Look, cook, learn: A Recipe for improved functionality in cooking design

Anna Mizer

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Look, Cook, Learn
A Recipe for Improved Functionality In Cooking Design

A Thesis submitted to the Faculty of the College of Imaging Arts and Sciences in candidacy for the degree of Masters of Fine Arts in Graduate Graphic Design.

Graduate Graphic Design Masters of Fine Arts Degree
School of Design
College of Imaging Arts and Sciences
Rochester Institute of Technology

Anna Mizer
Thesis Candidate
May 2011
Thesis Approvals

Chief Advisor

Chris Jackson, Associate Professor, Computer Graphics Design, School of Design, College of Imaging Arts and Sciences

Associate Advisor

Bruce Ian Meader, Associate Professor, Graphic Design, School of Design, College of Imaging Arts and Sciences

Associate Advisor

Nancy Ciolek, Associate Professor, Graphic Design, School of Design, College of Imaging Arts and Sciences

Administrative Chair

Patti Lachance, Associate Professor, School of Design, College of Imaging Arts and Sciences

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Abstract

*Look, Cook, Learn: A Recipe for Improved Functionality In Cooking Design* is a thesis which explores the relationship and differences between print media and digital media. Both are studied in respect to instructional cooking materials with their strengths and weaknesses. The final application involves a digital application for the Apple iPad as well as a printed recipe book.

The user experience is of great importance and therefore information layering, visual layout, and consumer expectations are all considered. All information that is included in both the digital application is broken into sections depending on the function or action that the user is trying to perform.

The ‘Look’ section refers to the user experience of browsing or searching for recipes. Key information that would be useful or critical in the searching process has been highlighted and emphasized in a strategic way to allow users to more easily find a recipe that they would be interested in preparing.

The ‘Cook’ section is designed so that once a user has selected a recipe that they wish to prepare, the process of actually executing the steps necessary are clear and understandable. Care was taken to make sure language, supplementary imagery, and layout all aided in the execution of each step.

The ‘Learn’ section is devoted to helping assist and educate users in kitchen practices such as nutrition, knife skills, substituting ingredients, and converting measurements. This section is handled differently in the print and digital application since the medium properties of each allows for a different user interaction.

Overall this thesis is designed to help improve the functionality and usability of cooking materials by considering user experience, information design, and information layering.

**Keywords:**
Information Design, Information Layering, User Experience, Cooking, Recipe Design, Graphic Design
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01 : Introduction

1.1 Situation Analysis
Eating is a daily activity that allows an organism to intake nutrients to help sustain the health of their body. Throughout time human beings have evolved the act of eating into a sophisticated experience that can involve gathering food components, preparing these items, and then serving or consuming them often within a highly structured social context. Food has gone from an essential activity that is vital to our daily survival to one of great luxury and indulgence. As a result of our evolving eating habits, cooking has also become an activity that is held as a respective profession as well as important life skill. For as long as there have been professional chefs and casual cooks who prepare meals there have also been books or materials to provide instruction and assistance in the preparation of food and its consumption.

These books or learning materials have never been more significant than they are today. Understanding the preparation of healthy food at home has become more important than ever due to the continual challenge of staying healthy and eating a balanced diet. By preparing meals at home consumers have more control over what they eat through the choice of specific ingredients and the method of preparation. It is also much more affordable to cook for yourself than to eat at restaurants or order take-out.

1.2 Problem Statement
Since every user has differing comfort levels or skills in regard to cooking it is prudent for designers to take this into consideration. It is important to be aware of the various learning preferences as well as the user’s experience when designing instructional materials such as cookbooks. By more clearly representing the information that is needed in order to prepare food and cook a meal, designers can enhance the user experience and allow cooking to be more relaxing and enjoyable.

Information design in general should not be solely about presenting data but also providing a user with different ways to interact with the data. Designers can help make the workflow and experience of using a cookbook or other cooking application easier, thus allowing consumers to prepare a wider variety of healthy, do-able, realistic meals with greater ease, confidence and enjoyment.

I am designing and developing a series of materials that utilize engaging imagery, clear data, and concise presentation to be used in a cookbook and digital cookbook application. These graphics will be tailored to a specific target audience and will utilize the principles of design. I will also be taking into consideration the layering and progression of information as well as the differing aspects of using digital cooking applications versus their traditional printed counterparts.

1.3 Target Audience
Cookbooks are written to address a range of audience skill levels and tastes. They range from large general cooking manuals to collections of recipes relating to a specific food genre. You can find general cooking books that focus on teaching kitchen basics to inexperienced cooks or those that are devoted to special topics such as gourmet chocolate making for the experienced cook or professional chef. The topics within a cookbook can also vary and are as unique as they are diverse – from cupcakes to grilling, and Asian wok cooking to Italian classics. Specialty cookbooks are produced by celebrity chefs or restaurants to embody their individual specialties and exemplify
their personality. Food product companies have also produced cookbooks that encourage consumers to use their featured products in interesting and imaginative ways. Many magazines and newspapers also feature recipes, often taking advantage of seasonal local produce.

The audience I am designing for is young professionals in the 20-35 year-old age group who are not intimidated by the kitchen. They are intrigued by cooking, even though they may not know a wide variety of recipes or techniques. They also have the time, energy and interest to invest in learning new skills. They are enthusiastic and eager to expand their culinary knowledge.

1.4 Review of Literature

Visual Communication

Information Graphics


“Information design in its widest sense is about the selection, organization and presentation of information to a given audience”. Wildbur and Burke stress the importance of focusing on the essence of an issue and break information down into types or purposes such as informing travelers, explaining how things work, screen interactions, 3D interfaces and mapping. The material covered is informative but the examples are dated and uninspiring. However, this source could be useful for the theories about how to organize and weigh data.

Data Visualization: Modern Approaches


Smashing Magazine, geared towards designers and design enthusiasts, stresses that the days of outdated information graphics are coming to a swift close as we are changing and adapting to new ways of visualizing data. The graphics presented are separated into categories, list visual examples and provide a link to go to the original source of the image. Some examples of these categories are mind maps, displaying news, data, connections, websites, articles, resources and tools and services. This source has interesting visuals and examples but is not rich in content.

Information Graphics

Beautiful Evidence


Tufte discusses the role evidence plays in the way that we learn and how we turn seeing into visualizing. According to Tufte, the role of evidence should be to help support our thinking and lend itself to analysis. He further states that creating, designing, and consuming evidence is a moral and intellectual activity which should be done with respect and quality.
**Visual Explanations**


“Clarity and excellence in thinking is very much like clarity and excellence in the display of data. When principles of design replicate principles of thought, the act of arranging information becomes the act of insight”. In this book Tufte explores the logic of depicting information as well as considering design strategies in the arrangement of images as narrative. He elaborates on the significance of verbs and how information can be a narrative with movement and motion.

**Information Design Handbook**


O’Grady focuses on information and how it can be designed. The handbook displays a great visual gallery of information graphics and includes a chapter that discusses the process of learning and perception. Typography, eye movements, learning styles, communication practices, and organization theories are all considered. Overall this was a very informative and inspiring book.

**Multiple Intelligences**

-Multiple Intelligences in the Classroom-

Armstrong, Thomas. *Multiple Intelligences in the Classroom*. Association for Supervision and Curriculum Development, 2000

Thomas Armstrong and Howard Gardner explore the theory that each of us has multiple learning intelligences that broaden the measure of intelligence from a basic IQ number or test score. The eight intelligences discussed in this book include linguistic, logical-mathematical, spatial, bodily-kinesthetic, musical, interpersonal, intrapersonal, and naturalist. By breaking ‘intelligence’ into these multiple categories we can appreciate that each person learns in a variety of ways. An understanding of these types of learning will help us facilitate learning and tailor our approach to serve the ways in which others process information.

**Teaching and Learning Through Multiple Intelligences**


Campbell et al. divide multiple intelligences into 8 categories and dedicate a chapter to the explanation of each one. This book offers a unique perspective because it is written for teachers and explains how to recognize children’s individual strengths and then utilizing teaching methods that will appeal to these children. Designers are trying to convey a message to a given audience (much like teaching), therefore this analysis is very useful even though it was not written with artists or designers as a specific target audience.
So That Each May Learn: Integrating Learning Styles and Multiple Intelligences

Silver et al. explain many of the different ways that learning styles can effect how people perceive and process information. It also included Multiple Intelligence Indicator worksheets and a guide to analyzing the results. It was a very informative source about the role that intelligences play in classroom as well as in everyday life.

Cookbook, History and Design
Vegan Yum Yum

Lauren Ulm is a vegan food blogger who decided to compile her recipes into a cookbook. Her blog includes vibrant imagery of many recipes that range from simple pancakes to a vegan Thanksgiving dinner. She also features step-by-step images in many of her recipes. Her writing style is very approachable and she clearly explains her whole process in a clear, engaging manner. I have mirrored the visual style of her imagery and tone in which her recipes are written because we are targeting similar audiences.

The American Cookbook

This book chronicles the role that food and recipes played in the beginning years in the American colonies. Fisher then chronicles the development of the cookbook in America and traces some of the most important and influential books in American cookbook history.

Something From the Oven: Reinventing Dinner in 1950s America

Laura Shapiro explores the role that convenience food played in America during the 1950s. She traces the origins of convenience food to military battlefield meals and then follows its development into the civilian food marketplace. She explores the role that prepared or packaged meals played in family life as well as in the development of the food industry. This relates directly to how people view food and food preparation in today's society. Convenience foods are common in our everyday lives and have had a direct impact on the way Americans approach the act of cooking.
Section 2

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2.2 Cookbooks Come to America
2.0 Research

Many of the first cookbooks were lists of what was served at great feasts. One of the earliest known sources of written food instruction was penned by Athenaeus, a Greek gourmet, in the 2nd century BC. The treatise is presented in the form of a dialogue between two banqueters who talk for days and relate recipes for dishes such as stuffed vine leaves and several varieties of cheesecake. However, Athenaeus was not the earliest Greek writer on cooking; in his writing he mentions more than 20 authors who came before him, one of whom, Archestratus, produced his masterpiece, Hédypatheia (“Pleasant Living”), in 350 BC.

Since the first cookbooks were written, thousands of years ago, almost every society has developed their own cookbooks. These books can tell us much more than how to prepare specific dishes. Cookbooks can reflect the types of food that were available, both common as well as exotic, the occasion for which these dishes would be prepared (feasts, banquets, holidays, royalty, etc.), who the books were written by and who was the intended audience. Many of these books also include etiquette or household management advice, which further illustrates how house environments were operated, people’s roles in the house (servants, wives, mistresses, etc.), and political situations or current events in that society and around the world. An example of this is cookbooks that were written during wartime when certain food items were rationed or limited by the government. These books show how rationed items could be substituted or used sparingly in many common recipes. Tips on how to stretch a budget or maximize the usefulness of other items such as soap or clothing were also included and demonstrate the societies need to conserve what items they did have and ways to manage without the items that were rationed or unavailable during wartime.

The cookbook I am writing and designing is from my own American perspective and I commenced with a study of the history of American cookbooks. In doing so it became clear that being an English colony played a significant role in the way that cookbooks in America were first written. Therefore I also studied the history of English and European cookbooks from the Medieval time period until the present day.

2.1 History of English Cookbooks

2.1.1 English Cookbook Design: Medieval Times

During this time period English society was feudal and composed of distinct classes. The food that people had access to was dictated by their class and social status. There were many peasants and lower class citizens but they were too poor to afford exotic or even fresh foods. The food that they were able to prepare consisted of what food items were available to them, not what they desired or could import.

Spices and other exotic culinary items, however, were not available to the lower classes and they often had to eat preserved of pickled fruits, meats, and vegetables. Fresh meat was far too expensive for common folk and they were further limited to the use of common farm animals such as cows and pigs that were easy to care for and helped to provide staple foods such as milk, simple cheeses, or bacon.

During this time many cookbooks served as records of the recipes developed and the banquets that were held in noblemen’s estates. Wealthy citizens were the only ones who could afford fresh fish and exotic meats and fowl, such as venison and peacock, as well as exotic herbs and spices such as nutmeg, ginger, and caraway. Hosting such lavish banquets was a sign of great wealth and the opulent use of exotic foods was a common demonstration of prestige. These feasts could take hours and instead of the meal being served in courses it was laid out on the
table all at once. There also existed ‘courtesy books’ which were an early form of manner or etiquette guides that would advise that when an individual was a guest at large feasts they should avoid socially unacceptable acts such as allowing the escape of flatulence or picking their nose. Interestingly, burping was considered a flattering commentary on the meal.

*The Forme of Cury* (*The Form of Cooking*) is one of the oldest English cookbooks still in existence today and was written around 1390 AD by the cooks that served Richard II and his royal court. Inside are 196 recipes that describe how to cook items such as whales, cranes, curlews, herons, seals, and porpoises, as well as more common dishes such as Blanc Mange or pottages. This is the first English cookbook to mention ingredients such as olive oil, cloves, and gourds in relation to their use in English food (“Books for Cooks”).

### 2.1.2 English Cookbook Design: 1500s-1600s

In Europe, and especially in England, there was much turmoil and change during the 1500s and 1600s. In the 1500s many exotic ingredients were still limited to the rich and affluent members of society. However, cookbooks began to be published with more regularity and claimed to contain the secrets of noblemen and women. These secrets could be anything from recipes for candy and pharmaceutical remedies, to beauty tips and instructions for household management. Cookbooks now became aimed toward a female audience and specifically wealthy mistresses.

As exploration continued to uncover new lands and trade routes it opened England to receive many new imported good such as tomatoes, potatoes, corn, kidney beans, chocolate, peanuts, vanilla, pineapple, etc. This allowed a renaissance of culinary creations and foreign food became extremely popular among the wealthy. Sugar became a very important import from the Indes and was considered a very expensive and prestigious ingredient, so much so that the resulting dental decay caused by its overuse by the rich was mimicked by less wealthy folks through the intentional blackening of their teeth (Masoff).

Politics also helped fuel the culinary tastes of English society. During the 1600s there was a considerable shift in the wealth distribution due to the dissolution of the previous monarchy in the 1530s. This created a new group of non-aristocratic landowners who became wealthy and helped expand the number of people who could enjoy the previously more exclusive culinary luxuries. Other political events (such as the marriages of English nobility and royalty to dignitaries from other countries) also encouraged a newfound interest in foreign food. Amongst all the cuisines in Europe, England became particularly enchanted with French cooking.

The 1600s also saw a new wave in cookbooks being published because many of the skilled chefs that were employed by the monarchy were now out of work and needed a way to supplement their income. To play into society’s desire to learn the ‘secrets of the wealthy’, these cooks wrote books that claimed to expose their previous employers and share all the knowledge of the inner workings of wealthy estates. This included instruction for the newly wealthy to learn the practices and etiquette required to be an honorable and skilled hostess.

One great example of 17th century cookbooks is “The Queens Closet Opened”. This was written by W. M. and published in 1668 by J. W. for Nath. Brooke. “The book is divided into three sections: ‘The Pearl of Practice’ which covers medical remedies; ‘A Queen’s Delight’ which examines confectionery; and ‘The Compleat Cook’ which looks at general culinary recipes. The book was first published in 1655 during the reign of Oliver Cromwell. Eight new cookery books appeared in this period, and *The Queens Closet* was a huge success, with ten new editions published before the end of the century.” The Queen that is referred to in this book was Henrietta Maria, wife of King Charles I (“Books for Cooks”).

*Look, Cook, Learn: A Recipe for Improved Functionality of Cooking Materials* 2 Research
2.1.3 English Cookbook Design: 1700s

The 18th century was a time of great social change. A catalyst of growing cities and increasing developments in technology allowed for substantial shifts both in the kitchen but also in culinary opportunities.

During this time the industrial revolution had taken hold and mass production was becoming a popular and economically sound way to produce goods. Landowners were evicting the peasant farmers who had been living on their land, creating an influx of workers that migrated to large towns and cities. This influx created a unique opportunity for entrepreneurs to open restaurants or become street vendors and allowed a new level of food products to be available to consumers. However, in contrast to their previous farm holdings, fresh produce or meat was less available to immigrants in the city. It wasn’t until improvements in transportation and better food preserving practices came into existence that produce became more readily available to the developing urban middle class. Fresh fruit, vegetables, meat, and fish could then be enjoyed in the cities and foods that were previously restricted as components of regional cuisine could now be easily transported across the country.

The growth in technology and industry also led to many physical improvements in the kitchen. The ability to produce rolled sheet iron allowed for better kitchen utensils and tools.

With the growing middle class also came a new audience for cookbooks. Cookbooks had previously been written for the mistress of wealthy houses as a guide that she often read to her servants. Now, however, books were being written in much plainer language and were intended for servants or kitchen maids. This freed the mistress from the task of reading to servants and allowed her to spend her time in more “appropriate pursuits” (“Books for Cooks”).

One example of a typical cookbook of the 18th century is that of Hannah Glasse titled ‘The Art of Cookery Made Plain and Easy’ which was published in 1747. In this book Glasse is very direct and concise. ‘The Art of Cookery Made Plain and Easy’ became a best-seller and her clear, precise writing style led some to believe that it was written by a man, reflecting society’s belief that such talent was rare in women writers.

