

June 2020

Interview conducted in May 2020. The participant received a participant information sheet before the interview and provided written consent. The purpose of the interview was explained prior to asking any questions and recording the interview. The participant had then the opportunity to ask any additional questions for clarification. It was explained that when the interview questions asked for digital devices or ICT devices this implied smartphones, tablets, computers and TVs. Depending on the situation of the participant the relevant device could be referred to. The recording was transcribed non verbatim.

The interview was conducted in English

**Speaker 1: Could you please state your current occupation?**

Speaker 2: My current?

**Speaker 1: Your current occupation.**

Speaker 2: I am a student.

**Speaker 1: Full time student?**

Speaker 2: Yeah. Full time student.

**Speaker 1: And what do you study?**

Speaker 2: I am studying [anonymised]. But actually, right now I am doing an internship. So, I am officially a student but I am an intern full-time, so I am working.

**Speaker 1: Where do you work at the moment?**

Speaker 2: In a start-up. Like I don't know if you know these [anonymised] for start-ups. Like it is part of the university and part of the municipality.

**Speaker 1: And that is like every day, five days of the week?**

Speaker 2: Every day, five days a week, yeah.

**Speaker 1: Could I ask what your age is?**

Speaker 2: Yes, I am 28.

**Speaker 1: And where do you currently live?**

Speaker 2: In [anonymised] in a shared house that I share with two people.

**Speaker 1: And since when do you live there?**

Speaker 2: Since July last year.

**Speaker 1: Okay so looking at a normal day, when would you normally get up?**

Speaker 2: Normally I get up at 8. Between 7.30 and 8.

**Speaker 1: And when you get up, would you then make breakfast?**

Speaker 2: First I am taking a shower, during the week. And after that making breakfast and having breakfast.

**Speaker 1: Yeah.**

Speaker 2: During the weekend I am having breakfast first.

**Speaker 1: And would you get up at the same time?**

Speaker 2: During the weekend?

**Speaker 1: Yes.**

Speaker 2: No.

**Speaker 1: So later then or earlier?**

Speaker 2: Yeah later.

**Speaker 1: What time would that normally be?**

Speaker 2: Let's say between 9.30 -10. On average 10, even 10.30.

**Speaker 1: And what would you normally make for breakfast?**

Speaker 2: During the week usually oats with yoghurt and fruit and bread, like a toast with jam or some [inaudible] and something to drink. Normally during the week, I am like rushing a bit so just like water. And I usually have a tea when I arrive, that is typical for the breakfast. And because I am late and rushing, I usually take the tea when I arrive to that place but yeah, the tea is like the breakfast.

**Speaker 1: So, and the breakfast would you normally eat that in the kitchen at a table or do you eat that while you walk?**

Speaker 2: To be honest... to be honest in the kitchen like for example in the meantime I am preparing the oats so I am eating the bread. But I... ideally, I will always sit at the table.

**Speaker 1: And when you eat your breakfast would that normally be alone or is that with your housemates together?**

Speaker 2: During the week alone.

**Speaker 1: And on the weekend?**

Speaker 2: During the weekend I am with my flatmates or with friends.

**Speaker 1: And would you eat the same kind of food on the weekends or do you eat something different?**

Speaker 2: I think... I eat something different. I eat saltier. Like eggs for example. So, I use to do eggs with something... with mushrooms or with spinach or with cheese and with tea or coffee.

**Speaker 1: And when you eat your breakfast during the week, would you normally use a digital device as part that? So, do you use your smartphone or your tablet or your computer while you eat or prepare the food?**

Speaker 2: When I am eating mainly the cell phone.

**Speaker 1: Do you already start using the cell phone when you start preparing the food?**

Speaker 2: Not really because I am using this cell phone to track the time so I have the cell phone to yeah

be aware of the time and also to be aware of what's up. If someone is texting me. Or yeah... if I need to do something with WhatsApp. Or sometimes music. But really, I usually don't have that much time during the week.

**Speaker 1: Okay.**

Speaker 2: During the weekend yeah, the same. The cell phone but more for music.

**Speaker 1: Okay. Do you do any other activities while you use your cell phone and read? Do you read the newspaper...?**

Speaker 2: With the cell phone I sometimes have conversations so I call somebody with the video chat.

**Speaker 1: While you have breakfast you call someone?**

Speaker 2: During the week not so much because I usually run late and I don't have time. But if I have time, I usually call somebody.

**Speaker 1: And the breakfast that you eat, would you normally make it yourself or do you buy it somewhere?**

Speaker 2: No, I usually prepare it myself.

**Speaker 1: And that is during the week and on the weekend the same?**

Speaker 2: Yes.

