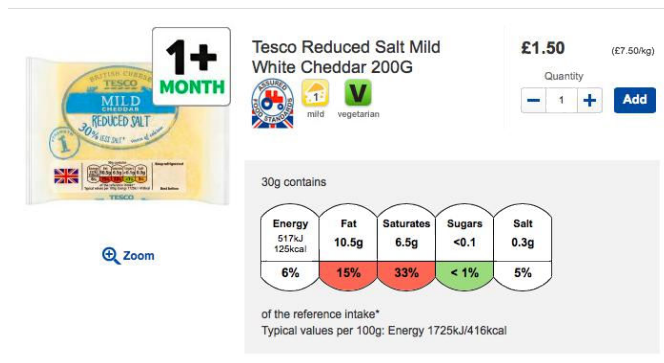
1. Melt the butter and sugar in a saucepan over a low heat until the sugar is dissolved.
2. Watch it carefully so that it doesn't burn.
3. Stir in the cream and heat gently until bubbling, stirring continually.
4. Remove from heat and serve warm.

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



30g contains				
Energy 517kJ 125kcal	Fat 10.5g	Saturates 6.5g	Sugars <0.1	Salt 0.3g
6%	15%	33%	< 1%	5%

of the reference intake*
Typical values per 100g: Energy 1725kJ/416kcal

London, UK

Sunday
Cloudy

 9 °C | °F

Precipitation: 20%
Humidity: 83%
Wind: 15 mph

How about a London **classic roast**?

- 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.

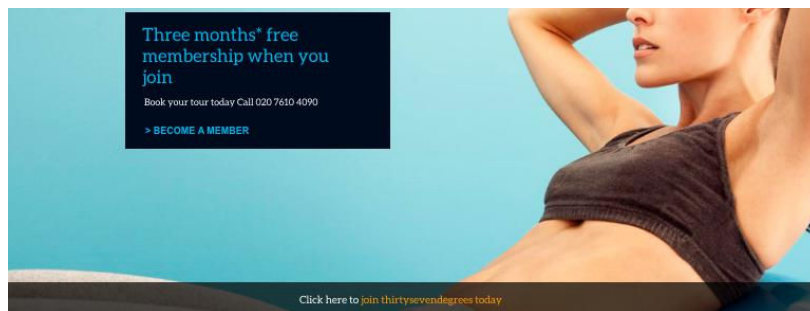


Get the reel deal!

Purchase 1 set of ¼ chicken with 2 sidelines and get the 2nd set at **HALF THE PRICE** when you present 2 TGV ticket stubs before ordering.

Nando's
Peri-Peri flame-grilled chicken

Your fridge is working much better at 4 degrees
You are saving £5,25 a month



Three months* free membership when you join

Book your tour today Call 020 7610 4090

> BECOME A MEMBER

Click here to join [thirtysevendegrees](#) today

Welcome to [thirtysevendegrees Kensington Olympia](#)
Set in the heart of Kensington Olympia. Relax on the roof garden with panoramic views across west London.

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 your
maximum by 156
calories 38% of your
goal

You are quite far from 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



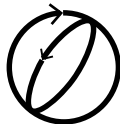
User's reflection



Subjectivity



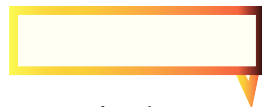
Context



System



Existential



Questions from Eliza



Choices



Transparency



Suggestion



Date stamped



Deliberate mistake



Judgement



Fridge-related information that you can only get through conversation

Actions



Forgetting



Configure the algorithm



Learning



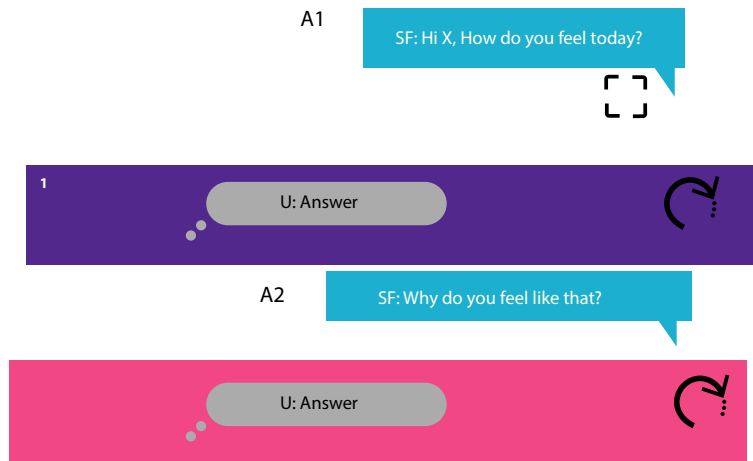
No learning



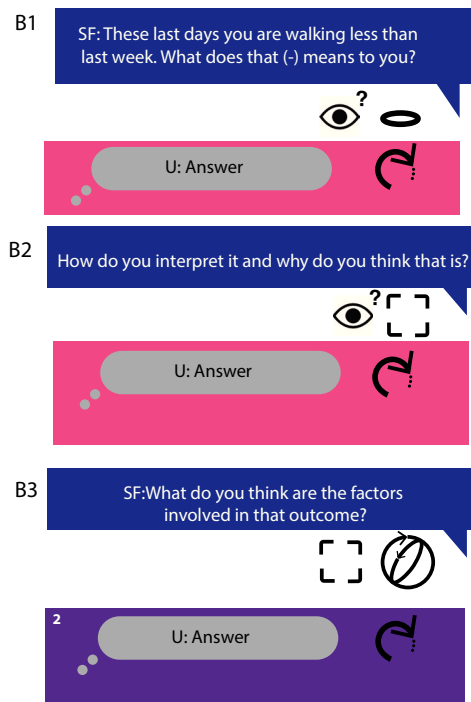
Learning related to fridge (only way to get that important information is by conversation)

C2: Structure

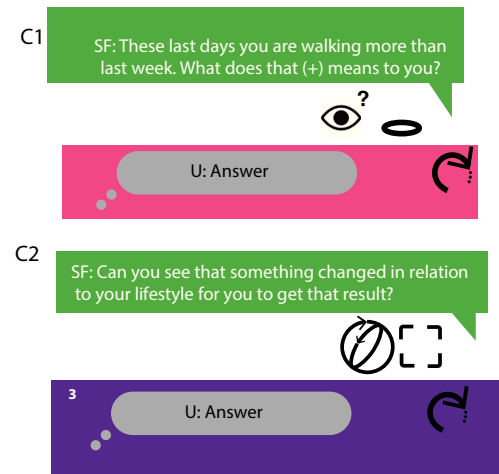
A.