2.1.4 English Cookbook Design: 1800s

The 19th century was a further continuation of the trends that were started in the 18th century. Cities became more and more populated while industrial development continued to grow and prosper. Transportation grew rapidly with the advent of the steam engine allowing fresh produce from all over the country to be moved and imported to the over populated cities with much greater efficiency.

Another key advancement was the development of the process of canning food. This allowed a new way for food to be preserved without the use of pickling or heavy salting. It also meant that food items could be shipped all across the world without concern about spoilage. Bacteria were also discovered and scientists began to understand their role in food spoilage and the ramifications of incorrect food handling and processing that could make consumers sick. This knowledge led to a heightened awareness about food storage, safety and hygiene.

Convenience items were also made readily available due to technological advancements and industrialization. One of the most important contributions that these made to the kitchen was that of oven design, specifically through improvements in temperature control. Cooks in kitchens across the world could now more accurately control the temperature at which their food dishes were cooked, something previously reserved for the luxurious kitchens of the...
wealthy. This allowed middle class cooks to be able to prepare more complicated or precise recipes. Other kitchen enhancements included tools such as potato peelers and graters providing efficiency and ease of food preparation.

An interesting book from this time period that depicts the growing concern over improving the lives of the lower class is ‘Soyer’s Shilling Cookery for the People’ by A. Soyer. This book was written for the lower class and was an attempt to bring good cooking to the masses. By removing costly ingredients and simplifying directions, Soyer altered the recipes in order to help make practical cooking accessible to everyone (“Books for Cooks”).

2.1.5 English Cookbook Design: 1900s

One of the biggest food advancements that occurred in the 20th century was the discovery of vitamins and minerals and the determination that they could help lead to a healthier body. The realization of their presence in certain foods helped motivate society to learn about nutrition and eat a more balanced diet. As scientists discovered more about nutrition, the public strove to eat better, healthier foods. The idea of a balanced diet also became very important during the 20th century because of the effects of WWI and WWII. Special diets were developed in order to make soldiers healthier and allow them to perform better. At home came war-time rationing. This occurred in many countries in order to supply enough food to the troops and limited the amount of certain foods accessible to civilians.

As a reaction to rationing and increasing knowledge about nutrition, some cookbook writers produced books or guides that adjusted recipes to better accommodate the limited availability of ingredients, both in type and quantity. These books could also contain tips about how to preserve clothing, mend tools, and stretch existing resources to compensate for the lack of other supplies.

Post-war, consumers became aware of the increased pollution that can be associated with large-scale food production. Chemicals used in farming and production of food can have negative consequences to the environment and individual consumers and movements began to appear that promoted more responsible practices. Post-war there was also a gradual change in the role and lifestyle of women in society, with the evolvement of two-income families. This ushered in the popularization of convenience foods for both households and take-out eating (“Books for Cooks”).

2.2 Cookbooks come to America.

During the 1700s, settlements in America were growing as more people left their past lives behind in favor of the New World. During this time period settlers came with few possessions and their cooking knowledge was primarily passed down orally, rather than in recorded books. When colonists first began to settle in America they found that the recipes and foods that they had been accustomed to were not at all useful in the New World. Their crops were unsuccessful and basic ingredients, such as wheat, were now unavailable.

The Native American population, who had lived on these lands for hundreds of years, had an intimate knowledge of the land, horticultural practices, local game, and regional crops. By sharing this knowledge the Native Americans helped the new settlers to adapt their hunting and farming practices as well as alter the recipes they already knew in order to utilize the resources that were available in the colonies.
As the colonies became more established and trade or supply ships began to make regular visits, goods could be transported back and forth between the colonies and the mother country. Once this was established, cookbooks started to make their way over from England to the colonists. With the establishment of the printing press in English American territories, these English cookbooks were subsequently reprinted in the colonies.

It wasn’t until 1796 that the first truly American cookbook was written and produced. *American Cookery, or the Art of Dressing Viands, Fish, Poultry, and Vegetables, and the Best Modes of Making Pastes, Puffs, Pies, Tarts, Puddings, Custards and Preserves, and All Kinds of Cakes from the Imperial to Plumb to Plain Cake, Adapted to this Country, and All Grades of Life* was written by Amelia Simmons and provided readers with a vast collection of recipes that had been adapted to fit the American lifestyle and utilize the available food resources. This book became extremely popular and underwent many reprintings for more than 100 years.

As additional colonies were established by a variety of countries, America started to become a diverse mix of people, culinary styles, and traditions. These began to fuse in interesting and unexpected ways and helped produce unique culinary dishes and recipes. As the settlements grew to include churches, schools, and a stable environment many more cookbooks were produced, embellished by continued imports from abroad.

Another notable American cookbook was written by Eliza Leslie in 1828 and titled *Receipts for Pastry, Cakes, and Sweetmeats*. Leslie wrote several volumes that eventually became the leading cookbooks in America. One of her greatest accomplishments was taking the art of French cuisine and adopting it to American ingredients and tastes.

During the 1800s and 1900s cookbooks were mainly written by women and targeted a female audience. Consumers included upper class individuals but the books were also accessible to anyone who could read. Churches, women’s groups, and independent writers all began to produce cookbooks that represented particular regional recipes. As cities began to develop, restaurant and celebrity chefs gained popularity and notoriety. It was common for famous restaurants and chefs to produce cookbooks that highlighted specialty dishes in their given field of expertise.

One American culinary school in particular, the Boston School of Cooking, stands out as having contributed to the design and writing of American cookbooks. One of the principals of the school was Mary Lincoln. During the production of a cookbook for the school, she was one of the first writers to separate or tabulate the ingredients and provide them at the beginning of each recipe. In 1896 Fannie Farmer became the head of the school and published *The Boston Cooking School Cookbook*. This book has gone on to be the longest-lived cookbook in American history. It is also remarkable because it was the first cookbook in which standardized cooking measurements were provided. This, in combination with the ever-growing technology that was being incorporated into the kitchen (such as ovens whose temperature could be more accurately controlled), allowed for greater accuracy and precision when cooking. As a result, recipes became more and more precise to help dependably achieve the desired results.

Another important change in the evolution of the American cookbook is the shifting role of women. When World War I and World War II required that a large portion of America’s men leave the work force and join the Military it left a large void in the workplace. In order to feed their families, as well as fill the new openings, many women sought employment instead of staying home and being housewives. Even upon the return of men at the end of the wars, women continued to stay at work. This, in conjunction with raising families, created a role for women not only as mothers and wives, but also as income earners with a career.
As the role of women changed there was also a change in where their time was spent. Instead of spending all afternoon preparing dinner, as was typical in the late 19th century, women in the early 20th century would work during the day and only prepare the meals when they returned home in the evening. This put pressure on the time women had to prepare meals. In the quest to still be able to make quality meals in less time, the concept of convenience foods was readily adopted by women across America.

Convenience foods required little to no preparation and markedly reduce the time required to prepare meals. These are often prepared food items that can be sold as hot, ready-to-eat dishes; as room temperature, shelf-stable products that require only basic preparatory steps; or as refrigerated or frozen products that require only minimal preparation such as heating. Convenience food became popular during and after World War II because the companies that had previously been producing ready-to-eat meals for soldiers now had the knowledge and machinery to produce processed food on a large scale. Once the war was over these factories shifted their target audience to women and the home market. They began to use their equipment and technology to produce food products such as canned cheeseburgers, frozen orange juice concentrate, and the infamous frozen TV Dinner (“Convenience Foods”).

Convenience food items were introduced initially with mixed success but eventually items such as instant Jell-O, pudding, orange juice concentrate, cake mix, and condensed soups made their way irrevocably into American kitchens and cookbooks. Companies began to produce cookbooks specifically written to incorporate their convenience products and brand name ingredients.

Despite the new popularity of convenience products, not everyone was swallowed into the quick, simple convenience that they offered. Many women were reluctant and used them for casual necessity, not as a component in main family meals. Even though pre-made products could be found in almost every grocery store, cookbooks continued to include recipes made “from scratch”.

One of the next major developments in cookbooks was the release of recipe cards in the 1970s. These generally included a small, often plastic, recipe box which held a set of cards with an individual recipe written on each card. Cooks could easily organize these collections through the use of included tab cards which had labels such as seasonal, children’s, holiday, and ethnic (Fisher).

By the 1980s cooking magazines were becoming popular and readers could subscribe for an annual fee. These magazines, such as Women’s Circle Home Cooking or The National Women’s Home Cooking Club, provided sample recipes each month as well as cooking advice and articles (Fisher). Through the 1990s these evolved into contemporary, glossy magazines that offer almost a hundred pages of recipes with close-up imagery.

This obsession with food and its preparation has not dwindled over the years. Today there are thousands of cookbooks that line the shelves of homes, professional kitchens, and bookstores alike. In fact, the cookbook industry is a multi-hundred million-dollar business. Resources now include traditional cookbooks, food magazines, food and recipe blogs, recipe websites, and digital cookbooks.
Current trends indicate that in times of recession consumers are much less likely to eat out. According to a consumer panel survey conducted by Phil Lempert, a leading consumer-trend analyst, during a recession people are eating out less and preparing more of their meals at home.

“The economy is affecting consumer eating habits, according to research conducted by the N.G.A. and SupermarketGuru, and underwritten by ConAgra Foods. The research found that the overwhelming majority of consumers (89%) are eating most of their meals at home.

With unemployment persisting and consumer confidence down, families have sought shelter in their own homes. To save money, par frills, buy healthier and cook smarter, consumers are making fewer trips to the store and looking for competitive prices and emphasis on value.

More than three-quarters of consumers are exercising efficiency by combining leftovers into new meals – fifty seven percent do this one to two times per week. Meanwhile, fewer than five percent of consumers are dining out multiple times a week – a slowdown felt across all income tiers. Thirty-three percent dine out less than once a month. Four percent never dine out.”

People are increasingly turning to their own kitchens to feed themselves and their families instead of eating at restaurants or buying expensive pre-packaged food. With the plethora of recipe choices and less-healthy meal options such as convenience foods it can be daunting to try and develop healthy, balanced, realistic menus. It is vitally important that people become familiar with the concept of a balanced diet and feel comfortable enough to confront the everyday challenge of expanding their culinary skills and repertoire.
Section 3

Section 3 3.0 Usability and Design of Cookbooks
3.1 User Considerations
3.2 Physical Considerations
3.3 Information Distribution Considerations
3.4 Design Analysis of Existing Materials
   3.4.1 Existing Materials
   3.4.2 Content Considerations
   3.4.3 Design Considerations
3.5 End-User Survey
   3.5.1 Goals
   3.5.2 Survey Questions
   3.5.3 Survey Responses and Results
   3.5.4 Synthesis
Section 03 : Usability and Design of Cookbooks

3.1 User Considerations

People of varying culinary experiences can all approach cooking as an enjoyable, educational, and necessary activity. In order to accommodate the wide range of experience levels, cookbooks can be written with certain target groups in mind. For example, in the realm of chocolate making there is a wide range of books and resources that are available. There are books such as Wilton Candy Making Beginner’s Guide Book that describes various ways to melt pre-made chocolate wafers and then create molded chocolates or sweets such as chocolate-covered strawberries. For the more experienced cook there are books such as Chocolates and Confections: Formula, Theory, and Technique for the Artisan Confectioner. This book goes into depth about the complexities and artistry that go into fine, gourmet chocolate making. When writing a cookbook it is obvious that your intended audience be taken into consideration. If you are writing a basic cookbook you will need to include simple recipes that can be broken down into clear, understandable steps. When addressing an audience that already has a basic level of knowledge and is looking for more advanced instruction it will be necessary and appropriate to use proper culinary terminology and provide more challenging or complex recipes.

It is also important to note that cookbooks are usually a combination of written instructions and pictures that visually show how to execute certain steps or demonstrate the final appearance and presentation of a prepared dish. Cookbooks that are weighted too heavily in one direction or the other (textually or visually) could potentially upset users who feel that they are not receiving the proper type or level of information appropriate for their cooking experience. It is key to make information accessible to anyone who might be using the cookbook and to include diversity in the way that it is portrayed.

3.2 Physical Considerations:

Other considerations for designers and publishers include practical elements such as book size, format, binding, and page material. Below is a short list of some pragmatic considerations that will help shape the type of experience that users will have.

<table>
<thead>
<tr>
<th>Size</th>
<th>Images</th>
</tr>
</thead>
<tbody>
<tr>
<td>Footprint on Counter</td>
<td>Are there images at all?</td>
</tr>
<tr>
<td>Accessible size appropriate to functions.</td>
<td>Are the images photographs or illustrations?</td>
</tr>
<tr>
<td>Paper</td>
<td>Are there images for each recipe?</td>
</tr>
<tr>
<td>Coated vs. Uncoated- Spill Proof</td>
<td>Is there an image for each step?</td>
</tr>
<tr>
<td>Thickness</td>
<td>Section or chapter images?</td>
</tr>
<tr>
<td>Binding</td>
<td>Image Quality- similar feeling or ‘mood’, same style, angle of food item in image, complexity, props?</td>
</tr>
<tr>
<td>Is the book a traditionally bound book?</td>
<td>Order</td>
</tr>
<tr>
<td>Binder rings would allow the user to re-order pages to personal taste.</td>
<td>Is there an order to the categories?</td>
</tr>
<tr>
<td>Loose cards/pages allow search-ability but provide no sense of order.</td>
<td>What is the organization within each chapter or section?</td>
</tr>
<tr>
<td>Would loose cards be put into a container?</td>
<td>Is it by complexity, cooking or prep time, or alphabetically?</td>
</tr>
<tr>
<td>Will it lay flat or have a stand?</td>
<td></td>
</tr>
</tbody>
</table>
3.3 Information Distribution in Cookbooks

Cookbooks, by our current definition, should include lists of ingredients and how to prepare these ingredients in order to produce a finished dish. Some of the other types of information that are currently being dispensed in cookbooks include nutrition information, history of the dish, regional history surrounding the dish’s origin, cultural significance of certain food or food items, etc. Below is a list of elements that could possibly be included in my final application.

**Table of Contents**

- **Book Introduction**
- **Chapters or Sections**
  - Chapter Indexes
  - Chapter Introduction Text
    - In section
    - In Index
  - Chapter Pictures
    - Overview of section (such meat cut chart and of with cooking times)
    - Caption telling name and page number of dish
- **Recipe**
  - Pictures (or captions telling what page it is pictured on)
  - Description
  - Instructions
    - Detailed
    - Easy-to-Follow
    - Pictured (with or w/o numbers to match the steps)
    - Numbered
    - Cooking Technique (picture, symbol, etc.)
  - Ingredient List
  - History of Dish
  - Serving Size Number
  - Type of Pan or Cooking Container
  - Prep Time
  - Cook Time
  - Health Concerns (Heart Healthy, Low Fat, etc.)
  - Dietary Restrictions (Vegetarian, Gluten Free)
  - Serving Instruction
  - Nutrition Levels or Point system (Weight Watchers)
  - Popularity Symbols (also in No Fat, Fast, etc.)
  - Flavors (spiciness, etc.)
<table>
<thead>
<tr>
<th><strong>Informative ‘Extras’</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Pyramid or Nutrition Information</td>
</tr>
<tr>
<td>Serving Size Information</td>
</tr>
<tr>
<td><strong>Tips</strong></td>
</tr>
<tr>
<td>Cooking Tips (ex. For spicier dish...)</td>
</tr>
<tr>
<td>Selection (ex. How to select apples)</td>
</tr>
<tr>
<td>Technique (ex. How to crush a cracker crust)</td>
</tr>
<tr>
<td>Background (ex. History and qualities of coffee beans)</td>
</tr>
<tr>
<td>Quick Cooking Strategies</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Tutorials</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic How-To’s about techniques.</td>
</tr>
<tr>
<td>Information about specific ingredients (how to choose the best vegetables, fruits, etc.)</td>
</tr>
<tr>
<td>Tools of the kitchen (ex. fluted pastry wheel and how/when to use)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Conversion Chart</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>English conversions (Tbs to cups)</td>
</tr>
<tr>
<td>Metric conversion chart</td>
</tr>
<tr>
<td>Ingredients to Measurements (ex. 1 apple = approx. 1 cup sliced)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Substitutions</strong></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Index</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>By keyword or ingredient (or dishware such as stoneware) with sub-lists under main keyword.</td>
</tr>
</tbody>
</table>
3.4 Design Analysis of Existing Materials

3.4.1 Existing Materials
In order to design an improved cookbook I wanted to survey and analyze a small representative portion of existing cookbooks and their design so that I could assess their layout and content from a design perspective. In order to do this I collected 10 cookbooks that I thought were a good representative sample of the many styles, layouts, and target audiences. The ten books I chose to analyze were:

2. The New Pillsbury Family Cookbook, by Pillsbury (1975)

3.4.2 Content Considerations
What content is actually included in a cookbook can vary widely and range from only recipes to books with entire chapters or appendices with conversion charts, glossary of terms, index, and other helpful cooking tools. When I analyze the following cookbooks I want to explore what each of the authors decided to include as well as what was omitted.