**Speaker 1: Okay next meal: lunch. Where would you normally eat lunch?**

Speaker 2: Where... During the week at the office at the cafeteria, the canteen and on the weekend usually at home.

**Speaker 1: And is there a specific time when you would normally have lunch?**

Speaker 2: During the week between 12.30 and 1 and on the weekends... The weekends can be a bit strange because sometimes if I wake up later than 11 for example... so I use to kind of join breakfast and lunch and I finish having brunch. And if I wake up earlier, I would have my breakfast and I would have my lunch between 1 and 2. If it's brunch it would be like 12... 11.30.

**Speaker 1: And you would simply combine your breakfast and your lunch?**

Speaker 2: Yes.

**Speaker 1: So and lunch during the week, what would you normally eat?**

Speaker 2: Normally I would use to have some kind of protein and that doesn't matter if it is... so I try not to eat meat that much so I try to replace the meat for another kind of protein or tofu and as a side dish it could be rice or it could be potatoes or something like that as a side dish and vegetables something more like green. That could be a salad or broccoli or bell peppers or something like that as vegetables as a side dish.

**Speaker 1: And on the weekend would that be kind of similar when you make lunch?**

Speaker 2: Yes, it's kind of similar. But I eat more meat during the weekend.

**Speaker 1: What kind of meat would you eat on the weekend?**

Speaker 2: Uhm, chicken or fish is my preference. But if I am with more people it usually is like beef or pork.

**Speaker 1: And would you normally prepare the lunch yourself or buy it somewhere?**

Speaker 2: Usually I prepare it myself.

**Speaker 1: And when you eat your lunch would you sit down for it or do you eat it on the go?**

Speaker 2: No, I like to sit down.

**Speaker 1: So, when you eat your lunch do you normally eat that alone or do you eat that with others?**

Speaker 2: Normally... normally alone. So yeah, now with the internship it is a bit different because I have co-workers and we usually eat lunch together. But usually, I have lunch alone.

**Speaker 1: And on the weekend? Would you have it alone or with friends?**

Speaker 2: Oh, on the weekend usually with friends.

**Speaker 1: When you have your lunch, would you use a digital device while you eat and prepare your**

**food?**

Speaker 2: For the preparation?

**Speaker 1: Yes.**

Speaker 2: For the preparation I am following a recipe, so I can use a cell phone or an iPad. Or.... Or the same. I am having just music. So, I am just playing music with the cell phone. And also, sometimes I call while... I call when I am cooking... so I have calls.

**Speaker 1: So, and you would sometimes look up recipes on your phone or your tablet?**

Speaker 2: It is not super common I mean. It is not the normal but occasionally I do it if I want to prepare something different.

**Speaker 1: Okay. And you mentioned that you would sometimes call people when you sit down and eat your lunch and when there is no one else there and you are alone. Would you always use your phone or your tablet to interact with others?**

Speaker 2: Not always but yeah. Usually, I try to do it. For example, this morning I tried to call my family or a friend that is away so I have... like I use these moments too.

[note: interviewee moved from a different continent to the current place of living]

**Speaker 1: So, what motivates you to use those moments to call your friends and family?**

Speaker 2: Because I think it is like a moment to socialise and also like a moment for myself. So, I like to enjoy the food so I don't do it all the time. So, if I can just sit eating my food that is my favourite option because I like to enjoy the food and the moment, I have with myself but also, I feel it is like a nice moment to share and socialise with people I like and have like a nice moment. So, if I can I try to call someone that I like and I love so I think makes it better...

**Speaker 1: And do you feel it like influences the way you eat your food like when you use the device?**

Speaker 2: I think so. Because I feel I am paying less attention to the food and the social activity of eating and I am paying more attention to what is happening to the cell phone or if I am listening to something. So, I feel I am paying more attention to really eating.

**Speaker 1: You mentioned your phone quite a few times, would that be the device that you normally use?**

Speaker 2: Yes.

**Speaker 1: So, no laptop, no tablet, no TV?**

Speaker 2: If I am working at the laptop but I don't really like it.

**Speaker 1: What do you not like about it?**

Speaker 2: Because I like to eat... I try to make the moment conscious, so I feel if I am just there with the laptop, I am not really enjoying the food or... I feel I am not really taking a moment to disconnect and just being... eating and enjoying other things so I don't like it so much.

**Speaker 1: So, when you have used the laptop in the past while eating would that be for work or more for like watching TV?**

Speaker 2: For the university actually, not really for the job but for the university. It would be more like checking emails... or answering emails.

**Speaker 1: So if you are at the university having your lunch. Would you have it alone or would you have it with for example classmates?**

Speaker 2: Usually alone.