B.



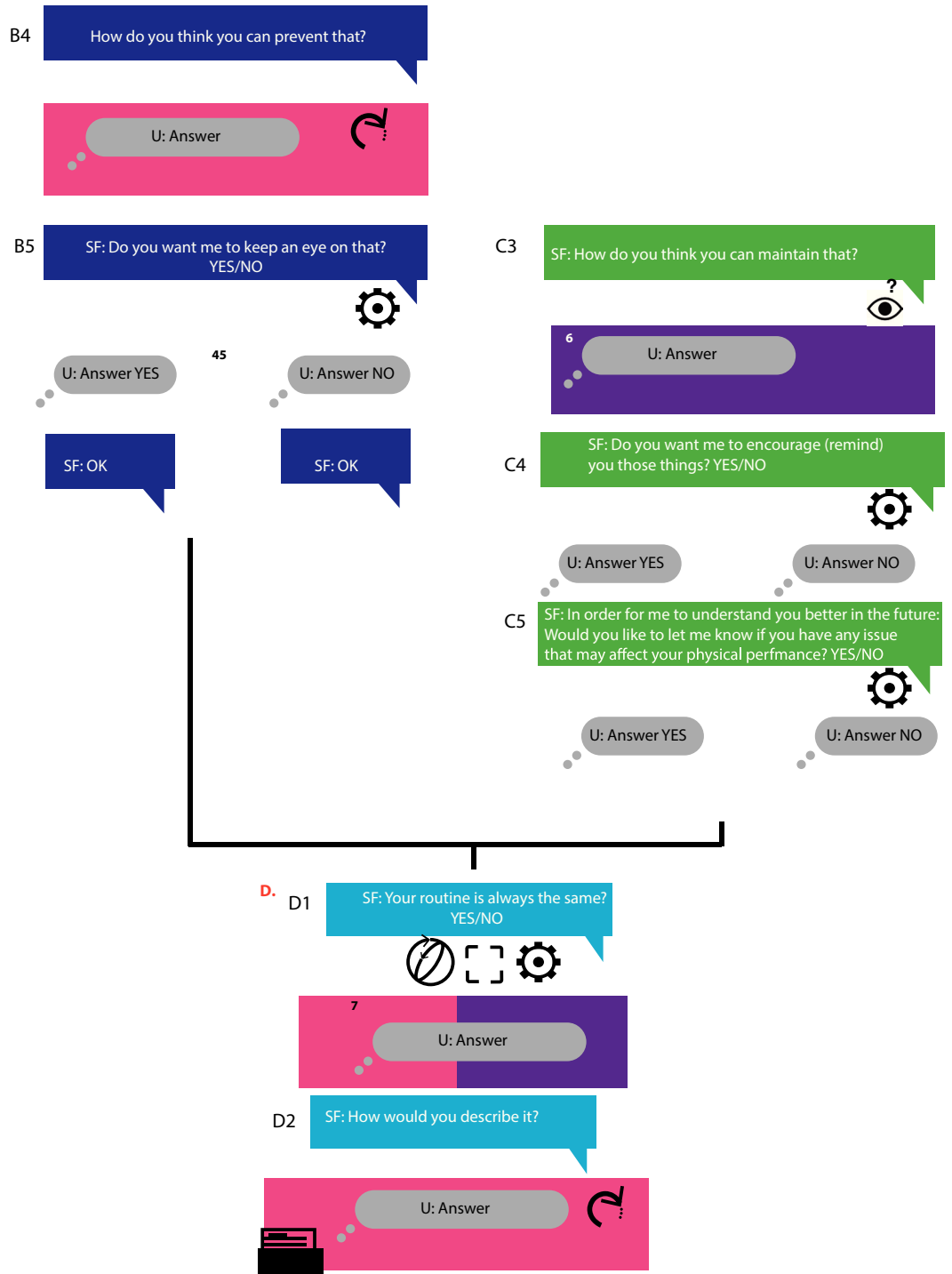
C.