I am very interested in the way in which the content is organized. Are recipes divided into categories? How are the recipes organized in each chapter? What types of information is actually included in the recipe itself? These are all important and can help the viewers find, sort, and mentally organize the information. Tutorials are another aspect of cookbooks and affect how helpful the book is to users who might not now know key terms, ingredients, or techniques.

3.4.3 Design Considerations
Topics and cuisines that are covered in cookbooks can be extremely diverse. It is also common for the stylistic appearance of these materials to be varied as well. I want to study the ways in which recipes are handled typographically as well as their layout on the page. Headings, recipe titles, chapter titles, and explanatory text typography will also be documented.

Imagery is another important aspect of a cookbook. I will be examining the visual style of the photography or illustrations and exploring how consistent or varied it is within a single source. Are there images for every recipe? Are the steps or instructions accompanied by informative imagery? Color is another aspect of imagery that I will be considering to see if there are any interesting patterns or trends that emerge.

Finally, I will be documenting sample page layouts to see how the use of margins, layouts, and grids all combine to unify the entire book. All materials analyzed can be found in appendix 2.
3.5 End-User Survey

3.5.1 Goals:
Subsequently, in order to more fully understand the opinions and thoughts from a more general point of view I compiled a survey whose main goals were to determine what consumers enjoy about cooking, what part of the cooking process frustrates them the most, and what they value the most in cookbooks. My goal was to determine the weaknesses in current cookbooks as well as what aspects of the cooking process are most frustrating.

I also wanted to determine consumers’ reaction to digital cookbooks and determine their current use of such materials. This will help me to gauge how people utilize printed cookbooks differently than their digital counterpart.

By more clearly understanding how consumers approach the process of cooking and finding recipes that they are comfortable using, I will be able to design an insightful digital application and a clear and precise cookbook both of which will effectively address the wants and needs of the end users.

3.5.2 Survey Questions
Sample questions that were included in my survey are

Cooking Skill
• What level cook would you consider yourself? Do you enjoy cooking?
• What is your favorite part of cooking? Why? (planning the meal, looking through cookbooks for ideas, purchasing ingredients, preparation of ingredients, cooking the recipe, serving the dish, etc)
• What is your least favorite part of cooking? Why? (timing the meal, balancing diet, finding recipes, etc.)

Food Preparation
• When preparing a meal what aspects are the most challenging for you?
• Please explain what you find most frustrating while following the instructions in a recipe.

Cookbook Opinions
• How many cookbooks do you own?
• Are your cookbooks mainly general cooking (ex. Better Homes and Gardens Cookbook) or specific to a certain type of food (ex. Pasta, French Cuisine, etc.)?
• What is your favorite cookbook? Why?
• What are the qualities you look for when purchasing a cookbook?
• How important are the following elements when selecting a cookbook? (Pictures, Detailed Instructions, Easy-to-follow instructions, Simple Ingredient Lists, Explanation of Cuisine Type, Health Considerations (Heart Healthy, etc.), Dietary Restrictions (Vegetarian, Gluten Free))
• When you are looking for a recipe to prepare what criteria do you use to help in your search?

Interactive Application
• Do you use or have you ever used a digital cookbook? If so, which ones? (ex. websites, CD cookbook, iPad app.)
• How does the experience of using a digital cookbook differ from that of using a traditional printed cookbook? In your opinion, what are the pros and cons?
• Which do you prefer to use, print or digital?
3.5.3 Survey Responses and Results

Based on the collective answers I received from my consumer survey certain themes or common answers were observed. Below is a concise list of some common consumer comments and responses:

What are consumers' least favorite parts of cooking?
Planning Meals
Finding Recipes in a Cookbook (navigation)
Grocery Shopping - Making a List
Finding Difficult or Obscure Ingredients
Timing Meals

What is the most challenging part of meal preparation?
Making sure you have the proper cooking dishes.
Timing and multitasking.
Following/understanding instructions.
What to make with common ingredients.
Dishes that use similar ingredients.
Additives and new variations for familiar dishes.
Good meal combinations.
Know how long to cook items (especially meat).

What is most frustrating when following a recipe?
Unclear steps or instructions that use complicated terminology.
Jumping to and from the steps and ingredients lists.
Recipes that refer to another section of the book.
Type size is too small to read well.
Key information is hard to locate (cooking temperatures, time, cookware, etc.)
Split ingredients (use half of the ingredient in the beginning and the rest later on).
Lack of recipe variations (such as meatless).
Ingredients that require conversions (ex. stick of butter or cups of butter).

What are the qualities of an ideal cookbook?
Pictures for all/most recipes.
Simple, easy-to-follow instructions.
Ingredients that are easy to find.
Healthy recipes, but doesn’t have to be a ‘health’ cookbook.
Recipes and designs that are timeless, not trendy.
Recipes should be flexible and adjustable.
Organized recipe breakdown and navigation.
Range of recipes for varying skill level.
Recipes with clear substitutions.
3.5.4. Synthesis

After studying the survey responses I derived a concise list of user issues that seemed to be the most common and frustrating.

Areas of Concern

Make meal planning easier.
It seems as though meal planning is a common frustration among cooking consumers. In order to try and make this easier it would be possible to have a section of the cookbook that suggests certain menus or meal combinations that compliment each other. Another idea would be to link recipes together so that while you are preparing one recipe you can see suggestions of complimentary dishes. All people have varying tastes and menu preferences so I think this is an aspect of cooking that should be more personal or customized. With this in mind I think this is an option that would be more appropriate in a digital form so that data could be input and the menus customized for each individual user.

Better recipe cross-references would also help users find recipes that fulfill their needs and could possibly help lead them to other recipes they might enjoy. This would help the user expand their repertoire of recipes and would give them more choices when they begin to plan their meals.

Layout should make sense
The layout of the actual physical cookbook and application should ideally help create a smoother and more efficient experience. One of my goals is that there would only be one recipe per page so that there was never competition between recipes or any confusion about which series of steps the consumer is following. Another goal would be to create a layout that required either no page turning or minimal page turning in the middle of recipes. A final consideration would be that the book or application be usable and comfortable by including appropriate typeface choices as well as type size.

Easier to navigate ingredient lists.
It seems as though it would be helpful to have ingredients lists relate more directly with the instructional steps in which they are used so that users wouldn’t have to jump from the recipe step back to the ingredients list to find the measurements that are required.

Interesting variation suggestions.
It would be helpful to add cooking tips and recipe variations so that users could add new twists to their favorite recipes. It would also give them ideas on how to help customize their dishes to make them more desirable or healthy.

Easier timing and measurement conversions.
If there was a way to help consumers be able to time their dishes more efficiently so that meals ‘came together’ at the same time it would help eliminate some of the frustration that is involved with cooking larger meals or meals with multiple components. Appendices in the back could also help users cope with other cooking challenges such as measurements conversions and ingredient substitutions.
Specific Goals

Based on the list of common survey responses I developed a list of specific goals I would like to accomplish while executing my final thesis application.

*Improve Search Function*
- Improve connections between recipes
- Table of Contents that provides a more clear separation of food categories or multiple ways to search/locate a recipe

*Recipe Navigation*
- Make basic recipe information easier to understand or locate (ex. cook times, nutrition, description, etc.)
- Make ingredients relate more closely to instruction step
- Integrate photos to enhance written directions in steps
- Have at least 1 photo for each recipe
- Make each step deliberately separate and distinct

*Separate ‘browsing’ information from ‘cooking’ information.*
Section 4

4.0 Digital Cookbook Outputs
4.1 Function of Browsing vs. Cooking
4.2 Experience Differentials
4.3 Projected Application Use
4.4 Device Output Possibilities
   4.4.1 Why the Apple iPad2 is the Best Option
4.5 Content Analysis
   4.5.1 Print vs. Digital Function
   4.5.2 Content Objectives
Section 04 : Digital Cookbook Outputs

4.1 Function of Browsing vs. Cooking

When people approach cooking there are generally two different phases that they go through. First they must find and select a recipe. Once a recipe is chosen they then proceed to the second step, actual preparation for cooking the food. This is important to keep in mind since the two functions are very different and will require different considerations during design.

When browsing or searching for a recipe it is important that key pieces of information be easily accessible. People generally search for recipes based on criteria such as type of dish (appetizer, entrée, etc.), ingredient availability, time required to prepare or cook the dish, or dietary requirements such as low sodium or gluten-free. Every person likes to search for information differently, based on their hierarchy of priorities or their preferred learning style. For example, if Consumer A is more pressed for time than they are for money, they may choose a recipe that is quick to make even though the ingredients are more complicated or expensive. Conversely, Consumer B may choose a recipe that is healthier and nutritionally valuable even though it takes a longer time to prepare and cook.

Learning intelligences or styles can also play a role in the way we search for information since someone who responds more strongly to visual cues may prefer to browse or choose a recipe based on the appearance of the finished product. If a consumer was more strongly influenced by language, they may choose a recipe based on a description of the dish and their choice of cookbook would be based on the language incorporated in the recipe’s instructions or background/supplementary information provided for each dish.

Once a recipe has been selected then it is time to begin food preparation and cooking. At this point the impact of the serving size, nutrition, and description of the dish are much less important since the consumer has already determined that this is the recipe they will be preparing. The preparation process usually involves gathering the necessary ingredients, the use of measuring devices, bowls or cutting boards to prepare or mix the ingredients, and a series of steps that describe how to combine the ingredients and cook them in order to produce the final prepared dish. In the cooking process it is essential that the recipe provide quick and clear navigation between ingredients and the instruction pertaining to those specific ingredients. As users navigate between the recipes and actually executing the steps it is necessary that they can easily find their place again once they have left the recipe and returned to it.

4.2 Experience Differentials

Before systems of writing and production were established, recipes were exchanged or passed down orally. Since then cookbooks have been primarily executed and distributed in printed form of books, magazines, pamphlets, and handwritten recipe cards. As technology has changed and moved society forward there has been the addition of cooking websites, digital cookbooks, and applications for devices such as e-readers, multimedia tablets, or mobile devices. The experience between digital and printed materials hinges on one main component: the ability to interact with a dynamic design versus a static printed one.

When using printed materials users know that there are expectations and standards such as a table of contents in the beginning, content in the middle, and supplementary information or an index in the back. People who were born before the digital age or who grew up using printed cookbooks seem to have a much greater inclination to interact with or cook from a printed book. This preference is most likely attributable to their familiarity with and comfort level
of cooking from books, reinforced by the tactile nature of handling books. Cooking is a very hands-on experience involving chopping, measuring, mixing and cooking food ingredients. The hands-on experience of a physical book is more closely related to the hands-on physically experienced when cooking or preparing a meal. When surveyed, the majority of consumers indicated that they much prefer to work from printed materials rather than a digital format such as a website, laptop, or tablet device.

Despite this preference, the benefits of a digital application that can be accessed through a mobile or tablet device cannot be ignored. Digital applications that allow for user interaction open up a new way for users to access and work with the information they are seeking. For example, if a consumer is searching for a recipe they can utilize keywords and other search criteria in order to find concise, specific content. Being interactive, the digital application further allows users to work with the information in a new way. For example, instead of looking for a measurement conversion on a table or chart, a user can input a given amount and select their desired conversion function generating a number amount and giving the user a specific measurement. Digital applications may serve in the re-selection or recall of favorite recipes. When using the digital application consumers will be able to bookmark or save a favorite recipe much the way a favorite printed page can now be book-marked or dog-eared in a cookbook. A further feature of digital applications is that they may allow the content to be editable or additional data to be input into recipes. This would be an important quality allowing people to customize or alter a recipe to meet their own personal tastes or dietary needs. Some websites, such as Weight Watchers®, allow users to convert recipes into nutritional component values to help monitor food intake.

4.3 Projected Application Use

Browse for recipes.
Users want a device that will allow them to easily search through options to find a specific recipe or to casually browse through recipes they might be interested in. I foresee that this application would be used by people who are browsing for recipes on their couch, in the kitchen, on their lunch break, while they watch tv, etc. The portability of this application and its intended use with devices that have larger screens so that the options and content are easily seen and navigated through are key features in its design.

Use as a cooking aid.
The application is also meant to be used as an aid in the kitchen while cooking. The recipes will be easy to browse and once selected the recipe will take up the entire screen so that it is most easily viewed. Other options will allow users to time multiple dishes simultaneously, make quick unit conversions, or watch video demonstrations for certain preparation of cooking techniques.

4.4 Device Output Possibilities

There are many digital devices that could potentially function as the host for my digital application. In order to decide which one would be the best fit for my application I examined the size, functionality, and multimedia capabilities of the top tablets, e-readers, and digital recipe systems.

To see complete analysis of all the considered devices please see Appendix.
4.4.1 Why the Apple iPad 2 is the best option.

The iPad 2 is a large full color, multifunction, Wi-Fi compatible, 3G capable tablet device that would allow users to surf the internet as well as download the application to use as a stand-alone device independent of the internet. With a diagonal screen size of 9.7 inches it allows user to see extensive content at once and also offers the option of portrait or landscape viewing.

The relatively small device size would make it comfortable to hold in your lap or rest on the counter while searching for recipes. With a simple book stand it would also be an appropriate viewing size in the kitchen (as compared to the page size in an average cookbook). While other devices offer a ‘splash resistant’ screen, the iPad comes with many cover options and the glass screen can be wiped off gently with a cloth. Users will have to be careful with spills but kitchen covers should soon be available for the iPad and these will help protect it from kitchen mishaps.

The iPad is also an ideal choice because many people are comfortable with the intuitive touch interaction. Touching a screen to navigate through options is more hands on than using a computer or non-touch devices. It offers the convenience of the internet, interactive tutorials, dynamic keywords and searches but still allows the user to have an intimate hands-on experience that is extremely portable.

Additional options such as the wireless printing allows users to print favorite recipes and generate grocery lists or meal plans for the entire week which can then either be stored digitally or printed via a wireless printer. The wireless internet would also allow users to post favorite recipes on websites such as Facebook or e-mail them to friends and family.
### 4.5 Content Analysis

#### 4.5.1 Print vs. Digital Functions

<table>
<thead>
<tr>
<th>Print Application</th>
<th>Digital Application</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Function</strong></td>
<td>The digital application would serve as an independent but complimentary application that would assist users in finding recipes as well as planning balanced meals. Users could find the recipes either in the printed cookbook or cook directly from the electronic device.</td>
</tr>
<tr>
<td>This cookbook is meant to serve as a resource for men and women ages 20-35 who are looking for a series of recipes that will allow them to expand their cooking knowledge. The target audience would be users who are already knowledgeable about basic cooking practices but still appreciate simple recipes. The book would be aimed at young professionals who have time to devote to expanding their repertoire of recipes and cooking skills.</td>
<td></td>
</tr>
<tr>
<td><strong>Content</strong></td>
<td>Collection of all recipes.</td>
</tr>
<tr>
<td>Collection of most popular recipes.</td>
<td>Recipes can be added to a user’s ‘recipe box’ and then be customized or edited.</td>
</tr>
<tr>
<td>Information graphic explaining nutrition and the principles of preparing balanced meals.</td>
<td>Recipes may be e-mailed to friends or posted on social networks such as Facebook®.</td>
</tr>
<tr>
<td>Simple meal suggestions for limited recipes (ex. Italian garlic bread suggested with spaghetti and meatballs).</td>
<td>Digitally enhanced recipe instructions with demonstration videos or technique explanations.</td>
</tr>
<tr>
<td>Information graphic about general meat and vegetable cooking times.</td>
<td>Interactive information graphic explaining nutrition and how to balance meals.</td>
</tr>
<tr>
<td>Conversion chart.</td>
<td>Users could digitally complete a week’s worth of meal planning and subsequently print it if desired.</td>
</tr>
<tr>
<td>Pockets in the back of book or in between chapters to allow users to add printed copies of favorite recipes to the book.</td>
<td>Ingredient/grocery list generator.</td>
</tr>
<tr>
<td></td>
<td>Specific meal/recipe suggestions.</td>
</tr>
<tr>
<td></td>
<td>Interactive conversion function (measurement conversion between metric and US systems.).</td>
</tr>
</tbody>
</table>
### 4.5.2 Content Objectives