**Speaker 1: And then you would use the cell phone as well or the smartphone?**

Speaker 2: To call?

**Speaker 1: Yes.**

Speaker 2: The same. So, for a call to my family for example or if I was working with my laptop, I can continue just eating and checking my emails... with the laptop. It is like in this context that I am using the laptop.

**Speaker 1: And do you think that it is the context... do you think it is more in the university because you are already at the laptop working?**

Speaker 2: Yeah.

**Speaker 1: So, you would not use that at home?**

Speaker 2: No.

**Speaker 1: So okay next topic: Dinner. When would you normally have dinner?**

Speaker 2: My dinner... normally at home or at a friend's home yeah...

**Speaker 1: So, do you sometimes eat your dinner alone or is that normally with other people?**

Speaker 2: Normally alone... but the thing is that if I am like sharing the lunch with people then I am having the dinner alone but if I am sharing the dinner my lunch used to be alone [inaudible]. So, I use to have like one main moment. So, I either do the lunch or the dinner.

**Speaker 1: And you try to do that every day, like having one main meal together with someone else?**

Speaker 2: Yes, if possible. But to be honest during the week it is not possible every day. And normally I mean from my own culture. I mean I am from [anonymised] from my own culture the lunch is more important than the dinner but since I am living here, I try to share more like... looking for spaces for people to share during the dinner.

**Speaker 1: And what would you normally have for dinner?**

Speaker 2: Normally if I am alone, I will have something small like kind of similar to the breakfast or a bit saltier like maybe tuna with bread or humus. So, a bit more salty but usually small... Even sometimes I can just eat the same as I ate for breakfast so oats and fruit.

**Speaker 1: And the dinner, would you normally make that yourself or would you buy it?**

Speaker 2: So, no this kind of dinner when I am alone, I would make it by myself. I just cook it.

**Speaker 1: And when you have like dinner on the weekend would that be kind of the same or would that be with other people?**

Speaker 2: I try to have it with other people and in that case, I prepare something more elaborated or sometimes have more time. I also cook for myself something more elaborated.

**Speaker 1: Would you say that is more on the weekend or do you sometimes do that during the week as well?**

Speaker 2: So not during the week, not that much because I don't have that much time. I prefer during the weekend something a bit faster so usually alone and during the weekend with more time even if I am also alone, I try to spend more time like cooking and eating.

**Speaker 1: And what kind of dishes would you cook then when you have more time?**

Speaker 2: When I have more time maybe something in the oven. So, vegetables anyways. I mean vegetables similar to the preparing of the lunch that I mentioned earlier. So, vegetables always and then something like quinoa or rice or potatoes.

**Speaker 1: And when you have your dinner would you normally like sit down at a kitchen table?**

Speaker 2: Yes. Like the dinner table.

**Speaker 1: So, do always try to have your main meal at the dinner table or do you sometimes sit like in the living room or in your room?**

Speaker 2: Sometimes in the living room and when there is nice weather on the balcony.

**Speaker 1: And when you have your meal at a different place would you use your digital device or would you use your smartphone while you eat?**

Speaker 2: Same. The cell phone if I am having a call or in the living room sometimes my flatmates, they have the TV.

**Speaker 1: And then you would watch some TV while you eat?**

Speaker 2: Yeah. I just join them on the couch while I am eating.

**Speaker 1: So, when you have dinner would you normally use your smartphone then as well?**

Speaker 2: Yeah, the same as before. I use it to call somebody or also listening to music. Even during the night at dinner, I can use it to try to plan the next day so I use it also to checking the emails or to see if I have like an appointment or something the next day.

**Speaker 1: So, in general how do you feel when you eat alone?**

Speaker 2: So, at the beginning a few years ago I felt uncomfortable... bit uncomfortable because I prefer

eating with people and now I enjoy more eating alone because I try to use it as a moment for myself or to do something that I would like to do like listening to music or call somebody that I want to share the moment with. Now I feel more comfortable about eating alone.

**Speaker 1: And do you feel there are any specific places where you tend to use your smartphone or any kind of digital device more when you eat alone? So, for example, in a restaurant while you are waiting. Do you feel there are certain places that encourage that?**

Speaker 2: Yes, because every time when I am eating alone in a public space, I feel a bit estranged that I feel alone and that other people see that you are alone. So, I try to call somebody or text more. Yeah, if I am in my house for example, I don't text anybody when I am eating but I am like listening to music but if I am in a public place, I don't listen to music I use it for like texting or for like social media like Instagram just to... For example, if I am eating... like if I am waiting for the food in a restaurant during that time, I am waiting so I just take social media like... so in the meantime while I am waiting.