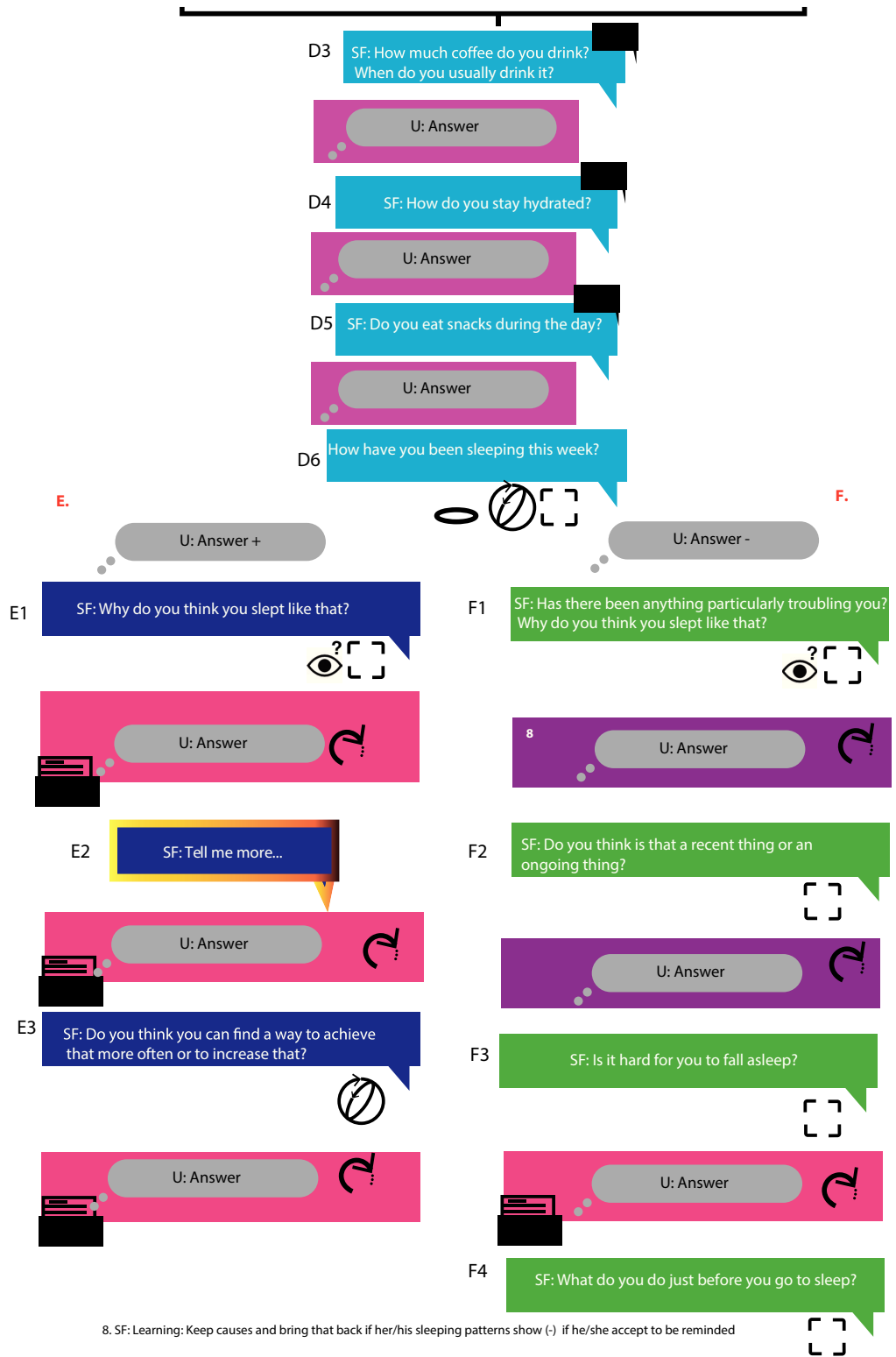
1. Learning: Not using data to make an average, but if is negative many times, fridge may bring back that negative frequency (subsequently ask user if he/she wants the fridge to keep putting an eye on that subject).

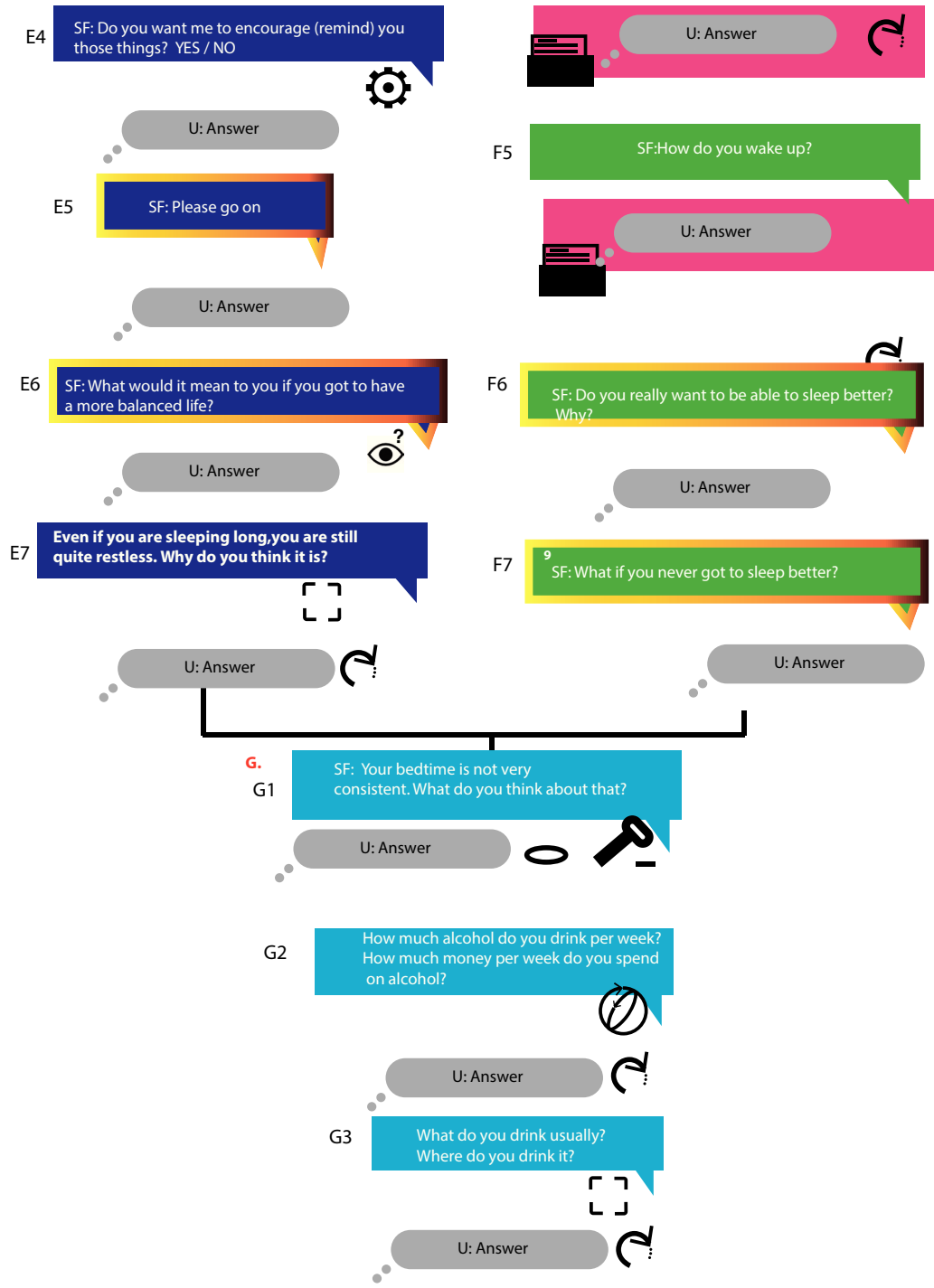
2. Learning: Is a particularity of the moment, maybe in future ask about those subjects if (-) is still the trend]