<table>
<thead>
<tr>
<th>Print Application</th>
<th>Digital Application</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Improve Navigation</strong></td>
<td>Search Recipe by Keyword</td>
</tr>
<tr>
<td>Multiple ways to find recipes such as</td>
<td>• Ingredient</td>
</tr>
<tr>
<td>• Several Tables of Contents</td>
<td>• Cuisine Type</td>
</tr>
<tr>
<td>• Table of Contents with icons</td>
<td>• Recipe Name</td>
</tr>
<tr>
<td>• Color coded page elements</td>
<td>Filter results by time, ingredient, diet restrictions, etc.</td>
</tr>
<tr>
<td></td>
<td>Users can add a recipe to their collection and then edit it (quantity, notes, keywords, rating)</td>
</tr>
<tr>
<td><strong>Meal Planning</strong></td>
<td>Suggested recipe pairings (link to others)</td>
</tr>
<tr>
<td>Suggested recipe pairings (see pg #)</td>
<td>Ways to make a balanced meal</td>
</tr>
<tr>
<td>Suggested food pairing (goes well with …)</td>
<td>• Information graphic that explains nutrition basics.</td>
</tr>
<tr>
<td>Section of book that gives meal suggestions</td>
<td>• Information graphic that shows recipes by food group choices indicating the contribution to recommended servings per day.</td>
</tr>
<tr>
<td>• Holidays</td>
<td>• User would select a recipe and an interactive graph would display the nutritional value and highlight areas that still needed to be fulfilled (pairing suggestions could then be made).</td>
</tr>
<tr>
<td>• Quick meals</td>
<td>Users could select recipes or combinations that they enjoy and plan out their week's meals. It could then generate a printable grocery list for the week's worth of ingredients.</td>
</tr>
<tr>
<td>• Traditional combinations</td>
<td></td>
</tr>
<tr>
<td>Ways to make a balanced meal</td>
<td></td>
</tr>
<tr>
<td>• Information graphic that explains nutrition basics.</td>
<td></td>
</tr>
<tr>
<td>• Information graphic that shows recipes by food group choices indicating the recommended servings per day.</td>
<td></td>
</tr>
<tr>
<td><strong>Substitutions or Alterations</strong></td>
<td>Tab that lists common substitutions. Other resources in appendix could include conversion table, common cooking times, meat cooking guide, etc.</td>
</tr>
<tr>
<td>Appendix at end of book that lists common substitutions. Other resources in appendix could include conversion table, common cooking times, meat cooking guide, etc.</td>
<td>Users could highlight an ingredient and then an options window would allow them to search for alternative ingredients.</td>
</tr>
<tr>
<td>Recipes with more rare ingredients could denote substitution suggestions on the side of recipe.</td>
<td>Application would display the original recipe but then list possible additions or alterations to make the dish healthier, spicier, etc.</td>
</tr>
</tbody>
</table>
Section 5

Section 5 5.0 Design Ideation
5.1 Application Implementation
5.2 Design Methodology
5.3 Initial Sketches and Ideation
  5.3.1 Instructional Cookbook: Nutrition Guide
  5.3.2 Instructional Cookbook: Recipe Layout
  5.3.3 Instructional Cookbook: Measurement Conversions Layout
  5.3.4 Instructional Cookbook: Ingredient Layout
  5.3.5 Digital Application: Organization and Homepage
  5.3.6 Digital Application: Searching Function
  5.3.7 Digital Application: Revised Layout and Terminology
  5.3.8 Digital Application: Revised cooking mode and Recipe Box
Section 05 : Design Ideation

5.1 Application Implementation
In order to implement my thesis I will be conducting research about learning intelligences and information design as well as implementing the information that was obtained during my end-user surveys. I will be designing an instructional cookbook as well as a digital mobile device application that will utilize technology and help produce a custom information delivery system. Through my investigation of information styles, existing materials and end-user responses I will implement my research in a series of print and digital designs that utilize technology while also taking into account the user experience.

5.2 Design Methodology
My application is broken into two end deliverables: a printed instructional cookbook and a digital device application. My content and objectives for both have previously been defined. The two applications will be targeting the same audience and will compliment each other in both their appearance and content. The user experience will be different with the two different mediums and therefore will be designed in order to maximize the information transfer as well as utilize the differing medium attributes.

5.3 Initial Sketches and Ideation

5.3.1 Instructional Cookbook: Nutrition Guide
An important component of the book would be the information graphic that explains the concept of differing food groups and nutrition. The current United States 2010 Dietary Guidelines for Americans and United States Department of Agriculture depicts an updated version of the food pyramid which represents the different food groups as vertical triangles that together comprise the food pyramid.

This illustration is misleading to the general public because the use of vertical triangles makes it hard to compare the relationships of the amount of food that should be consumed in each food group. The order of the food groups is also questionable since it doesn’t go in order of importance, recommended consumption, or alphabetically.

I propose that a more clear solution would be to organize the groups in order of quantities to be consumed. If the food groups were arranged in this way then grains would be first followed by vegetables, fruits, dairy, protein, and fats. In the example from the United States Department of Agriculture the fats group is represented in the pyramid but never explained or expanded upon in the way that the other groups are.

Note: By also changing the shape of the food pyramid to that of a circle it would also present users with an easier way to compare the different sizes of the various food groups. The visual of a circle might also call to mind the image of a plate and therefore help users relate the graphic to eating and food/plate proportions.

In order to address users concerns or comments about nutrition the book will include information about what foods fall into which category. It will also explain the recommended serving size of various food items. This will be accompanied by a brief paragraph that will discuss the importance of that specific food group and the role it plays in nourishing the body.

Note: There would also be a key explaining to users how the book’s icon and symbol system works so that they can more efficiently gather the information presented in the recipe chapters.

Another possible way to lay out the food group information would be to arrange the title, serving sizes, and supplementary information into columns. This would allow users to be able to more quickly scan the page and extrapolate their desired information.

Note: For certain food groups it might also be beneficial to do a simple information graphic that would help emphasize certain aspects or nutrition tips for the individual food group. This sketch shows the emphasis on whole grain products which would appear in the grains food category.
5.3.2 Instructional Cookbook: Recipe Layout

One of the goals for this thesis is to improve recipe navigation so that users are easily be able to extract key information and be able to maneuver through the recipe/cooking process more efficiently. Here is an overview of these goals.

- Make basic recipe information easier to understand or locate (ex. cook times, nutrition, description, etc.)
- Make ingredients relate more closely to the instruction step in which they are used
- Integrate photos to enhance written directions in steps
- Have at least 1 photo for each recipe
- Make each step deliberately separate and distinct

With these goals in mind I developed a series of sketches that addressed each of these issues.

In order to maximize the impact of the recipe image I have allowed the photograph to be showcased on an entire page. This would create greater impact for the imagery as well help users see exactly what they would be preparing.

Note: In this sketch the title of the recipe would be located on top of the second page with the numbered instructions to be listed from top to bottom and the associated ingredients in a minor left column.

Note: Another option would be to have the steps listed in columns which would start on the top left of the page and continue across the page and then start again in the next row down.
With the inclusion of step-by-step imagery to help emphasis or re-enforce the instructions it will be necessary to decided how the imagery will relate to the steps it is illustrating. It is important the image relate in close association with the step it illustrates so that users do not get confused about which step is being represented. The size of the image must also not overwhelm the viewer but still be large enough that it can provide adequate supporting detail.

When developing the various ideas for image location I took into consideration instances where certain steps would not have imagery as well as when many steps would fit onto one page and be situated above the steps that they illustrate. Where on the page the images are located was also explored (on the inside of the page, bleeding off the edge of the page, or aligned in a column).

Key information that users look for when selecting a recipe include cooking temperature, ingredients lists, nutrition, cooking or preparation time, and a brief description of the finished dish. By easily distilling this information users will be able to more quickly decide if they are interested in preparing the recipe. If not, they can quickly move on and find another recipe that would better meet their needs.

Note: Here the key preparation and nutritional information would be highlighted next to the recipe title.
Here are two more sketches of sample layouts that would feature a full page image and would divide photos, recipe instruction, and ingredients into clearer relationships.

Ultimately it was decided that the key pieces of information (such as cook time, preparation time, and nutrition) should be completely separated from the recipe's instructions in order to help reinforce the concept of the differences in the function of recipe browsing and recipe execution.
5.3.3 Instructional Cookbook: Measurement Conversions Layout

Measurement conversion tables are a useful and utilitarian part of cooking and cookbooks. Since many books are also sold in countries other than that of their origin, it is more and more likely that a book with US measurements will be used by an individual with metric measuring utensils. By providing this information for the reader, the book’s author or designer is making the recipes more accessible to those who may be using it.

As shown in the examples above, one of the main problems that I identified with existing measurement conversion charts is that they seemed to be too spread apart and therefore more challenging to use. In both examples you can see that a large portion of the page is left blank and the columns of information are too far apart to create an obvious relationship. This creates a situation where it is hard for users to find their needed amount and then convert it into another measurement.

My goal was to create a conversion chart that was easier to use and allowed the viewer to be able to more closely relate the information without leave to much space between columns.
One of the biggest decisions about the conversion table was how to break down the section of measurements. Below you will see two different content strategies that were explored:

**Division by Measuring System**

In this example the left page would hold the information pertaining to converting American measurements into other American measurements (for example, converting 16 tablespoons into 1 cup).

The right page would hold all of the American to Metric conversions. With this layout the volume and liquid conversion for American to American would both be on the left page and the American to Metric volume and liquid would be on the right page.

Here users initially have to choose if they were converting measurements from one system to another. If they were then the right page would be the chart they required. If they were only converting measurements within the same system then the left page would provide them with the proper information.

**Division by Substance Being Measured**

This layout would divide the content into liquid measurements and volume (dry) measurements. When a viewer looked at this page they would first have to determine what type of ingredient they were measuring then find their measuring system (metric vs. American).
5.3.4 Instructional Cookbook: Ingredient Substitutions Layout

Since many users that were surveyed responded that ‘simple ingredients’ was very important when selecting and executing a recipe, it is important to be sure that a cookbook provides them with alternative ingredients that they can use when they need to substitute an ingredient with a more simple or affordable one.

Indexes or ingredient substitution lists are traditionally organized in alphabetical order. In order to determine if there was a more efficient way to create the list I explored options such as dividing the ingredients into use categories such as ‘Baking’, ‘Herbs’, etc. However, this was unhelpful since many ingredients, such as flour are used in various capacities and would be confusing to determine which category to search under.

Another idea was to divide ingredients into different food groups. In this case flour would obviously be included in the grain category. However, this posed a problem in that items such as cottage cheese and butter would not fall under dairy, where most people would think to look for them, but instead would be classified as fats.

After much deliberation I decided that alphabetical listings would be the most simple and clear way for users to locate ingredients that they wished to substitute.
5.3.5 Digital Application: Organization and Homepage

The main purpose of this digital application is to serve as a compliment to the printed instructional cookbook. The application is meant to be able to stand alone as an informative cooking application but also to compliment the usability of the printed book. It will feature a search function to help users find recipes that match their desired criteria and users will be able to save favorite recipes to a digital recipe box.

Once a user has selected a recipe, either from the search mode or a saved recipe from their recipe box, then they can enter ‘cooking mode’ which formats the recipe and layout to be optimal for cooking. In this mode the layout will be horizontal and reflect a cooking timeline. It will also feature tools such as ingredient substitutions, measurement conversions, and a kitchen timer that will allow them to time several dishes at once.

The final function of the digital application would be to educate users on basic kitchen practices and techniques. This section would feature tools such as a weekly meal planner, interactive nutrition guide, glossary of terms, and video demonstrations on topics such as knife skills, mixing terms, etc. This would be a section that users could browse through but the videos and tutorials would also be linked to specific recipes where the technique or skill would be utilized.

The three functions are ‘Find’, ‘Learn’, and ‘Cook’ as based off a three-column grid.

Sample search function screenshot of possible search criteria that users could specify to narrow their recipe results.

Possible ‘Learn’ screenshot with icons to direct users to different learning tools such as glossary of terms or video tutorials. This layout is based off a three-column grid.
5.3.6 Digital Application: Searching Function

One of the main advantages of using a digital device and application is that it allows a more interactive way for the user to experience the information. Since searching for recipe information is one of the three key functions of the application, the dynamic search capability is going to be enormously beneficial in creating custom search results that align with the search criteria specified by the user. The main goal was to create a layout that would be visually appealing, easy to use, and informative. It is key that the user be able to intuitively navigate through the application and be able to extract the key information they are seeking.

The initial page that the user would see when they enter the searching function would provide a visual list of featured recipes as well as a column that would provide a list of possible search criteria.

Users would also be able to browse the list of featured recipes by 'flicking' through the pages. This would create a situation where users could look through recipes that they may have never considered searching for. This will assist the exploration aspect and help expand their exposure to new recipes.

Once the user has found a recipe that they are interested in learning more about they can select the recipe by tapping on the screen. Once selected a recipe information (recipe card) screen will appear and provide more information about ingredients, cooking time, and cooking details.

Users will then be able to enter cooking mode to prepare the recipe, add it to their favorites list (recipe box), print the recipe, etc. However, if they decide that it is a recipe that they are not interested in then they can return to the browse or search results screen.
5.3.7 Digital Application: Revised Layout and Terminology

As the digital application continued to be developed it became clear that the logo and brand of the application needed to be simple, concise, and applicable. It also needed to make sure that it emphasized the function and mission of the application and cookbook together. Initially the functions were identified as Find, Cook, and Learn. After brainstorming possible brand names it became clear that the word system needed to relate, be memorable, and clearly denote the separate sections and what their purpose was. The new word system became Look, Cook, and Learn so that it would include alliteration, repetition of sound, and all be similar length.

To the left are two examples of layout options for the “Learn” section of the digital application. The “Learn” section will include tools such as a glossary, nutrition guide, and video tutorials to demonstrate key techniques or skills.

The top example breaks the tools or resources into sections. It initially lists sample video tutorials in two columns and the rest of the resource in the right column. The bottom example displays the videos on the top with a scroll bar that would allow the user to scroll through a horizontal list of the videos. The other resources that are available would also be under the video section.
5.3.8 Digital Application: Revised Cooking Mode and Recipe Box

The remaining section of the digital application is the Cook function. This section includes a user's Recipe Box which contains all of their saved recipes, either from the online database or ones that they have input themselves online. It would also be the function where users could enter ‘cooking mode’ and prepare dishes.

Each user's Recipe Box will include folders containing recipe collections which are to be organized by the user (‘Favorites’, ‘Holidays’, etc). There would also be other viewing options for the user such as searching by keyword or listing recipes according to criteria such as difficulty, time, etc.

If a recipe is tapped it will produce a shadowbox effect, similar to the Find function, where the background will be greyed out and vital information will be displayed in a recipe card format. The user can then decide to proceed to ‘cooking mode’ where the actual steps and food preparation will take place.

In ‘cooking mode’ the user will be given a horizontal list of steps as well as supplementary information such as a description of the dish or links to any existing demonstrations that may be applicable to the recipe. There will also be an instructional image for steps that could benefit from additional visual information. In order to progress to the next set of steps once the initial set is completed, the user must swipe the screen to display the new direction.
Section 6

6.0 Final Application

6.1 Application Versions
   6.1.1 Print Application: Version 1
   6.1.2 Digital Application: Version 1
   6.1.3 Print Application: Version 2
   6.1.4 Digital Application: Version 2

6.2 Final Application
   6.2.1 Final Print Application
   6.2.2 Final Digital Application

6.3 Evaluation and Conclusion
   6.3.1 User Evaluation
   6.3.2 User Evaluation Results
   6.3.3 Self Evaluation, Conclusion and Future Developments
6.1 Application Versions

6.1.1 Print Application: Version 1

Page Dimensions:
9 x 9½ inches

Nutrition Design
• Nutrition diagram is broken into a pie chart
• Main food groups have general overview as well as in-depth information with icons and information graphics.

Recipe Design
• Recipe fits on one page
• Ingredients situated near step in which they are used
• Features large recipe image
• Keywords are extracted from numbered steps and are emphasized with a bolder typeface.

Ingredient Substitution Design
• Substitutions are listed vertically and separated with either a rule, a bullet, or the word ‘or’ in a bolder typeface
• Heavier rules separate alphabetic letter sections
6.1.2 Digital Application: Version 1

Screen Dimensions:
1024 x 768 pixels

Nutrition Design
- Nutrition diagram is broken into a pie chart
- All food groups shown on initial screen
- Secondary information would be provided by tapping on a food group to reveal the next layer of information

Recipe Browsing Design
- Browsing screen where users could select recipe
- Features visual recipe list that can be scrolled through or narrowed based on user search criteria
- Users can toggle between ‘Overview’ and ‘Directions’ to read the summary or full set of directions
- Master list of ingredients will be displayed as well as a photo and nutrition information

Recipe Cooking Design
- Once a recipe is selected the user will enter a ‘cooking mode’ where the recipe is laid out in a series of horizontal steps with accompanying images
- Title and description would be located at the top of the screen
- Ingredients are listed under the step in which they will be used

Nutrition
- Nutrition diagram is broken into a pie chart
- All food groups shown on initial screen
- Secondary information would be provided by tapping on a food group to reveal the next layer of information

Recipe Browsing Design
- Browsing screen where users could select recipe
- Features visual recipe list that can be scrolled through or narrowed based on user search criteria
- Users can toggle between ‘Overview’ and ‘Directions’ to read the summary or full set of directions
- Master list of ingredients will be displayed as well as a photo and nutrition information

Recipe Cooking Design
- Once a recipe is selected the user will enter a ‘cooking mode’ where the recipe is laid out in a series of horizontal steps with accompanying images
- Title and description would be located at the top of the screen
- Ingredients are listed under the step in which they will be used
Nutrition Design

- Nutrition diagram is broken into a pie chart
- Main food groups have general overview as well as in-depth information with icons and information graphics.
- Food groups are color coded to match the nutrition icons that appear at the beginning of each recipe.

