

Appendix K: Instructions and Recipe for the Observation Study

Check-in Script - English

Welcome! My name is _____ and I'll be walking you through what you'll be doing as part of our study today.

Today you will be preparing a chicken entrée from frozen and a black bean salad and we will interview you after you finish cooking. The cooking and interview will last no longer than an hour and a half.

Have a seat in the waiting room. We are a little behind schedule, someone will be with you in about 10 minutes.

Observation Script

Pre-cooking Script

Before we start, I need you to **read and sign the consent form**.

Please let me know if you have any questions or concerns. You will receive a copy of the form to take home.

After Consent Form Is Signed

Today you will be preparing a chicken entrée from frozen, helping us test a new product formulation, and a black bean salad.

Please do not eat the chicken or salad or take any of the food home with you. We will interview you after you are finished cooking. The cooking and interview will last no longer than an hour and a half.

This is the area where you will be cooking. All the available utensils and dishes are in these drawers/cabinets. [Note: open a few cabinet and drawers and be sure to open the drawer with the thermometer].

The chicken entrée is in the freezer. Please prepare it first, and as you would at home. For any instructions on how to prepare it, please see the package. For the salad, the beans are here on the counter, the salsa and cucumber are in the refrigerator, and the corn is in the freezer. Here's the recipe for the salad (provide laminated sheet with recipe). Please plate the food once you have finished cooking. After you are done, please clean up as you would at home. You can load the dishwasher, but please do not turn it on.

Feel free to use whatever you need. Please make yourself at home, you are welcome to use your phone to listen to music, or whatever you usually do when cooking at home. If the temperature of the kitchen is not okay, let me know and I can adjust it.

Restrooms are located _____, and in case of an emergency, the exits are _____. The fire extinguisher is located _____ and the first aid kit is located _____.

Before you begin, do you have any questions?

If you have any questions or concerns while you're cooking, I will be in the _____ room.

[After food preparation]

Now that you have finished the cooking portion of the study, we are ready to begin the interview. It should take about 15 minutes to complete. Do you need a break before we begin that portion?

Chicken Entree

We will not provide a recipe for the chicken entrée; participants are told to prepare the chicken as they would at home, and for further instructions to consult the package.

Black Bean Salad

[Note: The recipe will be printed on a laminated card.]

Ingredients:

- 1 can black beans
- ½ cup salsa
- 1 cucumber
- 1 cup corn

Directions:

1. Drain and rinse the black beans.
2. Chop cucumber into bite-sized pieces.
3. Prepare 1 cup corn.
4. Combine cucumber in bowl with black beans, corn, and salsa and mix.

According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0583-0169 and the expiration date is xx/xx/xxxx. The time required to complete this information collection is estimated to average 90 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.