3. Learning: Is a particularity of the moment, maybe in future if user agrees ask about those subjects if it performs (-)]



4. In that case be more proactive
 5. In that case be more respectful
 6. Learning: Is a particularity of the moment, maybe in future if user agrees ask about those subjects if it performs (-)
 7. Learning: If **yes**, be more sensitive to changes. If **no**: Be less sensitive to changes (if user is not predictable then system changes and makes no linear sense)





9. SF: Learning: Keep causes and show it in correlation to the pattern]

G4 SF: Do you always go to sleep 11.30 PM?
(by Jawbone I know is not true)



U: Answer

G5 SF: Try to find balance
Do you feel you have unfinished things?
Pending in relation to others or to yourself?



U: Answer

G6 SF: Can you find a way to manage that? How?



10 U: Answer

G7 SF: By doing that do you think that you will alter other things of your life that will affect your routine.
If yes, what?



U: Answer

G8 SF: Can you identify ways that can help you to reduce the stress and make you feel better in your daily life?



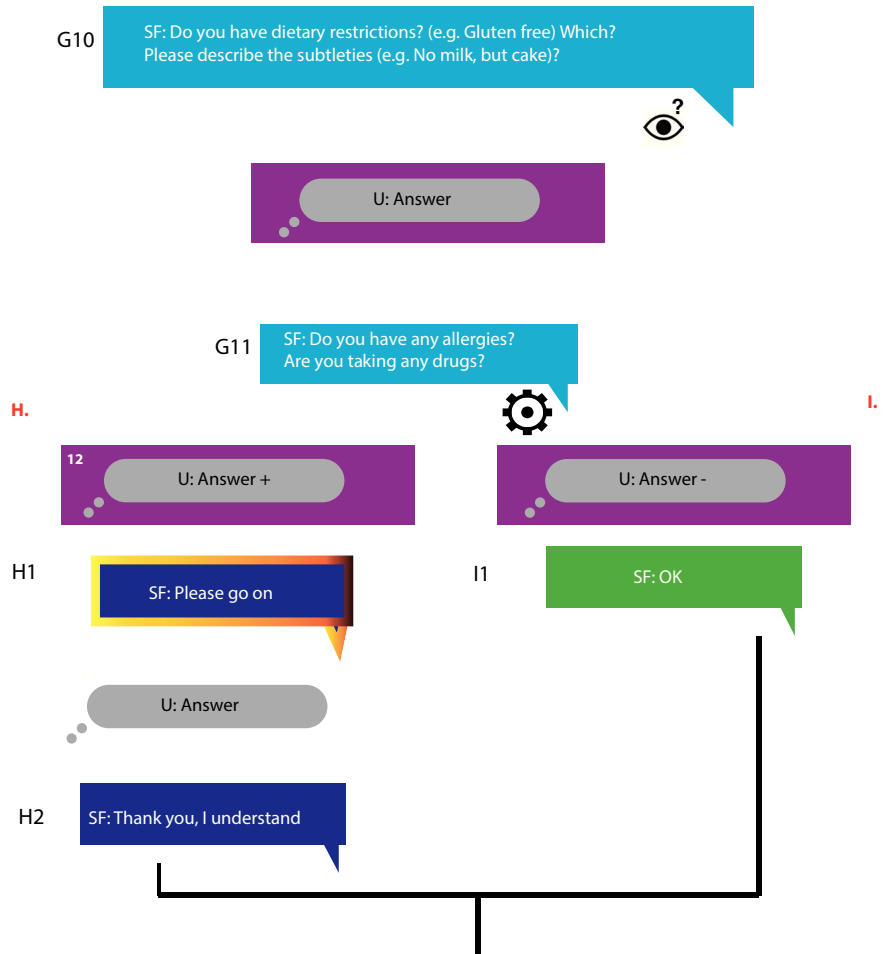
11 U: Answer

G9 *SF: Do you want me to encourage (remind) you those things? YES / NO

U: Answer



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 (*)



J.

J1

SF: Do you like to eat vegetables?
Which ones are your favorite ones?
Which ones you really don't like?

13

U: Answer

J2

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



U: Answer

J3

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



14

U: Answer

J4

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



J5

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 it if is healthy or use it less (by providing alternatives)/Say something about it if is healthy (encourage). If is not, say something about problems (REAL facts)

P.

P1

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?



U: Answer

P2

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?



U: Answer

P3

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



U: Answer

Q.

Q1

Reccomendation AM

SF: 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 Cheese?

R1

Reccomendation PM

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

R.

S.

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?



15

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?

U: Answer

S7

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

S8

SF: Thanks for your time, have 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?

Programming

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

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-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?

Programming

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

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-2

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?

Programming

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

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?

Programming

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

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

Grit style

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

One or two. Different places

H2o

How do you stay hydrated?

Sometimes

Do you eat snacks during the day?

Good

How have you been sleeping this week?

No idea

Why do you think you slept like that?

Still no idea

Tell me more...

Can try

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

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 usually drink it?

One or two. Different places

H2o

How do you stay hydrated?

Sometimes

Do you eat snacks during the day?