Nutrition

- Grains
- Vegetables
- Fruits
- Dairy
- Proteins
- Fats and Oils

Food Groups and Tips

- Grains
- Vegetables
- Fruits
- Dairy
- Proteins
- Fats and Oils

6 Final Application
Recipe Design

- Experimentation with ingredient columns as well as the inclusion of rules to further connect step instruction with ingredients.
- Color-coded icons could show nutritional values for each recipe.
- Main recipe image experimentation concerning size and their relation to the document's grid structure.
- Internal image numbering system to pair the images with the steps that they represent.
- Representative spread for recipes that traverse more than one double-page spread.

Recipe Selection

In order to make sure that a large range of recipes could be accommodated in the system that I established I wanted to find two different recipes that would represent opposite recipe characteristics.

- A short recipe with no pictures and lots of ingredients was selected as well as a long recipe with many pictures with relatively few ingredients.
Chapter Division Pages

- Design includes a secondary navigation system that restates the recipes that are included in that section.
- Each division spread would include a large representative image.

### Ingredient Substitutions

- Ingredients and their substitutions are now listed horizontally with each substitution option being divided into one of three columns.
- Bigger letter and rules highlight each alphabetical section change.
- Light rules denote separations between ingredients that are to be substituted.

#### Substitutions

<table>
<thead>
<tr>
<th></th>
<th>Option 1</th>
<th>Option 2</th>
<th>Option 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1</td>
<td>1/2 cup Crème Fraiche</td>
<td>1/2 cup Cream of Tartar</td>
<td>1/2 cup Cream Cheese (whipped)</td>
</tr>
<tr>
<td>A2</td>
<td>1/2 cup Cream of Tartar</td>
<td>1/2 cup Cream Cheese (light)</td>
<td>1/2 cup Cream (heavy)</td>
</tr>
<tr>
<td>A3</td>
<td>1/2 cup Cream (light)</td>
<td>1/2 cup Cream (heavy)</td>
<td>1/2 cup Cream (half and half)</td>
</tr>
<tr>
<td>A4</td>
<td>1/2 cup Cream (half and half)</td>
<td>1/2 cup Cream (heavy)</td>
<td>1/2 cup Cream (light)</td>
</tr>
<tr>
<td>B1</td>
<td>1/2 cup Cooking Oil</td>
<td>1/2 cup Vegetable Oil</td>
<td>1/2 cup Vegetable Oil</td>
</tr>
<tr>
<td>B2</td>
<td>1/2 cup Vegetable Oil</td>
<td>1/2 cup Cooking Oil</td>
<td>1/2 cup Vegetable Oil</td>
</tr>
<tr>
<td>B3</td>
<td>1/2 cup Vegetable Oil</td>
<td>1/2 cup Vegetable Oil</td>
<td>1/2 cup Vegetable Oil</td>
</tr>
<tr>
<td>C1</td>
<td>1/2 cup Confectioners' Sugar</td>
<td>1/2 cup Confectioners' Sugar</td>
<td>1/2 cup Confectioners' Sugar</td>
</tr>
<tr>
<td>C2</td>
<td>1/2 cup Confectioners' Sugar</td>
<td>1/2 cup Confectioners' Sugar</td>
<td>1/2 cup Confectioners' Sugar</td>
</tr>
<tr>
<td>C3</td>
<td>1/2 cup Confectioners' Sugar</td>
<td>1/2 cup Confectioners' Sugar</td>
<td>1/2 cup Confectioners' Sugar</td>
</tr>
</tbody>
</table>

Looking at the page, it contains a recipe for improved functionality of cooking materials with a focus on ingredient substitutions. The design includes a secondary navigation system that restates the recipes included in that section. Each division spread would include a large representative image.
6.1.4 Digital Application: Version 2

Screen Dimensions:
1024 x 768 pixels

Nutrition Design
- Nutrition diagram is broken into a pie chart
- All food groups shown on initial screen
- Secondary information would be provided by tapping on a food group to reveal the next layer of information which will appear in the lower left side of the screen.

Welcome Screen
- Browse our recipe collection to find exactly what you are looking for. You can search by category, ingredients, time, and more!
- Already know what you want to cook? Access your recent and saved recipes via your Recipe Box.
- View our library of instructional videos or look up terms in our cooking glossary. Also be sure to check out our nutrition and meal planning guide.

Nutrition
In order to for our body to stay healthy, it needs a diet with proper nutrition. The foods we eat affects the chemicals and nutrients we are putting into our body. The major food groups are grains, fruits, vegetables, proteins, dairy, and fats. See examples of grain products.

Tip: It is important to have at least half of your grain intake include whole grain. Brown rice and whole grain breads and cereals are good choices.

Grains
- Serving Size: 1 slice bread or tortilla

Grains
- Serving Size: 1 cup dry cereal

Grains
- Serving Size: 1/2 cup cooked rice, pasta, or cereal

Welcome Page
- Welcome page will be the first page that users see when the application loads. From this screen the user can choose to continue with one of three functions, Look, Cook, or Learn.

Look
- Browse our recipe collection to find exactly what you are looking for. You can search by category, ingredients, time, and more!

Cook
- Already know what you want to cook? Access your recent and saved recipes via your Recipe Box.

Learn
- View our library of instructional videos or look up terms in our cooking glossary. Also be sure to check out our nutrition and meal planning guide.
Recipe Browsing

- The ‘Look’ functions allows users to search by keyword or other search criteria.
- Select recipes will be featured on initial search screen and then results will be narrowed by the user’s search criteria.
- Features bright, colorful imagery.
- Icons on bottom and top help improve intuitive navigation.

Recipe Selection

- Recipe card shows users the basic information for each recipe.
- Information clearly organized to help users browse more efficiently.
Everybody loves pizza and these make the perfect starter for parties and small gatherings. Small and finger-sized these are the ideal size for a quick appetizer. Great for get-togethers and dinner parties. You will be surprised how easy they are to make!

Ingredients:
- 1 tbs Olive Oil
- 1 Pint Sweet Grape Tomatoes
- 1/4 tsp Salt
- 1/2 tsp Dried Italian Herbs
- 5 Sheets Phyllo Dough
- 1 1/2 - 2 1/2 c. Mozzarella, shredded
- Fresh Basil Leaves

Makes 6 Starters

1. Make Sauce
   - Heat oil over medium-high heat in a saucepan and add tomatoes. Cook until tomatoes begin to soften and burst.
   - Add salt and herbs. Gently mash the tomatoes, but not enough to lose their basic shape. Total cooking time approximately six minutes until the sauce is ready to go. Set aside.

2. Prepare Dough
   - You’ll want to open the dough, unroll it, remove 5 sheets, cover the 5 sheets, re-roll and package the remaining dough.

3. Cut
   - Using a pizza cutter, cut dough into six squares (one cut lengthwise, two cuts widthwise).

4. Add Sauce, Cheese, Basil
   - Place 1/6 of the sauce in the middle of each square. Then add cheese and a few basil leaves. The leaves can either be whole or chopped up, whichever you prefer.

5. Fold Up Corners
   - Gather the edges of the squares into the center, twisting to seal and form a purse. Place the completed purses on a baking sheet. Give the purses one final brush of butter before going in the oven.
6.2 Final Application

6.2.1 Final Print Application

Page Dimensions:
8½ x 9½ inches

Nutrition Design

- The final design for the printed nutrition sections include a color-coded pie chart of the food groups which depicts the relationship of the groups
- Shows examples of items from each food group

- The second spread gives example foods with their respective serving sizes
- Small icons draw attention to key points for each group
Recipe Design

- To the right is a sample of a longer recipe that would traverse two spreads
- The left page on the first spread has all the key information for the recipe (cooking times, ingredients, etc.)
- The right page displays the instructions for preparing the dish as well as applicable ingredients for each step.

- The second spread is a continuation of the instructions. As on the first page, this spread contains informative imagery as well as ingredients used for each step.

---

**Flaky Pizza Purses**

Makes 6

**Total Time:**

**Prep Time:** 25 mins

**Cook Time:** 10 mins

**15 mins**

**Ingredients**

- 5 Sheets Phyllo Dough
- 1 pint Sweet Grape Tomatoes
- 2 cups Mozzarella, shredded
- 5 Tbs Melted Butter
- 1 recipe 6 Minute Tomato Sauce (previous)
- 2 cups Mozzarella Cheese, shredded
- Fresh Basil Leaves

**Nutrition**

<table>
<thead>
<tr>
<th>Grain</th>
<th>Vegetables</th>
<th>Fruits</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Six Minute Tomato Sauce**

1. Heat

2. Salt

3. Tomatoes

4. Heat oil over medium-high heat in a saute pan and add tomatoes. Toss in oil and cook until tomatoes begin to soften and burst.

5. Add Herbs

6. Pop Tomatoes

7. Gently mash the tomatoes, but not enough to lose their basic shape. Total cooking time approximately six minutes until the sauce is ready to go. Set aside.

**Pizza Purses**

1. Preheat oven to 400º F.

2. Get your work station ready with everything you'll need to make the purses. You'll need a large area to spread the dough out on, tomato sauce, shredded cheese, basil, melted butter, a brush, and a damp kitchen towel or plastic wrap.

3. Prepare Dough

4. Brush with Butter

5. Stack Phyllo Layers

6. Cut

7. Add Sauce and Cheese

8. Fold

9. Bake

10. Bake at 400º F for 10-15 minutes until the purses turn golden brown along the edges and the body feels cooked and flaky. Top with fresh basil leaves and serve warm.

**Variations**

- Add your other favorite pizza ingredients such as olives, artichokes, mushrooms, pepperoni, green peppers, sausage, onions, bacon, pineapple, ham, sausage, broccoli, garlic.

**Special Notes for Phyllo Dough**

- Phyllo dough is located in the freezer section of your grocery store. Keep frozen, placing unopened package in the refrigerator the night before to defrost. Do not defrost at room temperature.

- Once defrosted, move dough from refrigerator to counter two hours before use. Keep any opened dough covered with a damp kitchen towel and/or plastic wrap to prevent drying. Re-wrap unused portion immediately and refrigerate for 1 week, or refreeze.
Chapter Division Pages

- At the beginning of each chapter there is a spread that displays a large image which relates to the content in that chapter.
- A second table of contents will be provided to remind users what is contained in that specific chapter.

Ingredient Substitutions

- Ingredient substitutions are listed in the back of the book and provide alternatives for ingredients that users wish to substitute.

Covers

- The front covers using inviting imagery as well as the Look, Cook, Learn branding to convey the quality of the book as well as the educational and fun personality.
- The back cover shows a bamboo texture (reminiscent of a cutting board) and gives an introduction to make consumers more comfortable with cooking.
6.2.2 Final Digital Application

Screen Dimensions:
1024 x 768 pixels

Nutrition Design
• This is the first nutrition screen and it will feature a large food group pie-chart that visually shows the ratios that consumers should be eating from each group.
• By tapping on a section of the nutrition wheel users can learn more about a specific food group.

• Here an example of a screen that would display initial information for the Grain food group.
• This section features sample foods, serving sizes, and information graphics to emphasize key points.

Nutrition
In order to stay healthy our bodies need a diet which provides proper nutrition. The foods you eat directly affect the vitamins and nutrients that are being put into your body. It is extremely important to be mindful of the foods you consume in order to ensure a balanced diet that includes all of the food groups.

The major food groups are grains, fruits, vegetables, proteins, and dairy. The last group, fats and oils, should be used sparingly.

Tap on a segment of the nutrition wheel to learn more about a particular food group.

Grains
6-11 Servings or 6 ounces
Grains are a major source of energy and fiber and are divided into 2 subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel while refined grains have been milled to give grains a finer texture and improve their shelf life. However, milling also removes dietary fiber, iron, and many B vitamins. Whole grains are recommended for most grain servings as a good source of fiber and nutrients.

Half of your grain intake should be whole grains.

Serving Size:
1 slice bread
1 cup dry cereal
1 flat tortilla
1/2 bagel
1/2 cup cooked rice, pasta, or cereal
1/2 cup cooked hot cereal, such as oatmeal
1/4 cup cooked couscous

Whole-grains contain the entire grain kernel (bran, germ, and endosperm).
Browsing Recipe Design

- Here users can enter search criteria and perform specific searches for recipes.
- The default screen would feature a list of featured recipes which would encourage users to browse recipes and explore new foods or dishes that they may have not found otherwise.

- When a user finds a recipe that they are interested in, they can tap, or select, the dish to learn more about it.
- A screen will display that will provide key information such as cook time, ingredients, nutrition information, and a description of the dish.
- From here users can either progress to prepare the recipe, exit the recipe, or add it to their recipe box to prepare later.
Cooking Recipe Design

- Once a user wishes to prepare a recipe they can enter ‘cooking mode’ in which recipes are laid out horizontally in a series of instructions.
- Supportive imagery helps demonstrate the action of the instructions.
- As with the printed application, the ingredients that pertain to each step are included above that specific instruction (which prevents the users from having to go back and forth between the ingredients list and the instructions).

Flaky Pizza Purses

Everybody loves pizza and these make a perfect starter for parties and gatherings. Small and finger-sized these are the ideal size for a quick appetizer. Great for get-togethers and dinner parties.

You will be surprised how easy they are to make!

Flaky Pizza Purses

Ingredients
- 5 Sheets Phyllo Dough
- 1 pint Sweet Grape Tomatoes
- 2 cups Mozzarella, shredded
- 5 Tbs Melted Butter
- 1 Tbs Olive Oil
- ¼ tsp Salt
- ½ tsp Dried Italian Herbs
- Fresh Basil Leaves

1. Make Sauce
- 1 Tbs Olive Oil
- 1 pint Sweet Grape Tomatoes
- ¼ tsp Salt
- ½ tsp Dried Italian Herbs

Heat oil over medium-high heat in a sauté pan and add tomatoes. Cook until tomatoes begin to soften and burst. Add salt and herbs. Gently mash the tomatoes, but not enough to lose their basic shape. Total cooking time approximately six minutes until the sauce is ready to go. Set aside.

2. Prepare Dough
- 5 Sheets Phyllo Dough

You’ll want to open the dough, unroll it, remove 5 sheets, cover the 5 sheets, re-roll and package the remaining dough.

3. Brush with Butter
- 5 Tbs Melted Butter

Remove one sheet from the stack of five and lay it out in front of you. Always re-cover the sheets you’re not currently working with, or else they’ll dry out. Brush with melted butter, starting at the edges and working in to the center. If you get some rips or tears, don’t worry it won’t be noticeable by the time you’re done. Just repair them as best you can and move on.

4. Stack Phyllo Layers

Once covered in butter, place the second sheet on top. Brush. Repeat this process until all 5 phyllo sheets have been stacked and brushed.

5. Cut

Using a pizza cutter, cut dough into six squares (one cut lengthwise, two cuts widthwise).
6.3 Evaluation and Conclusion

6.3.1 User Evaluation
In order to evaluate the interaction that users would have with my design project I had a focus group fill out evaluations based on the layouts and design of the final printed cookbook application. In addition, I had several users actually prepare recipes from the cookbook and observed their experience. Once they were done executing the recipe they too filled out a response survey to evaluate their experience.

6.3.2 User Evaluation Results
Overall the responses I received were very positive. Users responded very well to the layouts and design of the final application. The separation of information and then natural flow created by an easier experience in both reading and execution. To see the full survey and responses please refer to the appendix section of this documentation.

6.3.3 Self Evaluation, Conclusion and Future Developments
My interest in information delivery goes beyond information graphics and hierarchy. It is my belief that by providing users with many ways of accessing information the user is presented with the opportunity to interact, ingest, and comprehend the material in a way that makes sense to them. This allows the user to experience the data and information in the most comfortable and efficient manner.

One area in consumers' lives where information comprehension is very important is their diet. Nutrition and the health of our bodies can lead to a happier and more productive life. In order to assist consumers in the endeavour of eating and cooking healthier, designers can create materials that allow will more easily explain nutrition and how the foods we eat can balance each other to create a more diverse and nourishing diet.

Even though cooking and recipes are not a new concept, the role cooking materials plays in the health of individuals should be considered. I believe that through my thesis I have helped define certain frustrations that consumers have, as well as create design solutions that can help ease these problems. While I feel that there are still many ways that instructive cooking materials can be improved and developed, I think that new and improving technology will play a significant role solving these problems. With ever expanding ways that technology can allow users to interact with data, I believe the user experience will continue to become more customized and developed.

