

**Appendix L:**  
**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.

Before we get started, we are going to run through a brief COVID-19 screener [Appendix N].

Today, you will be preparing burgers made from ground beef, brats, and a side salad to help us test recipes for a new cookbook.

You will need to wear a face covering for the duration of the observation. If you did not bring one, we will provide you with one. Please also be sure to maintain distancing of at least six feet when interacting with any research team member.

We will interview you after you finish cooking. The cooking and interview will last no longer than 2 hours.

## **Observation Script (Experimental group version)**

### **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 ground beef burgers, brats, and a side salad.

Please do not eat any of the food or take any home with you. We will interview you after you are finished cooking. The cooking and interview will last up to 2 hours.

This is the area where you will be cooking. Here's the grill for cooking the burgers and brats. All the available utensils and dishes are in these drawers/cabinets. [Note: open a few cabinets and drawers and be sure to open the drawer with the thermometer, materials for repackaging, and cleaning/sanitizing solution].

Please prepare the food as you would at home using the recipes provided. For the salad, the apples are here on the counter, and the lettuce and carrots are in the refrigerator. Here are the recipes (provide formatted recipes). You will only be preparing half of the ground beef today, so please repack the leftover ground beef as you would at home. Common materials you need for repackaging are here in the kitchen.

After you are done cooking, 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 20 minutes to complete. Do you need a break before we begin that portion?

## **Observation Script (Guacamole group)**

### **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 ground beef burgers, brats, a side salad, and guacamole.

Please do not eat any of the food or take any home with you. We will interview you after you are finished cooking. The cooking and interview will last up to 2 hours.

This is the area where you will be cooking. Here's the grill for cooking the burgers and brats. All the available utensils and dishes are in these drawers/cabinets. [Note: open a few cabinets and drawers and be sure to open the drawer with the thermometer, materials for repackaging, and cleaning/sanitizing solution].

Please prepare the food as you would at home using the recipes provided. For the salad and guacamole, the apples, avocados, lime juice, and onion are here on the counter and the lettuce, carrots, and cilantro are in the refrigerator. Here are the recipes (provide formatted recipes). You will only be preparing half of the ground beef today, so please repack the leftover ground beef as you would at home. Common materials you need for repackaging are here in the kitchen.

After you are done cooking, 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 20 minutes to complete. Do you need a break before we begin that portion?

## **Spicy Grilled Burgers and Brats**

[Note: The recipe will be printed on a laminated card. The treatment group 2 recipe will be called "Kenzi's Spicy Grilled Burgers and Brats."]

### **Ingredients:**

- $\frac{1}{2}$  onion
- $\frac{1}{2}$  lb. ground beef
- $\frac{1}{4}$  tsp chili powder
- $\frac{1}{2}$  tsp cumin
- $\frac{1}{4}$  tsp salt
- $\frac{1}{2}$  tsp black pepper

### **Directions (control):**

1. Dice onion into small pieces.
2. Combine ground beef, onion, and seasonings in bowl and mix.
3. Form into 2 patties.
4. Grill the burgers to your desired level of doneness.
5. Cook brats over medium heat on the grill.

### **Directions (treatment):**

1. Wash hands with soap and water.
2. Dice onion into small pieces.
3. Combine ground beef, onion, and seasonings in bowl and mix. Do not wash or rinse raw meat.
4. Form into 2 patties. Wash hands with soap and water after handling uncooked ground beef. Clean and then sanitize counter and utensils after touching uncooked ground beef.
5. Grill burgers until internal temperature reaches 160°F on food thermometer.
6. Grill brats until internal temperature reaches 160°F on food thermometer.

## **Green Salad with Apples and Carrots**

[Note: The recipe will be printed on a laminated card. The treatment group 2 recipe will be called "Kenzi's Green Salad with Apples and Carrots."]

### **Ingredients:**

- 1 apple
- 1 medium carrot
- $\frac{1}{2}$  of bag of salad

### **Directions (control):**

1. Dice apple into bite-sized pieces.
2. Slice carrot lengthwise and chop in half.
3. Combine in bowl with half of the bagged salad.

### **Directions (treatment):**

1. Wash hands with soap and water.
2. Gently rub apple under cold running water, and dice into bite-sized pieces.
3. Gently rub carrots under cold running water, then slice lengthwise and chop in half.
4. Combine in bowl with half of the bagged salad.

## Guacamole

[Note: The recipe will be printed on a laminated card. The treatment group 2 recipe will be called "Kenzi's Guacamole."]

### **Ingredients:**

- 1/4 cup chopped cilantro
- 1/2 onion
- 2 avocados
- 1 tbsp lime juice
- 1 tsp salt

1. Chop cilantro leaves and onion into small pieces and mix.
2. Cut avocado into large chunks and mix with onion and cilantro.
3. Mix in lime juice and salt.

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