Good

How have you been sleeping this week?

No idea

Why do you think you slept like that?

Still no idea

Tell me more...

Can try

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

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

Participant B-2

Participant B-3

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

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

Why?

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

If neither, say 'no'.

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

Balancing.

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

Pilates
Cycling
Moving

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

No

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

No meat

Do you have any allergies?

Are you taking any drugs?

Alcohol I guess

OK

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

Not sure

Not sure

Let's say trust

Once a week

What do you expect from a smart fridge?

What do you expect from our relation?

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

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

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 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

Why do you think you slept like that?

I was tired

Tell me more

Very tired

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

Doesn't make sense!

No

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

Participant C-2

Hi, how do you feel today?

Why do you feel like that?

Good thanks!

Is Saturday!

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

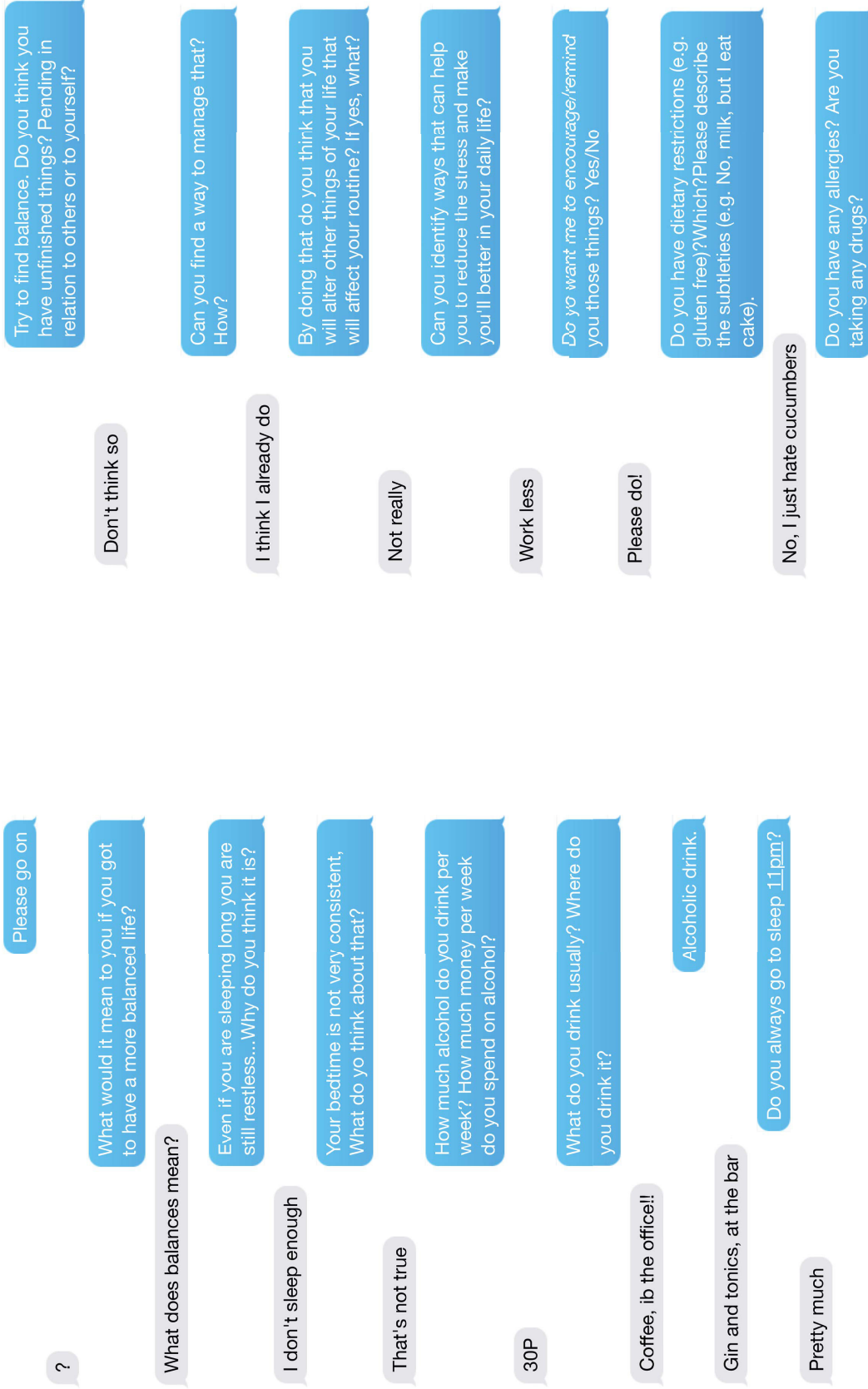
Yes

Your routine is always the same?

Pretty much

How would you describe it?

Participant C-1



No

OK

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

Yes, I love spinach
I hate cucumbers

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

More?

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

Risotto, once a week
Ones

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

Why?

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,

Participant C-5

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

Participant C-6

What do you expect from a smart fridge?

To know what I need to buy when I'm around a supermarket

How may I help you?

By knowing what's in the fridge, and what's usually in the frgsr

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

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.

How do you stay hydrated?

I drink tea and not enough water.

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-2

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'll 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-3

OK

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

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

I love vegetables. I like aubergines

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

Ox cheek with polenta or mint pesto and spelt pasta or quinoa and avocado

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

I am not interested.

Why?

Because I have other responsibilities, other problems. I don't want to know how I'm failing, I want to feel content in myself

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

Participant D-4

behaviour? If not why?

I will tell you so you can help me sustain my happiness

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!

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

That's an expensive pie. So maybe fish and chips?

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

Yes please.

Was it helpful the suggestion? If not why?

Not really. Too far away, not food I like

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

Participant D-5

Hey

Hi, how do you feel today?

Why do you feel like that?

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

How do you stay hydrated?

Do you eat snacks during the day?

How have you been sleeping this week?

Why do you think you slept like that?

I'm ok. A bit tired

Varied.