In the future I would continue to use this technology to further allow users to be able to personalize their cooking experiences. With more development this brand and application materials could become a series of books that all feature the same educational layout and content. The digital application could also eventually include a function that would allow users to create weekly menus that could sync to their mobile devices so that additional family members could provide menu input. This would help users be able to develop a more dynamic and inclusive menu.
Appendices

Appendix 1  Original Thesis Proposal
Appendix 2  Bibliography
Appendix 3  Survey of Existing Materials
Appendix 4  Blank End-User Survey
Appendix 5  Survey Results
Appendix 6  Digital Device Comparisons
Appendix 7  Digital Application Flowchart
Appendix 8  Large Final Application
Appendix 9  Blank Final Application Survey
Appendix 10  Final Application Survey Results
Appendix 11  Final Application Observation Survey Results
Appendix 12  Image Copyrights and Acknowledgments
Appendix 1 Original Thesis Proposal

Intelligent Information Through Inclusive Design

Situation Analysis

Data is all around us, every second of every day. We take in phone numbers, prices, appointments, to-do lists and hundreds of other information segments and we are forced to process them in order to function in our day-to-day routine. As a result we are often overwhelmed by information and are forced to organize and store it. With so much already happening in our lives, we are forced to prioritize the information we receive and sort through it to determine what is most important. In order to make the task of handling information easier designers can help the viewer by arranging it into graphics so that the information is easier to see and key points can be extracted more quickly. In doing so, the learning intelligences of the target audience should be considered and utilized by adjusting the way information graphics are displayed to better communicate with a wider range of intelligences. Also, when communicating a volume of information it is important not to overwhelm a consumer. By taking information layering and pacing into consideration in conjunction with learning intelligences, information graphics can be created in a comfortable, understandable, and meaningful manner.

Problem Statement

Since everyone has differing learning intelligences as well as expectation levels concerning when and how information can be delivered it only makes sense that designers make sure their materials are meeting or exceeding the expectations of their viewers. How and when a customer wants information is important and by giving them choices about how the access that information is key. Information design should not just be about presenting data but also allowing a user differing ways to interact with that data. A possible application for this information could involve both a printed and interactive component that will strengthen the information delivery system in response to user preferences and pacing.

I am designing and developing a series of information graphics that utilize engaging imagery, clear data, and concise presentation. These graphics will be manipulated or altered depending on which learning intelligence the user prefers to utilize. In order to help customize graphics I will break the graphics into various elements or tasks and then survey existing information graphics to determine the level of success related to the various learning intelligences.
Survey of Literature

Visual Communication

**Information Graphics**

“Information design in its widest sense is about the selection, organization and presentation of information to a given audience”. This book stresses the importance of sorting to the essence of an issue and breaks information down into types or purposes such as informing travelers, explaining how things work, screen interactions, 3D interfaces and mapping. Informational but the examples are dated and uninspiring. However, this source could be useful for the theories about how to sort and weigh data.

**Essentials of Visual Communication**

Exploring the way messages are crafted is an important focus of this book. The role we play as designers in visual culture is explored as well as how to create visual communication that is as clear as possible. The book draws attention to choosing narration, strategy and analysis of the visual goal. In each chapter they discuss theory, then how to put that theory to practice, and finish up with design examples. Bergstrom discusses the disconnect between words and images and throughout the book he focuses on how images communicate or tell ideas. This relates directly to my ideas about how images and data connect and how they can relate to one another.

**Stereo Graphics**

This book explores how images makers utilize 3D aspects when creating their 2D designs. It describes the love-hate relationship between artists/designers and the digital realm in which we function. Several case studies help explore how designers are using 3D environments to express their ideas and concept in a 2D project. This relationship is very interesting and the book offers many pages of beautiful design examples and how different projects we aided with the inclusion of 3D aspects or concepts. I think this could be way to my thesis because I can explore the ways environments impact and affect a message.

**Data Visualization: Modern Approaches**

Smashing magazine, geared towards designers and design enthusiasts, is sure to stress that the days of out-dated infographics are coming to a swift close as we are changing and adapting to new ways of visualizing data. These graphics are separated into categories and list visual examples as well as the link to go to the original source of image. Some examples of these categories are mind maps, displaying news, data, connections, websites, article, resources and tools and services. This source has interesting visuals and examples but not rich on content.
Information Graphics

Beautiful Evidence

In this book Tufte discusses the role evidence plays in the way that we learn and how we turn seeing into visualizing. The role, according to Tufte, is that evidence should help support our thinking and lend itself to analysis. He also goes further to state that creating, designing, and consuming evidence is a moral and intellectual activity which should be done with respect and quality.

Visual Explanations

“Clarity and excellence in thinking is very much like clarity and excellence in the display of data. When principles of design replicate principles of thought, the act of arranging information becomes the act of insight”. In this book Tufte explores the logic of depicting information as well as considering design strategies in the arrangement of images as narrative. He also goes on to explain that this book is about verbs and how information can be a narrative with movement and motion.

The Anatomy Of An Infographics: 5 Steps To Create A Powerful Visual

This article is part of a design blog and declares that information graphics help channel boring, unimaginative information in a visually pleasing, instantly understandable manner which makes the information both powerful and beautiful. Roy breaks infographics into 3 main parts: visuals, content, and knowledge. Next she asserts that there are 5 main steps in creating good graphics: 1) use skeletons and flowcharts to create a plan for your data or information flow 2) devise a color scheme to help group information 3) develop graphics such as icons etc. 4) research and perform data analysis to be sure you are familiar with your topic and 5) analyze your information and be knowledgeable so you communicate the utmost essence of your data. This may be a useful starting point when I begin designing infographics for the causes/topic I will be choosing.

Information Graphics and Visual Clues

This book focuses less on statistical representation and more on the role of the image and explains how a well developed image, when paired with a creative concept, can help eliminate the need for words or at least drastically reduce the dependence on a written explanation. It also touches on image as an entry-point into a design or composition. This book breaks down visual communication into applied uses such as posters, promotions, logos, stationary, and illustrations. The author is both a designer as well as a journalist so she brings an interesting perspective on the relationship of image to written idea. This could be key to helping me solve problems with relating image to data/articles that I choose for my overarching topic theme.
Multiple Intelligences

*Multiple Intelligences in the Classroom*
Armstrong, Thomas. Multiple Intelligences in the Classroom. Association for Supervision and Curriculum Development. 2000

Thomas Armstrong, along with Howard Gardner have explored the theory that each of us has multiple learning intelligences and that broadens the measure of intelligence from a basic IQ number or test score. The eight intelligences discussed in this book include linguistic, logical-mathematical, spatial, bodily-kinesthetic, musical, interpersonal, intrapersonal, and naturalist. By breaking ‘intelligence’ into these several categories it is explained that certain people learn in a variety of ways and that understanding these types of learning will help us teach and understand the way that others function and process information.
Design Ideation

Information Design Elements
- Language
- Image (photographic)
- Graphic
- Color
- Text and Hierarchy
- Relationship
- Tone

Multiple Intelligences
- Musical
- Bodily - Kinesthetic
- Logical - Mathematical
- Linguistic
- Spatial
- Interpersonal
- Intrapersonal
- Naturalist

Improved Interactive Information Delivery System

Considerations:
- Pacing, Information Layering, Timing,
- Information On-Demand, Interactivity

Possible Application

Interactive Cookbook and Application
- Nutrition
- Ingredients
- Process
- Tutorials
- Preparation Time
- Cook Time
- Serving Size
- Cuisine Type
- History of Dish
Design Concept

Designs with varying graphic elements.
Data inspired sculpture.

Data or idea expression methods
Methodological Design

In order to accomplish my thesis I will need to begin by researching different learning styles and multiple intelligences. These pertain to how certain groups of people can best understand and process information. Everyone learns in a number of ways but there tends to be certain areas where specific individuals learn best.

I will also study information graphics and extract key elements or components that help make information graphics successful or unsuccessful. Using the research on learning intelligences I will then explore the ways that information graphics and information design can be customized to meet the needs/style of different target groups. This will help create information design that is more inclusive and will appeal to a wider range of audiences.

Throughout this process I would conduct surveys with the targeted audience to determine how they prefer to see images and graphics as well as to judge my process work that will lead to my final output.

My final output will be dictated by the direction that my research determines to be most effective to reach my target audience and could potentially take the form of a series of materials including poster, packaging, book, and interactive application design that layer levels of information and would appeal to a variety of learning intelligences. All of these components could be built using the combination of Adobe Photoshop, InDesign, Flash and Illustrator.

Implementation Strategies

In order to implement my thesis I will be conducting research about audience learning intelligences as well as the various components of information design. Once I come to a conclusive output I can utilize my skills in Adobe Photoshop, InDesign, Flash and Illustrator to create dynamic graphics that may include imagery, text, and spacial elements. I can also create an interactive component that will utilize technology and how it can be used/navigated to help produce custom information delivery systems. Through investigation of the different learning intelligences I will implement my research in a series of designs that utilize or highlight the different intelligences while building off my current knowledge base of design applications, elements, and principles.
Dissemination

To promote my thesis project, I will upload it to major blog sites like:

- www.infographicsshowcase.com
- www.coolinfographics.com
- www.noupe.com

Also, I will also submit my finished project to major graphics design competitions such as:

- Communication Arts - Interactive Competition: October 2011
- HOW Promotion Design Awards: March 2011
- HOW Interactive Design Awards: TBA
- American Design Awards: August 2011
- 365: AIGA Annual Design Competition: TBA

Evaluation Plan

I will test my usability on a group from my target audience in multiple stages of my design implementation. My analysis will be both qualitative and quantitative and will be implemented to help learn about different learning strategies as well as the effectiveness of various information design graphics. User testing will also be implemented to make sure that my applications are usable and comprehensive.

Budget

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Look, Cook, Learn: A Recipe for Improved Functionality of Cooking Materials

Appendices

68
### Thesis Timeline

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**IMPORTANT DATES**

- Proposal Defense: November 17
- Thesis Defense: May 2021
- 1st Committee Meeting: Date TBC
- 2nd Committee Meeting: Date TBC
- 3rd Committee Meeting: Date TBC
- 4th Committee Meeting: Date TBC

[Diagram of timeline with specific dates and events]
Appendix 2 Bibliography

Armstrong, Thomas. *Multiple Intelligences in the Classroom*. Association for Supervision and Curriculum Development. 2000


Appendix 3 Survey of Existing Materials

Eggs


Dimensions: 8.6 x 6.4 x 1.1 inches

Description: This cookbook focuses on one main ingredient throughout the entire book, the egg. It begins with a nice explanatory section about different types of eggs and then each chapter focuses on one method of cooking eggs such as boiling, frying, etc.

Critical Analysis

Strengths:
Beautiful pictures. Very clear instructions and in the tutorial section there are clear pictures of each step. Nice use of color, very meaningful to the color of eggs and yolks. Large pictures of food are appetizing.

Weaknesses:
Cooking tips are shown as quotes but are not differentiated from general quotes that are not cooking tips. I would show these more clearly. Steps are broken up but not numbered. The type used to write the instructions portion of the recipe features a typeface that has very extreme thick and thin strokes which are very difficult to read.

Overall Analysis

Year: 2005
Division Organization: cooking methods, recipes
Division Content: description of cooking method, proper technique, recipes
Type: ○ General ● Specific

N Y
○ ● Tutorials
● ○ Appendices
○ ● Images for Steps
● ○ Numbered Steps
● ○ Nutrition Information
● ○ Serving Size or Number
● ○ Icons

Images for Each Recipe
○ All ● Most ○ Some ○ None
Content Analysis

Chapter or Section

Division Organization: The chapters are divided into the method used to prepare the eggs (boiled, poached, fried, scrambled, and baked) and then the dish they create (omelets, souffles, crepes and batters, pastries and pasta, custards and creams and mousses, ice cream, meringues and sponges, and finally sauces and dressings).

Organization Summary - cooking methods, recipes

Content: Each chapter begins with a short explanation about the type of egg preparation being covered in that chapter. Next, a detailed set of instructions (aided by photos) walks the user through how to create the egg dish to certain specifications (such as runny, firm, well done). Following pages then contain recipes that use that specific type of egg preparation with a variety of ingredients and alterations.

Content Summary - description, technique, recipes

Recipe Information

Title, number of servings, ingredients, instructions, side notes in the form of quotations (about ingredients, tips, storage, etc.)

Some recipes have notes about alternative ingredients.

Tutorials

The book begins with an introductory chapter about eggs, fun facts, and egg differences.

At the beginning of each chapter/section there is a series of images that demonstrates the proper cooking technique to be used for that chapter's recipes.

Appendices or Extras

None
Design Analysis

Typography
Chapter Headings: Much larger with black and grey separation

Ingredients: Ingredients are listed in the order in which they are used and in bold sans serif typeface.

Recipe Text: high contrast serif typeface. Rather hard to read. No step numbers, just paragraph divisions.

Images
Frequency: almost all recipes have photos
Labeling: none
Instructions: few recipes have instructional photos though the beginning of the chapters have several to show technique

Photo Styling: simple, clean, mainly yellows and whites but other colors are also included

Color Use: Mainly yellow and whites.

Sample Images
Layout

Ingredient Page Layout

The ciabatta bread is a crowd-pleasing sandwich that is easy to make. Here's how to make it:

**Ingredients:**
- 1 ciabatta loaf, about 11 x 4 inches (28 x 10 cm)
- 3/4 cup (155 g) mayonnaise (see page 232), or your own recipe
- 1/4 cup (55 g) pesto (see page 211), or your own recipe
- 1/4 cup (55 g) butter, softened
- Salt and freshly ground pepper
- 1 hard-cooked egg (see page 30)
- 1/4 cup (55 g) shredded cheese
- 1/4 cup (55 g) crumbled, cooked bacon
- 2 slices (115 g) mozzarella, thinly sliced
- 2 slices (115 g) Cheddar or Gruyère, grated

**Instructions:**
1. Preheat the oven to 350°F (175°C).
2. Place a baking sheet on a wire rack.
3. Spread the mayonnaise on the bread and top with the remaining ingredients.
4. Place in the oven and bake for 10 minutes or until the cheese is melted.

**Conclusion:**

This ciabatta sandwich is a delicious and easy meal that can be enjoyed by anyone who loves a good sandwich. It is perfect for a quick lunch or a light dinner. Enjoy!
The New Pillsbury Family Cookbook

Citation: Pillsbury Kitchens. The New Pillsbury Family Cookbook. Pillsbury, 1975.

Dimensions: 8.5” x 10.5” x 2”

Description: This is a great basic cookbook that dates from the 1970s and includes lots of basic recipes to help users expand their comfort and recipe knowledge. This was published when microwave cooking was first becoming popular and also features many color photographs. Excellent resource for beginning cooks.

Critical Analysis

Strengths:
This book is a great resource for anyone who has little cooking experience. Significant portions of the book are dedicated to how-to sections, nutrition explanation, and ingredient substitutions. Binder allows cook to remove a specific recipe and use in kitchen without needing to carry the whole book around.

Weaknesses:
I am not sure that the current day user would want to see the ideal weights of men and women as well as some of the other information that is included in this book. There are not images of every recipe and very few tutorial images. Color use is also lacking since they have paid for the pictures to be full color but the pages are not colorful in any way besides the blue and cyan ink colors that denote cooking tips and recipe descriptions. The images look dated now and the styling is inconsistent through the whole book.

Overall Analysis

Year: 1975
Division Organization: alphabetically by meal category
Division Content: description/technique, subcategories, recipes by alphabet
Type: ● General ○ Specific

Images for Each Recipe
○ All ○ Most ● Some ○ None
Content Analysis

Chapter or Section

Division Organization: The chapters are divided into meal categories such as Appetizers and Beverages, Breads, Cakes and Frostings, Cookies and Candy, Desserts Sauce and Pies, Eggs Cheese Rice and Pasta, Meats, Poultry, etc.

Organization Summary - alphabetically by meal category

Content: Each chapter begins with a short explanation about the type of meal category, discussing topics such as presentation, base recipes, etc. Content is then broken down into subcategories with recipes listed in alphabetical order.

Content Summary - description/technique, subcategories, recipes by alphabet

Recipe Information

Title, ingredients, instructions, recipe yield, and side notes. Some recipes have an * to show that certain steps may be done ahead of time.

Tutorials

At the beginning of each chapter/section there is a series of sections that explains the different types of recipes found in that section as well as basic steps necessary.

Appendices or Extras

Meat Roasting Guide
Substitutions Guide
Key Nutrients
Basic 4 Food Groups List and Description
Weight Control
Calorie Chart
Herbs, Spices and Seasonings
Basic Ingredients
Glossary of Terms
Weights and Measurements
Vegetable Timetable
Design Analysis

Typography

Chapter Headings: Chapters separated by tab system. Headings are in large type with a list of the recipes included in each section.

Ingredients: Ingredients are listed in the order in which they are used and in bold sans serif typeface.

Recipe Text: Lighter weight sans serif. Special notes or descriptions are listed in cyan or magenta.

Images

Frequency: almost no recipes have photos

Labeling: name of recipe is indicated

Instructions: only in the introduction of each section

Photo Styling: simple with few props, very yellow cast to images

Color Use: varied

Sample Images
Look, Cook, Learn: A Recipe for Improved Functionality of Cooking Materials

Appendices

Ingredients

Cookies

Ingredients:
- 1 cup butter or margarine
- 1 cup sugar
- 2 eggs
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt

Instructions:
1. Preheat oven to 375°F.
2. Combine all ingredients in a mixing bowl.
3. Drop by tablespoon onto ungreased cookie sheets.
4. Bake for 10-12 minutes or until lightly browned.