**Speaker 1: Would that be a restaurant where you eat the food or is that like a restaurant where you take the food home?**

Speaker 2: No, where I am eating the food there. Oh... well it doesn't matter actually. If I am just waiting for the food, I will also use social media or text somebody. Yeah, WhatsApp or Instagram [inaudible].

**Speaker 1: And do you feel you use social media like Instagram more in a public space? So, you would not use that when you are at home?**

Speaker 2: Yeah, more in a public space... at home no. At home it is more like calls. So, if I want to call somebody otherwise, I am just [inaudible].

**Speaker 1: And do you feel that in regards of time that there are certain times when you are more likely to use the smartphone, for example, you are travelling alone or certain days of the week?**

Speaker 2: Yeah, I mean during the week when I am working, I feel I can use it more if I really need to be aware of the time. Yeah, if I am travelling and I need to be... I am waiting for the bus or the train or the airplane so I really need to check the time and I have the cell phone there all the time and, in the meantime, I check social media, email or.... I mean because I need to be there for the cell phone but if I am late during the weekend and I don't really have to think about anything ... I don't.

**Speaker 1: Could you tell me if you feel that the digital device contributes to the eating experience? So, do you feel like it makes it better when you eat alone?**

Speaker 2: I feel sometimes because I can call somebody or I can play music so that makes the moment better. But for example, in the case with the laptop or if I need to check the emails, I don't like it that much because I feel I am not enjoying the food and for example when I am checking social media, I just do it because I am bored and I am waiting for.... So, in that case I don't feel like it doesn't add any value. Just if I maybe talk to somebody or if there is any music in that moment, I think.

**Speaker 1: And do you feel your motivation to use a specific device depends on the situation?**

Speaker 2: Yes, definitely. For example, the laptop if I was studying before or I was using the laptop before. And the cell phone because I always have it with me so it is here. So, the iPad for example when I am following recipes or when I am [audible].

**Speaker 1: So, when you use your smartphone would you like hold it in your hand the whole time or do you have it like somewhere lying on the table?**

Speaker 2: No, I usually lay it aside on the table or on the kitchen when I am cooking and reading at the same time... no on the table or in my pocket. I have like...

**Speaker 1: Headphones?**

Speaker 2: Like in the ears.

**Speaker 1: So, what do you think about people who eat in a public space while using a digital device? Do you have an opinion about them?**

Speaker 2: I think.... I think they avoid to be alone that by making the thing they do... like checking social media or something because they are just avoiding to be alone. And also, sometimes I think they are super busy doing a lot of the stuff.

**Speaker 1: And what do you think about people who eat alone at home?**

Speaker 2: Uhm... nothing in a specific... that is fine.

**Speaker 1: Okay. I mean we have touched upon it already. Do you feel there are certain situations in which the use of the digital device makes the eating experience more enjoyable? So that can be in your context or in the context of other people that you can think of.**

Speaker 2: Yeah, I know... I know of people that they enjoy listening to podcasts for example or taking pictures of the food or... yeah, I think for the different people it can make the eating experience more

enjoyable for me it's just talking to somebody. Even taking pictures is not something that I really, really use to do. I do it in like really specific cases but when I want to do it and I feel like doing it having the device there is nice and I think makes it a more enjoyable experience.

**Speaker 1: And do you feel digital devices could help people to eat healthier?**

Speaker 2: Yes, definitely. I think you could have better information like about what you are eating with the device. I mean if you for example if you are in a restaurant so you can maybe with your cell phone know if the quality of their food is good or actually... like... some people for example like following a diet or people that just eat something specific components or ingredients so I think it could be really helpful in that way.

**Speaker 1: Do you feel there are current issues at the moment when it comes to using digital devices while eating alone? Do you think they impact on the eating experience for some people?**

Speaker 2: I think right now people don't really enjoy the activity of eating because they are focusing on all the other stuff with their devices like reading or with a magazine or social media so they are not really eating they are actually doing other things.

**Speaker 1: Okay so you feel it's a kind of distraction?**

Speaker 2: I feel that it is a kind of distraction, yeah.

**Speaker 1: Do you think there are certain apps or activities that people do on the devices that are more distracting than others?**

Speaker 2: Yes, like for example I feel that something that you have to listen to is better. Something that you have to see is more obstructive.

**Speaker 1: Okay, so you feel like watching a TV show is more distracting than listening to a podcast?**

Speaker 2: Yeah.

**Speaker 1: Okay, so these were all the questions that I had. Do you have any questions to me?**

Speaker 2: Not really. I think it's really interesting.

**Speaker 1: Thank you! And thanks for taking part in the interview!**