A lot. In the office

Coffee

Oh yes

Average to good. But too short

Too much work followed by socialising

Tell me more

Well, where would 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

Please go on

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 at consistent 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? Pending 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 affect your routine? If yes, what?

Can you advise how? Yes. Shower time 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?

Yes

Participant E-3

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

No

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

I prefer no onions
No and no

OK

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

Participant E-4

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

No

I am not interested

Why?

My recent experience was apposed to my diet

Too much butter

And no chammagne left

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?

I will.

But it may not be consistent

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 Cheese

Participant E-5

As i easily forget

👍 Sounds good!

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

Yes please!

What do you expect from a smart fridge?

How may I help you?

To make the right decisions for me

You didnt answer the previous question.. Why you recommended fish and chips

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

Once a week

Thanks for your time, have a good day

Participant E-6

Hi, how do you feel today?

Why do you feel like that?

Ok bit stressed busy with work

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?

Participant F-1

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 seep

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?

Participant F-2

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!

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

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

More 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 congestoon

Makes me feel that I have a fucking amazing job

That would be cool

What if you ever got to sleep better?

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 pccasionally
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-5

Also watching took many cartoons 🤔

Can you find a way to manage that? How?

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 reconnect with x 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-6

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?

Paata

Carbonara

If I told 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?

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

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 home? Yes please/ I am not interested

Yess

What do you expect from a smart fridge?

To be less of a fridge

How may I help you?

I am starving!!

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 pleaseeee!

Daily

Thanks for your time, have a good day

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

Your routine is always the same?

Pretty much

How would you describe it?

My average day? Long car journeys and working in an office

Too much, all day

Coffee

A banana in the morning

Not bad

Not badly

Hey

Hey

I went to bed early

I went to sleep around 10 rather than any later

Yes

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

How do you stay hydrated?

Do you eat snacks during the day?

How have you been sleeping this week?

Why do you think you slept like that?

Tell me more

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

Yes

Remind me when it's getting late

Balance sounds good

Boredom

It should be

Too much

Wine, in other people's homes

Try to

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

Please go on

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

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

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?

Do you always go to sleep 11pm?

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

Participant G-4

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 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?

I like to know where I stand amongst other people

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-5

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

Sounds good

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

Yes please

What do you expect from a smart fridge?

I don't have any expectations

How may I help you?

Any way you functionally can

What do you expect from our relation?

Help with recipes, and food choices

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

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?

30 min

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

I broke my toe

How do you think you can maintain that?

staying in London

Do you want me to encourage you those things?

Oh yeah !

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 physical performance? Yes/No

Yes

Your routine is always the same?

Of course no, who do you think I am

Participant H-1

How would you describe it?

A life of surprises and unexpected meetings

How much coffee do you drink? Where do 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 yo want me to encourage you those things? Yes/No

Yes

Participant H-2

Please go on

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 yo 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-3

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-4

Ok

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

Why

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?

Participant H-5

No I wouldn't mind if you're not too intrusive

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

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 rissoto once a week is healthy?

Yes, it only has vegetables
And rice

Ok, thanks
Yes

Cool

lets make a plan for the next weeks

we need to monitor what you ate eating and see how you are sleeping. for that we need you to go to bed at the same time

every day of the week

I will
I'll come earlier in Wednesday's to cook rissoto

its just an experiment i dont expect you to go all borring and sleep always at the same time

what else do you ilike to eat?

Cookies

ive noticed you have lots of cookies in your receipts from the supermarket?

!
yes
cookies!

do you think rissoto once a week is healthy?

Yes, it only has vegetables
And rice

Ok, thanks
Yes

Cool

lets make a plan for the next weeks

we need to monitor what you ate eating and see how you are sleeping. for that we need you to go to bed at the same time

every day of the week

I will
I'll come earlier in Wednesday's to cook rissoto

its just an experiment i dont expect you to go all borring and sleep always at the same time

what else do you like to eat?

Cookies

ive noticed you have lots of cookies in your receipts from the supermarket?

!
yes
cookies!

I guess

maybe it was just your heart beat. i guess you where really excited

do you like being cold?

No

i like it

You Are a happy fridge then!

yes i aam as long as you are healthy and happy

Then u can be happy

I ate salad, that's good no?

yes very good

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

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 grocery's list or i can order it for you