Coconut Macaroons

Ingredients:
- 2 cups flour
- 1 cup sugar
- 1 cup semisweet chocolate chips
- 1 cup chopped nuts

Instructions:
1. Preheat oven to 350°F.
2. Combine all ingredients.
3. Drop by tablespoon onto greased cookie sheets.
4. Bake for 12-15 minutes or until lightly browned.

Browned Butter Cookies

Ingredients:
- 2 cups flour
- 1 cup sugar

Instructions:
1. Preheat oven to 350°F.
2. Combine all ingredients.
3. Drop by tablespoon onto greased cookie sheets.
4. Bake for 10-12 minutes.

Emergency Substitutions

Ingredients:
- 1 cup flour
- 1 cup sugar
- 1/2 cup cocoa

Instructions:
1. Combine all ingredients.
2. Use as substitute for flour.

Other Page Layout
Better Homes and Gardens New Cook Book


Dimensions: 11.1 x 8.4 x 1.4 inches

Description: This is an updated version of the classic Better Homes and Gardens cookbook, a general knowledge and recipe resource with lots of information tables, general recipes, and tutorials.

Critical Analysis

Strengths:
This is a great resource for the beginner to advanced cook. Lots of pictures allow users to see some of the recipes before they are cooked. Very good information on kitchen basics and beginner-level instructions.

Weaknesses:
Unless the cook is specifically interested in kitchen basics or entry-level information, the entire beginning of this cookbook will be unnecessary. Images look nice but are only included for some of the recipes. There are also very few images that show the process of making the dish so more instructional images could be helpful.

Overall Analysis

Year: 2003
Division Organization: alphabetically by meal category
Division Content: main category, subcategories, recipes by alphabet
Type: ● General ○ Specific

N Y Images for Each Recipe
● ○ All ○ Most ● Some ○ None
○ ● Tutorials
○ ● Appendices
● ○ Images for Steps
○ ● Numbered Steps
○ ● Nutrition Information
○ ● Serving Size or Number
● ○ Icons
Content Analysis

Chapter or Section

Division Organization: The chapters are divided into meal categories such as Appetizers and Snacks, Beverages, Breads, Cakes, Candies, Canning and Freezing, Cookies, etc.

Organization Summary - alphabetically by meal category

Content: Each chapter begins with tab system divider that lists the recipes (contents) of that section. Content is then broken down into subcategories with recipes listed in alphabetical order. Some sections include basic recipes in the beginning along with small photos illustrating key steps.

Content Summary - main category, subcategories, recipes by alphabet

Recipe Information

Title, Prep and cook times, temperature, number of servings, ingredients, instructions, side notes.

Tutorials

The book begins with an introductory chapter about basic cooking skills. Some chapters such as Bread contain a small introduction about the basics, in this case of bread making.

Appendices or Extras

Equivalents  Storage
Weights and Measurements  Meal Planning
Equipment and Tools  Themed Dinner Nights
Other Cooking Basics  Glossary
Seasonings  Nutrition Basics
Keeping Food Safe to Eat
Appendices

Design Analysis

Chapter 2
Appetizers & Snacks

Bean Salad Wraps
Specialty shops and large supermarkets carry a variety of flavored tortillas. Look for tomato-basil, pesto, fresh herb, spinach, or whole wheat.

Start to Finish: 15 minutes  Oven: 350°

Makes: 4-6 main dish servings

- 4-inch flavored or plain flour tortillas
- 1/2 cup chopped green sweet pepper or 1 fresh jalapeño chili pepper, seeded and finely chopped (see tip, page 64)
- 2 tablespoons snipped fresh cilantro
- 1/2 cup light mayonnaise dressing or salad dressing
- 1 tablespoon lime juice
- Lettuce leaves

1. Stack tortillas and wrap tightly in foil. Heat in a 350° oven for 10 minutes to soften.

2. Meanwhile, in a medium bowl mash black beans slightly; add sweet pepper and cilantro. Stir in light mayonnaise dressing and lime juice.

3. To serve, spread bean mixture evenly over tortillas. Top with lettuce leaves. Roll up tortillas.

Nutrition Facts per serving: 239 cal., 9 g total fat (2 g sat. fat), 1 g chol., 501 mg sodium, 32 g carbo., 6 g fiber, 8 g pro.

Diabetic Values: 6% vit. A, 17% vit. C, 7% calcium, 12% iron.

Exchanges: 2 Starch, 1/2 Very Lean Meat, 1/2 Fat

Ingredients: Recipe in color text with ingredients listed in the order in which they are used and in bold sans serif typeface.

Recipe Text: Sans serif typeface. Numbered steps with color numbers and space separating each key step.

Instructions: limited to introduction areas and special instances

Photo Styling: simple, clean, on white background, all have similar angles, views, and cropping. Chapter headings have more expressive color imagery.

Color Use: Variety of color on white background.

Sample Images
The Williams-Sonoma Collection: Dessert


Dimensions: 9.4 x 8.6 x 0.7 inches

Description: Beautiful cookbook that specializes in desserts. Accessible ingredients, nice pictures, and good organization.

Critical Analysis

Strengths:
This book features a very simple design with the ingredients always in the column closest to the spine of the book and the cooking tips or suggestions on the outside column. On the middle column is the recipe itself. Beautifully simple photos with clearly worded instructions.

Weaknesses:
Even though this book is beautiful and the recipes are delicious it is hard to navigate through the recipe. Steps are not numbered so navigating back to your position can be difficult. Servings numbers are listed on the bottom and are not easily discernible, however this may not be as much of a problem with desserts since recipes are usually very standard (such as pie... it makes 1 pie and everyone already knows how big the normal pie is). In certain places the text for the cooking tips is a medium brown color which is very close to the black recipe content, possibly this is too subtle and should be denoted in another way.

Overall Analysis

Year: 2002
Division Organization: grouped into genres such as “classics”
Division Content: miscellaneous (variable)
Type: ○ General  ● Specific

N Y
● ○ Tutorials
○ ● Appendices
○ ● Images for Steps
● ○ Numbered Steps
● ○ Nutrition Information
○ ● Serving Size or Number
● ○ Icons

Images for Each Recipe
● All  ○ Most  ○ Some  ○ None
Content Analysis

Chapter or Section

Division Organization: The chapters are divided into The Classics, Simple Desserts, Summer Fruit Desserts, Holiday Desserts, Special Occasions, Chocolate Decadence. This is slightly confusing since some are for events, others classified by ingredient category, and others are given the status of ‘classics’. Even though there isn’t a set way to describe or predict the way that these are broken into categories, the divisions are still helpful.

Organization Summary - miscellaneous

Content: Each chapter begins with a large image to represent the chapter, a short explanation about what that chapter means, and then a list of the recipes and the page numbers where they are located.

Content Summary - Image, description, recipe index, recipes

Recipe Information

Title, ingredients in inside column, instructions, side notes in the opposite column, number of servings.

Tutorials

There are tutorials located in the back of the book that show dessert basics such as base recipes, how to roll out a pie crust, and how to make a cake (dusting pans, mixing batter, etc.)

Appendices or Extras

None
Look, Cook, Learn: A Recipe for Improved Functionality of Cooking Materials

Appendices

Design Analysis

RASPBERRY TART

Carefully transfer the rolled-out pastry dough round to a 9-inch (23-cm) tart pan with a removable bottom, gently fitting the dough into the pan without stretching. Trim the edges, leaving a ½-inch (12-mm) overhang. Fold the overhang back over itself and press it into the sides of the pan, creating a double-thickness to reinforce the sides of the tart. Freeze until the shell is firm, 30 minutes.

Preheat the oven to 425°F (220°C). Line the frozen shell with foil and fill with pie weights or dried beans. Bake for 15 minutes; remove the weights and foil and continue to bake until the shell is pale gold, 4-5 minutes longer. Let cool completely on a rack.

To make the pastry cream, in a saucepan over medium heat, warm the milk until small bubbles appear along the edge of the pan. Remove from the heat. In a bowl, whisk together the eggs, sugar, cornstarch, and salt. Slowly add the hot milk while whisking. Pour the mixture back into the pan and place over medium-low heat. Cook, whisking constantly, until the mixture comes to a boil and thickens. Continue to cook, whisking constantly, for 20 seconds.

Pour into a clean bowl and gently press a piece of plastic wrap directly onto the surface to prevent a skin from forming. Refrigerate until cold, for at least 2 hours or up to 24 hours.

Whisk the vanilla into the chilled pastry cream until blended and smooth. In another bowl, using a mixer on medium high speed, whip the cream until firm peaks form. Fold the whipped cream into the pastry cream until just blended.

To assemble the tart, upon the pastry cream into the cooled tart shell and spread evenly. Arrange the raspberries randomly on top of the cream. Brush the berries with the fruit glaze. Cut the tart into slimmer wedges and serve.

FRUIT GLAZE

A simple glaze made from jelly or jam and water. Pour the hot tart filling into a lovely stemless wine glass.

In a small saucepan, combine 1 cup (250 ml) water, 66 g (⅛ cup) jelly or seedless raspberry jelly with 1 tablespoon wine or the juice of a few raspberries. Simmer the mixture until it is thickened and smooth. Remove from the heat and let cool slightly, using a small pastry brush or palette knife, do the glaze onto the fruit.

Ingredients: bold sans serif

Recipe Text: serif, steps separated but not numbered

Images

Frequency: Each recipe has its own image

Labeling: not necessary

Instructions: few in back where appropriate

Photo Styling: clean, simple, very few props and consistent feel

Color Use: varied

Sample Images
Look, Cook, Learn: A Recipe for Improved Functionality of Cooking Materials

Appendices
Bite Size Desserts


**Dimensions:** 8.6 x 8.3 x 0.9 inches

**Description:** This is a book that is very beautifully designed that specializes in small, bite-sized desserts. Great recipes if you are throwing a party, event, or just want small desserts.

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**Critical Analysis**

**Strengths:**
This book is very well designed and helps convey the idea of small, cute desserts. I think the casual hand-written type highlights the personal and hands-on aspect of cooking. The images are really appealing and text is well laid out. The ingredients are always located in a color band that draws its hue from the recipe and photo of the dish. Helps set the mood or atmosphere for cooking and baking small items.

**Weaknesses:**
In the back are a list of resources for ingredients and equipment that lists companies as well as their contact information. I would never do this in a book because it could quickly become outdated or the contact information could be inaccurate. Steps are not numbered. Margins are inconsistent according to recipe and images used. All-caps for long recipe descriptions are also distracting.

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**Overall Analysis**

**Year:** 2009

**Division Organization:** divided by recipe type

**Division Content:** title page, recipes

**Type:** ○ General  ● Specific

---

**Images for Each Recipe**

○ All  ● Most  ○ Some  ○ None

---

**Tutorials**

○ ○

**Appendices**

○ ●

**Images for Steps**

○ ○

**Numbered Steps**

○ ●

**Nutrition Information**

○ ●

**Serving Size or Number**

○ ○

**Icons**

○ ○
Content Analysis

Chapter or Section

Division Organization: The chapters are divided into categories depending on the type of food they are (such as cookie, candy, or sorbets and ice cream)

Organization Summary - recipe type

Content: Each chapter begins with an image/title page and then transitions straight to recipes

Content Summary - title page, recipes

Recipe Information

Title, description, number of servings, tools used, ingredients, and instructions separated by elements of dish (eg. cake, frosting, garnish), side notes (about storage, etc.)

Tutorials

none

Appendices or Extras

sources for ingredients and equipment, measurement equivalents, metric conversions
Design Analysis

Chapter Headings: combination of script and serif typeface

Ingredients: small sans serif

Recipe Text: serif, sections of recipe are in all caps (cake, frosting, etc.) like the description. Notes at end are in same script as recipe title.

Images

Frequency: almost every recipe has a picture (full page)

Labeling: none needed

Instructions: none

Photo Styling: generally mild, warm colors and similar styling (soft, gentle, food and simple dish)

Color Use: mild, warm, bright but gentle colors.

Sample Images
Look, Cook, Learn: A Recipe for Improved Functionality of Cooking Materials

Appendices
Pillsbury Complete Cookbook

Citation: Pillsbury Complete Cookbook. New York: Wiley, 2006.
Dimensions: 9.4 x 6.4 x 0.9 inches
Description: This is a general style cookbook with recipes that include Pillsbury products. This would be helpful if you had access to all their products and wanted to be able to cook a large variety of dishes.

Critical Analysis

Strengths:
Offers a wide range of recipes. Nice feature is the menu suggestions that are in the front of the book.

Weaknesses:
Food styling and staging don’t look great, more repetitive and boring. Overall the design is very box-like and rigid, doesn’t flow well. The steps on the recipes are numbered but not spaced apart so it can be difficult to determine where you were in the instructions. Each chapter lists the contents for that chapter but then has a second page introducing the chapter with 4 pictures of food/drinks. I think that is redundant and there is no need for 2 pages to introduce a chapter. Paper feels cheap and thin. Also, there are few pictures so many recipe only include text.

Overall Analysis

Year: 2006
Division Organization: food type, recipes by alphabet
Division Content: description, ingredient selection, recipes
Type: ● General ○ Specific

Images for Each Recipe
○ All ○ Most ● Some ○ None
### Content Analysis

#### Chapter or Section

**Division Organization:** The chapters are divided into the types of food such as appetizers, drinks, breads, soups, stews, poultry, vegetarian cooking, eggs, desserts, etc. Recipes are then listed alphabetically within each section.

**Organization Summary - food type, recipes alphabetically**

**Content:** Each chapter begins with a short description and then an explanation about how to shop for the specific type of meat or other ingredients that are featured in that section.

**Content Summary - description, ingredient selection, recipes**

#### Recipe Information

- Title, prep time, number of servings, ingredients, instructions, tips (about ingredients, substitutions, storage, etc.)

#### Tutorials

Some recipes include small tutorial sections that describe a certain technique or set of instructions. These are usually brief and can include grey-scale imagery.

#### Appendices or Extras

There is a chapter at the end of the book that is dedicated to “Kitchen Basics” which covers nutrition, substitutions, how to store spices, etc.
**Design Analysis**

**Homemade Tomato Sauce**

**PREP TIME: 1 HOUR 10 MINUTES • YIELD: 15 CUPS**

- 1/2 cup olive oil
- 2 cups (2 large) chopped onions
- 2 garlic cloves, minced
- 8 cups (1 medium) coarsely chopped, peeled tomatoes
- 1 tablespoon dried oregano leaves
- 1 teaspoon sugar
- 1 teaspoon dried basil leaves
- 1 teaspoon crushed dried rosemary leaves
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups water
- 1 (12-oz) can tomato paste

1. Heat oil in 4-qt saucepan or Dutch oven over medium heat until hot. Add onions and garlic; cook until onions are tender.
2. Add all remaining ingredients; mix well. Bring to a boil, stirring occasionally. Reduce heat; simmer 1 hour, stirring occasionally.
3. Ladle mixture into clean jars or nonmetal containers; cover with tight-fitting lids. Store in refrigerator for up to 1 week or in freezer for up to 3 months.

**COOK’S NOTE**

With a paring knife, cut a small X in the bottom of each tomato. Dip or scald clean, ripe tomatoes in boiling water about 30 seconds to loosen skins.

**Peeling**

Peel off skins. Core and quarter large tomatoes; pack small tomatoes whole.

**Packing Jars**

Pack into hot jars, pressing tomatoes to form space to fill spaces. Leave 1/2 inch space at top of jar. If desired, add 1 teaspoon salt per quart. Wipe jar rim, put lid in place and screw metal bands down "finger-tip" tight, following manufacturer’s directions.

**Processing Jars**

Place jars on a rack in hot water in canner. Add additional hot water to cover jars by 1 to 2 inches. Cover canner, heat water to boiling. Begin timing when water boils. Reduce heat to hold water at gentle, steady boil.

**Sample Images**

**Typography**

**Chapter Headings:** Large serif typeface

**Ingredients:** Slightly bold sans serif

**Recipe Text:** Serif, steps separate and numbered but not separated by spaces.

**Images**

**Frequency:** About half of the recipes have their own image

**Labeling:** Not on chapter divisions but included on recipe pages.

**Instructions:** Some in black and white where appropriate in recipe sections

**Photo Styling:** Colorful, soft, diverse plating and backgrounds, mostly consistent feel

**Color Use:** Varied
Look, Cook, Learn: A Recipe for Improved Functionality of Cooking Materials Appendices

Layout

**Ingredient Page Layout**

- Mini Swiss Quiches
  - Pancake mix
  - Eggs
  - Milk
  - Butter
  - Salt
  - Pepper
  - Chives
  - Cheese
  - Paprika

**MENUS IDEAS**

- **Southwestern Brunch for 12**
  - Black Bean and Corn Enchilada Egg Burrito, page 252
  - Shredded Beef or Pork Quesadilla, page 282
  - Black bean salsa, page 24

- **Hearty Breakfast for 4**
  - Frittata Pennsylmania or Waffles, page 14
  - Breakfast for 2
  - Parsley or Eggs

- **Family Lunch for 4**
  - Frittata Pennsylmania or Waffles, page 14
  - Black Bean and Corn Enchilada Egg Burrito, page 252

**Other Page Layout**

- **Your Daily Nutritional Requirements**
  - Calories: 2400
  - Protein: 50 g
  - Carbohydrates: 375 g
  - Fat: 75 g

- **Equipment for Good Cooking**
  - Digital thermometer
  - Cutting board
  - ninja kitchen

- **Cutlery**
  - Chef's knife
  - Butter knife
  - Tin snip

- **Cutting Board**
  - Rubberized cutting board

- **Measuring Cups and Spoons**
  - Measuring spoon set
  - Measuring cup set

- **Preserves**
  - Dutch oven
  - Canning jars

- **USE**
  - Use the right equipment for the task at hand.
  - Use the right cutting tools for the task at hand.