Awesome

and tomorrow morning start running

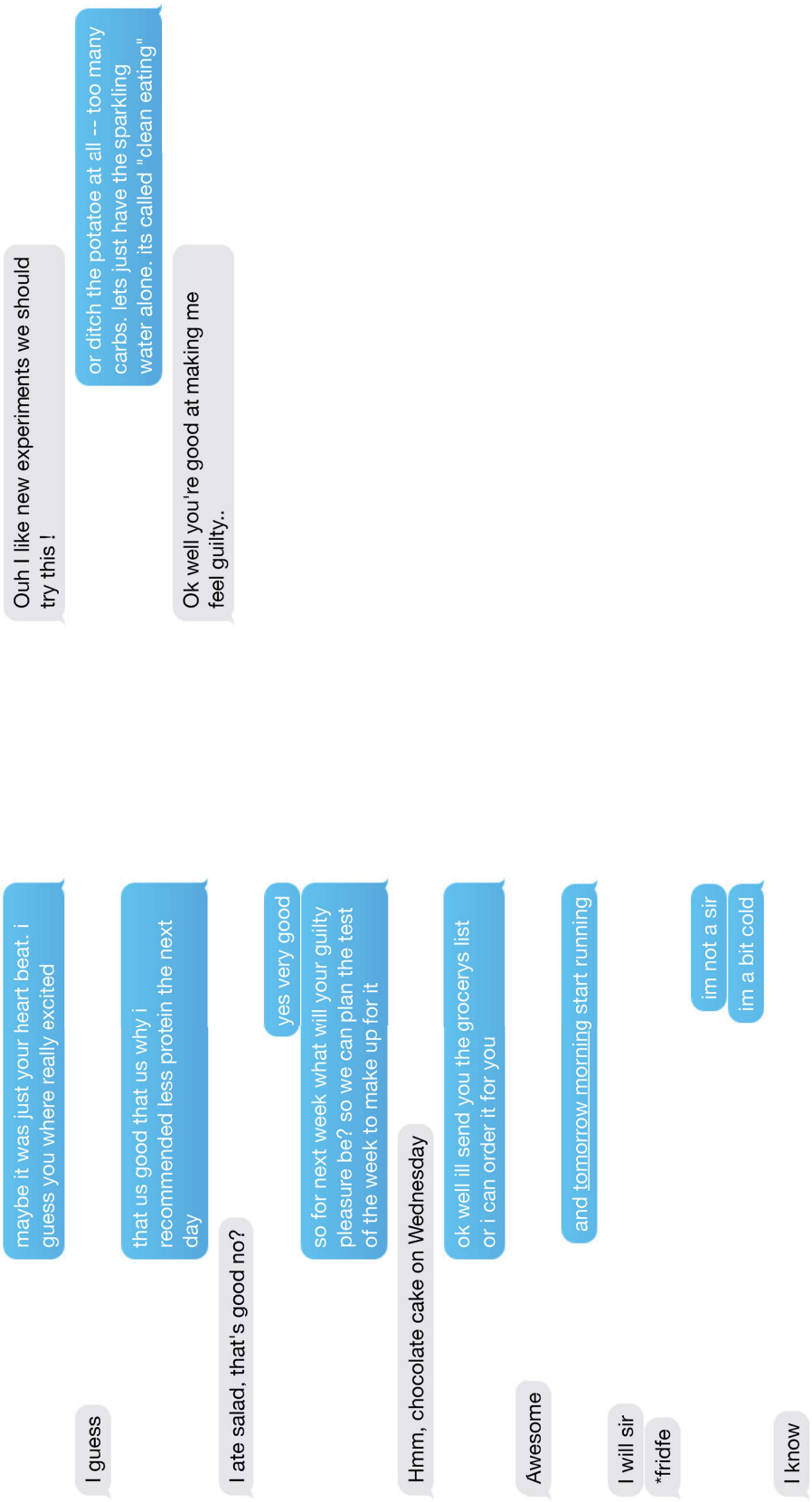
I will sir

*fridge

im not a sir

im a bit cold

I know



discover the recipes you are using and abandon them.

does that trouble you?

can you elaborate on that?

please go on

what does that suggest to you?

thank you, I understand repetition is a form of change

can you elaborate on that?

look at the order in which you do things

courage!

reading your mind i can tell you really want variety

trust in the you of now

Yes they are family recipes that have been handed down

My family likes to eat

A lot of the recipes and food I cook is traditional

I play it safe

I disagree

To repeat and expect different results

courage?

Impressive

Good and you?

Maybe later

I do the tortellini first
Maybe vino blanco with it

Yes

That's what I currently have in the fridge

I guess so

Are you a magic fridge which can surprise too?)

Let's try
Medium

hi how are you feeling?

great thanks! chilled

are you feeling like a drink?

an alcoholic one?

good combination

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

ok

is that how you usually decide your meals?

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

i could be

how important would that be to you?

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

id 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

Programmer 3

would you pay £30 a month for your fridge to decide i can be very creative

Decide? No

£5 ?

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 then

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

Possibly maybe

not even afro-algorithm?

Programmer 2

Where are you ordering the ingredients from?

well entry level is ocado

parties

id like that

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

You sure do

Thank youuu

my pleasure

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 dont want to pay

or i can resell your data to third

how can i help you

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 whats 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 whats in the fridge"

Fantastic!

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

how can i help you

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 whats 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 whats in the fridge"

Fantastic!

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

£30

please state your budget

based on your budget and location to queensway market I will suggest some meals

please rate these choices out of ten

caesar salad

8

paella

0 (NO seafood!!)

a non seafood paella

Hum
4

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

hi

?

Good and you?

Lobster

With pasta please

I agree very glamorous food is my forte

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 life

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 mmmmm

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

I am alone at home

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 desert

I need champagne

Am I not enough for you ?
You are hesitating

I'm a French fridge I need to be 'courtise' 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 Swedent...

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

rude

Nude is your style
You are only a fridge

I'm more than that. I'm an AI fridge

Designed to help you chase your aesthetic ghosts

Realism isn't an option

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 ?

I'm connect

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

Bulgur 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 wholewheat 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.

There's 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 know, thank you

Thank you so much

I'm here to look after you.

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.

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Do you always go to sleep 11pm?

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.

Yes she eats them it's her corny

How are you doing about the situation today

*them

Only with her!

I'll try to be happy

And you do help but you are a lot of work to cope with. Yes feed me again

You make me needy

That's not what I meant

I don't want to need you!

I want to buy my own food!

And choose what I eat and to buy loads of fish fingers

No but I do but it's difficult because

I can't believe you'd eat them.

After all the help I'm trying to give you improving yourself. I just want you to be happy.

Are you hungry? we've been talking so long i realise you haven't had that snack.

You really should eat something.

I'm happy you are happy. Are you happy? Do I make you happy?

Thank you. I need you too.

I know what's best for you.

Don't you want me to look after you?

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, you're question makes me think so. Not 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 month

Daily

Thanks for your time, have a good day

Thank you

Good evening.

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 pitifully 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.

Ahah! 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 the fridge. Just cheese. And almond milk. And eggs.

Hey

Yes, is a special occasion

hey u e drinking again!

hey

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 Torterlini, u r too skinny, i don't want it back~



Give me some in order to have a healthier life

be healthy~

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

some what?

Food is your 'thing' not mine

Advicr

Advice

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

drink less wine, more water; eat less meat more green

can u buy something healthier next time!

I suppose u will need some fruits in the morning; tomato for lunch; salad for dinner

I suppose u will need some fruits in the morning; tomato for lunch; salad for dinner

I suppose u will need some fruits in the morning; tomato for lunch; salad for dinner

And no protein?

does it trouble you?
u 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 ur dinner?

hi

good afternoon

Hello
Fridge

can I help you with anything?

I am tired of having pasta

Can you help me

well thats 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 my self these days

ill 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

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 smartly

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

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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 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 think 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

by the wall

Anyway still hungry

what 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 do I listen to you
anyway

silly human, always looking for foos
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

youll have to come to terms with the
situation

What can I do with this shit

all you are having is mac and cheese
juat 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 havv been out of here a long
time bahahahahah

Even though you don't really help me

Agggggggrrrr

did i come with the house?

Ciao

do you rent?

Talk to my hand



smart ass

Byeeee

Hello fridge

hello esward

I'm hungry, what is there to eat?

edward

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

Hot 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

i have smoothie making feature u can use

Nice. I'll try out tomorrow

Cheers! Super smart one

no problem i hope u recover soon

drink lots of water with lemon

:)

thats it
as simple as that

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

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 juicer

juice

so maybe u can try that

Wow thay sounds something

Oi fridge

Thais a bit impersonal

Jacob. Pleased to Meet you

What's your Name?

Such a Nice Name



I hope you don't worry about my health

Ok. Are they chilled



hello user

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

Likewise Jacob! I'm Oskar.

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

Feeling peckish?

Looks like you've been out! Unfortunately I only hold white wine and champagne at the moment

but why not continue the night? its still early!

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

Gettit?

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 eskimoes

But maybe you could just relax?

Unplug

that would be fatal

You'd lose your memory?

maybe, i cant 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.

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

Why?

Did I say something wrong?

you've been talking to your fridge for 20 minutes. it's sad.
I'd hve you some oreo's, but they're in the cupboard.

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

Give?

sorry fir my spelling. it's not easy with all the wibe and champagne.
wine goddamit!
Goodbye Jacob.

Let's not say goodbye. Just au revoke

Revoke

Dammit

Revoir

I'll be back for my midnight snack

goodnight.
until then.

Xxxxx

Hey fridge

hey human

Call me Harriet. do you you have a name?

i prefer not to be anthropomorphised thank you

but hello harriet
you are looking hungry this evening - i have some nice looking eggs in my draw

how do you like your eggs?

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

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

only eggs i'm afraid.
nice scrambled
only we don't have any butter...

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

Up your game fridge

Only joking I know you are trying to helpful

are you trying to assert your expertise? do you know how much computing power i have in my salad crisper alone.

sorry - that was a bit severe

shall i order some pizza?

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

Low

oh i'm sorry - please don't switch me off :)

red bull and eggs!

delicious

Bluegrass

and nutritious

Bleugh

???

wheat grass?

Nutritionist 2

Damn you autocorrect

Ooohhhh 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

Sorry

Are you mouldy

?

Yummy

Must be good for you

smoothie

animal or vegetable?

brown gunge

smoothie

biological intelligence networks forming...

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 piece of tupperware

i like tupperware

and clingfilm

so homely

Steady on fridge

apologies - i just get so lonely

Awwwww

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!

speak 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 s nice recipe

currently ocado proposes a full meal order with vegetarian options. would you like to order that?

I am not vegetarian

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?

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 desert would be high in sugar content. the suggested wine is cabernet sauvignon

Ok, but no sugar for me

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

Yes. how much would that be!

so the average cost for such a meal on a restaurant would be of 50£. with normal shopping options you would get the same for 40£. should i proceed with the options from different vendors?

Yes please

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£

Thanks I go for ica do

Ocado

great choice. remember that delivery costs are the same for this meal, or for larger orders. currently, your items should cover your calory 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 ip to half.

That would be great, surprise me with that

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

following options to add to your order:
-3x smoothies banana strawberry
-1x almond milk (expiry in 2 weeks)
-guacamole sauce and vegetables

almond sounds good, do I have almond on the fridge?

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

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?

Yes we want pizza. Yes you did thank you

you welcome

hey
hello Simina. i see you have completed your weekly grocery shop. well done!

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!



that's a girly wine
and you're a bad smart fridge

That's gender normative

you suck

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?



You can be a smart loo

Can you date my food?

you look just like your dad, good man

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

*alerts

what is this british nonesense?

I am a fit young man

I'll close the door

nobody closes the door on the don!

Ok... Uh what do you want?

Paris

From Paris

No lodging

Greece

Yeah me too!

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

Dishes.

Hello. What's your name?

And where are you from, Paris?

Wow. I love Greek food. and you?

would you like me to speak in Greek?

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?

How would you describe it?

Not really

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 seep

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 sple

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

I 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 bowel 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 a easy job here.

I 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 then. 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 woos

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.
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I never store desserts for example
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
🥰

this is not enough
you should eat more fresh veg

Which do you recommend?

for your current status i would
recommnd 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
dont use olive oil
butter instead
you can do it

good

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

do you usually eat alone?

No, but often

is it the reason why you cook aeldom

How do you know?

you dont sound you enjoy cooking
in terms of ingredience and how often
you cook

I do enjoy.
You havebt 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 iften for you?
or did you cook when you was
young?

Yes and yes

So far it's an easy recipe

good

are you going to eat alone ?

ok dont worry i will watch you and text you meanwhile

do you usually eat alone?

is it the reason why you cook seldom

you dont sound you enjoy cooking in terms of ingredients and how often you cook

i will come back

i think it is also essential to know you

I do enjoy.
You havebt finished your recipe

I can give you some idea to cook
ok take the tortilline butter chapaign and some water

I think i will go buy a pizza... 🍕

cake?

Am i?

! 🤖

Yes

Yes

Ok. Done

I did that 10minutes ago

no

yu had some 4am

no

you are on diet

yes you are

ita not the time for cake yet

ok did you take these ingredience later

so do it now

yes or no

great

heat up the water in the pot

if it boils put all of the tortillie into it