- **Do Not Use**
  - Use inappropriate utensils or tools.
  - Use inappropriate cutting tools or utensils.

- **Look, Cook, Learn**
  - A Recipe for Improved Functionality of Cooking Materials
  - Appendices
(Frame By Frame)

Citation: Frame>by>frame Baking. China. Parragon Inc, 2009
Dimensions: 9.7 x 9.6 x 0.9 inches
Description: This book focuses on baking and takes the viewer through all the steps of baking via visual steps with minimal writing.

Critical Analysis

Strengths:
Really nice concept and well executed with beautiful pictures. The consistent backgrounds unify the book and allow it to flow cohesively. The photographs show ingredients as well as each step and the finished product. Step numbers are large and readily visible. Overall very pleasing to look through.

Weaknesses:
Some recipes do not fit on a double page spread so the user will have to flip the page halfway through the recipe. Sometimes the contrast of the text on images is hard to read. Type is very thin which makes it more subtle and quiet but also makes it difficult to read. No chapter descriptions or introductions.

Overall Analysis

Year: 2009
Division Organization: baking food category, recipes
Division Content: recipes
Type: ⊗ General ◆ Specific

Tutorials ⊗
Appendices ◆
Images for Steps ○
Numbered Steps ◆
Nutrition Information ○
Serving Size or Number ○
Icons ◆
Images for Each Recipe
◆ All ⊗ Most ○ Some ◆ None
Content Analysis

Chapter or Section

Division Organization: The chapters are divided into types of baking such as cakes and traybakes, pastries, small cakes and cookies, and breads.

Organization Summary - baking food category, recipes

Content: recipes

Content Summary - recipes

Recipe Information

Title, number of servings, ingredients, instructions.

Tutorials

None

Appendices or Extras

None
Design Analysis

**chocolate filo parcels**

makes 16 parcels

**ingredients**
- 6-8 sheets of filo pastry, plus extra for greasing
- 1 cup ground hazelnuts
- 1/2 cup finely chopped hazelnuts
- 1 cup icing sugar
- 2 tsp vanilla extract
- 2 tsp ground cinnamon
- 2 tsp ground cloves
- 9 eggs
- 1/2 cup milk

**instructions**
1. Preheat the oven to 325°F (160°C). Grease a baking sheet with butter or margarine.
2. Layer the pastry sheets, butter side down, in the baking pan.
3. Bake for 30 minutes or until golden. Let cool completely before transferring to a wire rack.
4. Dust with cocoa powder and serve.

Typography

**Chapter Headings:** large san serif

**Ingredients:** same typeface, “ingredients” is bold but lists is not (same typeface as recipe)

**Recipe Text:** very thing, san serif.

Images

**Frequency:** every step, every page, every recipe.

**Labeling:** n/a

**Instructions:** very simple written instructions and each one has a picture to illustrate

Photo Styling: Similar wood backgrounds, same color range, not bold or bright. Looks very natural and beige/tan/brown throughout.

**Color Use:** browns

Sample Images and Layouts
chocolate fudge cake

serves 8

Ingredients
1 stick unsalted butter, softened
1 cup granulated sugar
1 cup flour
1/2 cup cocoa powder
1/2 cup all-purpose flour
1/2 cup semi-sweet chocolate chips
1/2 cup chopped nuts

Instructions
1. Preheat oven to 325°F (170°C). Grease and flour two 8-inch 9-cm round cake pans.
2. In a bowl, mix the dry ingredients. In a separate bowl, beat the eggs, 1 cup sugar and 1/2 cup butter until light and creamy.
3. Add the dry ingredients and beat until smooth. Add the remaining 1/4 cup sugar and beat again.
4. Pour the batter into the prepared pans and bake for 30-35 minutes, or until a skewer inserted in the center comes out clean.
5. Cool the cake layers in the pans for 10 minutes, then turn out and cool completely on wire racks.
6. In a bowl, mix the cream cheese and powdered sugar. Add the vanilla extract and beat until smooth.
7. Spread the frosting between the cake layers and on top. Frost the sides of the cake with the remaining frosting.
8. Decorate with nuts or other toppings as desired.
Chocolate Obsession: Confections and Treats to Create and Savor

Citation: Recchiuti, Michael et.al. Chocolate Obsession. “Stewart, Tabori and Chang”, 2005

Dimensions: 10.2 x 9.5 x 0.9 inches

Description: Overall this is a very extensive look into the world of chocolate and gives many recipes which appear to be for the more advanced chef, not the beginner.

Critical Analysis

Strengths:
Very elegant design, beautiful creamy colors, nice images. Short chapter in beginning that discusses types of chocolate and gives a basic introduction. Elegant typography, overall design looks refined and sophisticated.

Weaknesses:
Steps are separated but not numbered, almost no images with the recipes. Too many recipes include steps from other areas of the book (follow this step (see p. 87 for recipe), etc.). No images for the steps in a recipe. Very little introduction and almost no in-progress photos. Table of contents is hard to read, chapter divisions are unclear. Some recipes also continue onto the next page so the user will have to turn the page while in the middle of a recipe.

Overall Analysis

Year: 2005
Division Organization: type of recipe (category), recipes
Division Content: description, recipes
Type: ○ General ● Specific

N Y
● ○ Tutorials
● ○ Appendices
● ○ Images for Steps
● ○ Numbered Steps
● ○ Nutrition Information
● ○ Serving Size or Number
● ○ Icons

Images for Each Recipe
○ All ○ Most ● Some ○ None
Content Analysis

Chapter or Section

**Division Organization:** The chapters are divided into types of chocolate (Chocolates and Truffles and Molded Chocolate, Snacks, Chocolate Drinks, Chocolate Barks, Sauces, and Ice Creams)

**Organization Summary** - type of recipe (category), recipes

**Content:** First chapter explains chocolate basics. Other chapters have a title page, large picture and a brief description of the chapter.

**Content Summary** - description, recipes

Recipe Information

Title, number of servings, ingredients, description, instructions

Tutorials

none

Appendices or Extras

Glossary, Resources, Conversion Chart.

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**Glossary**

**Butter**
Melted-butter, spreadable butter, mixing with milk, sour cream, and other flavoring, is the butter used for baking, cooking, or spreading on bread. It is made from cream, milk, and other flavoring, is the butter used for baking, cooking, or spreading on bread.

**Chocolate beans**
A product that is a blend of chocolate and cocoa nibs, which are dried, roasted, and ground nuts.

**Chocolate liquor**
Cocoa nibs that are ground into a paste. The paste is used in baking and cooking, and is the base for chocolate.

**Chocolate percentages**
A mixture of chocolate liquor and cocoa solids, which are ground into a paste. The mixture is the base for chocolate.

**Cocoa beans**
Also called cacao beans, these are the seeds from the cocoa plant that are ground into cocoa. The seeds are the main ingredient in cocoa.

**Cocoa butter**
Also called cacao butter, these are the seeds from the cocoa plant that are ground into cocoa. The seeds are the main ingredient in cocoa.
Design Analysis

**Recipe Text:**

Flourless chocolate cake is about the finest kind of cake you can make. It's easy to prepare, and the result is delicious.

1. Preheat the oven to 350°F. Line the bottom of an 8-inch square baking pan with parchment paper and liberally coat the paper and the pan sides with flourless vegetable oil.

2. Pour 2 1/4 cups of the chocolate and the butter into a medium-sized stainless steel bowl and set over a pot of simmering water. Heat, stirring occasionally, until the chocolate and butter melt and are fully combined and the mixture is smooth. Lift the bowl from the pot. Set aside.

3. Stir the flour and salt together into a bowl. In another bowl, combine the eggs and vanilla extract and whisk together by hand until blended. Whisk in the sugar.

4. Whisk the egg mixture into the chocolate. Add the flour and the remaining 2 1/4 cups of chocolate to the batter and, using a rubber spatula, mix well.

5. Pour the batter into the prepared pan. Spread it smoothly with a small offset spatula.

6. Bake in the middle shelf of the oven until the top gives slightly to the touch and a thermometer inserted into the center of the brownie comes out with some butter clinging to it, about 30 minutes. Let cool completely in the pan on a wire rack, then cover with plastic wrap and refrigerate until cold.

7. Run a table knife around the edge of the pan to loosen the sides of the brownie, and then slide the brownie onto a wax paper, onto a work surface. Using a ruler to guide you and a sharp knife, cut into sixteen 2-inch squares. Store in an airtight container in the refrigerator for up to 3 weeks.

**Typography**

**Chapter Headings:** large serif typeface

**Ingredients:** light sans serif

**Recipe Text:** medium serif

**Images**

**Frequency:** rare, only occurs every 5 or so pages

**Labeling:** none

**Instructions:** none

**Photo Styling:** very select focus, color helps images and book flow together

**Color Use:** mostly browns and oranges

Sample Images
Making Truffles

Rolling ganache into truffles is a simpler way to enjoy this smooth confection because no tempered chocolate is involved. Ganache recipes in this book that can be used for making truffles include directions for that option:

- Cut the large ganache square into 3-inch squares as described in Dipping Chocolate, above. Line a sheet pan with parchment paper. Put about 1 cup unsweetened natural cocoa powder in a bowl and dust your palms with cocoa powder. One at a time, pick up a square, roll it into a ball between your palms, and then dip it into the bowl of cocoa powder. After you have made about 6 truffles, shake the bowl to cover the wounds completely. Using a fork, transfer them to the lined pan. Continue rolling and dusting until you have used all the ganache.

- Because the truffles are covered with tempered chocolate, you need to refrigerate them. Transfer them to a box or a plastic bag (that contains enough cocoa powder to prevent them from sticking together). They will keep for up to 2 weeks. Remove them from the refrigerator and put them on a plate about 30 minutes before serving so they are at room temperature.

- For a different look and taste, roll the truffles in finely chopped chocolate, finely chopped nuts, chopped seeds, or cocoa nibs instead of cocoa powder.

- If you have trimming left from two or three ganache recipes, you can melt them and use them for making truffles. Although the new ganache will be a mixture of flavors, the resulting truffles will be lessens delectable. Here's how to turn the trimmings into truffles.

- Line the bottoms and sides of an 8- to 9-inch square baking pan with plastic wrap. Put the trimmings in a stainless-steel bowl, and set the bowl over a pot of simmering water until the ganache melts completely. It may look separated. Don't heat it higher than 115°F ( 73°C). If it is only dark chocolate or 117°F (47°C) if it contains milk chocolate or white chocolate. Pour the ganache into a heat-resistant bowl, such as a 3-quart liquid measuring pitcher. Blend with an immersion blender, using a stirring motion and making sure you reach the bottom of the vessel. The ganache will thicken, become slightly less shiny, and develop a granular consistency. Pour into the prepared pan and spread it as neatly as possible with a small offset spatula. Allow the ganache to cool at room temperature until it has set and then refrigerate it until 1-2 hours or up to overnight. To finish, cut into 1-inch squares, roll into balls, and dip into cocoa powder as directed above.
The Illustrated Kitchen Bible


Dimensions: 11.1 x 9.2 x 1.4 inches

Description: Beautiful cover, bold graphics, very diverse book with many recipes. Each recipe has a photo and there are great tutorials in the back of the book.

Critical Analysis

Strengths:
This book is extremely large and contains a plethora of recipes. Each recipe has its own picture and very clear, numbered steps. Smart icons also allow quick reference, ingredients are slightly bold (not the amount but the actual item) and steps that can be prepared ahead of time and are clearly noted.

Weaknesses:
Indicated how many the recipe serves but not how much (does this serve 4 children or 4 hungry teenage boys?). The visual table of contents at the beginning of each is very helpful but can be overwhelming. This also could be problematic if a certain recipe falls into more than one category because then you must decide which category to place it under or if you would place them in both categories. Chapter sections look heavy-handed and the top bar seems under-designed. The same information about Roasting and Equivalents are on both the front and back, this might be too repetitive.

Overall Analysis

Year: 2008
Division Organization: food category, recipes
Division Content: photo, visual table of contents, recipes
Type: ● General ○ Specific

Images for Each Recipe
● All ○ Most ○ Some ○ None

Tutorials
Appendices
Images for Steps
Numbered Steps
Nutrition Information
Serving Size or Number
Icons
Content Analysis

Chapter or Section

Division Organization: The chapters are divided into categories of food such as (Starters and Light Bites, Main and Side Dishes, Cakes and Desserts, and Techniques)

Organization Summary - food category, recipes

Content: Each chapter begins with a large image and title page. Next is a series of visual displays that act as table of contents for the chapter.

Content Summary - photo, visual table of contents, recipes

Recipe Information

Title, description, number of servings, prep time, cooking dish/pan, cooking tips, ingredients, prepare ahead instructions, recipe instructions, food pairing instructions.

Tutorials

There are a large number of tutorials in the back of this book (too many to list).

Appendices or Extras

Meat Roasting, Equivalents
Design Analysis

Smoked Fish Spread
Once you have the smoked fish, which is available at the local delicatessen, this appetizer can be prepared in minutes.

1 Cut the smoked fish into 1 in (2.5cm) pieces. Place in a food processor and add the cheese, lemon juice, and horseradish. Pulse until smooth. Season with pepper and more horseradish if you wish. Cover and refrigerate until chilled, at least 1 hour and up to 24 hours.

2 Transfer to a serving bowl and sprinkle with paprika.

Ingredients: 9oz (250g) smoked trout or hot-smoked salmon, filleted and skinned, 6oz (170g) whipped cream cheese, 1 tbsp fresh lemon juice, 1 tsp prepared horseradish, or more to taste, freshly ground pepper, pinch of paprika, for garnishing.

VARIATION
Smoked Eel Spread
Try making the spread with smoked eel, a traditional Dutch delicacy.

Smoked Fish Spread

Sample Images
Joy of Cooking: 75th Anniversary Edition

Citation: E., Rombauer,. Joy of Cooking: 75th Anniversary Edition.
Simon & Schuster, 2006

Dimensions: 9.3 x 6.8 x 2.3 inches

Description: This cookbook is one of the world's most popular and had topped the best sellers list for almost 80 years. Its immense popularity is one of the reasons I chose this book to critique. It covers a wide range of diverse recipes and it a general audience cookbook.

Critical Analysis

Strengths:
Recipes in this book have very clear wording and there seems to be a very wide range of recipes included. This book would most likely contain almost any recipe that a consumer could be looking for. One of the most interesting features is that it includes the ingredients in the actual steps. I think this is very strong since it simplifies the relation between the ingredients and the steps that they relate to.

Weaknesses:
The entire book is in black and white and included only illustrations, no photographs. Besides the lack of color and excitement, I find that the lack of images makes it harder for me to decide what recipes I would find appealing and forces me to read the ingredients to see if I was a dish I would be interested in preparing. The organization is also inconsistent because if I were looking for an egg salad recipe I wouldn't know if I had to search in the salad, egg dishes, or the sandwich chapter.

Overall Analysis

Year: 2006
Division Organization: food or dish type, recipes
Division Content: description, possible sub-categories, recipes
Type: General Specific

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Content Analysis

Chapter or Section

Division Organization: The chapters are divided into either dish type (main course, appetizers, etc.) or ingredient type/food group (such as Egg Dishes, Vegetables, Fruits, etc.).

Organization Summary - food or dish type, recipes

Content: Each chapter begins with a short explanation about the contents. Some chapters have recipes broken down into subgroups as well. One example is the Dessert Sauces chapter which breaks recipes down into sub-categories such as whipped cream sauces or foamy sauces.

Content Summary - description, possible sub-categories, recipes

Recipe Information

Title, number of servings, ingredients, instructions.

Tutorials

Few but interspersed in book. Some include illustrations to compliment explanatory text.

Appendices or Extras

Nutrition

Entertaining Etiquette

Sample Menus

Ingredient Substitutions
Design Analysis

SAVORY SAUCES, SALAD DRESSINGS, MARINADES, AND RUBS

In French, sauce means "tools." Traditionally, sauce is associated with flavorings for food. It is a form of flavoring that is used in many different types of food, from sweet to savory. The most common type of sauce is the "sauce normande," which is a blend of olive oil, garlic, and anchovies. Other types of sauce include "sauce espagnole," "sauce allemande," and "sauce hollandaise." These sauces are used to enhance the flavor of food and are a staple in many kitchens.

Ingredients:
- Olive oil
- Garlic
- Anchovies
- Olive oil
- Garlic
- Anchovies
- Olive oil
- Garlic
- Anchovies

Recipe Text:

HOME-MADE FLAN

Ingredients:
- 1 cup eggs
- 1 cup milk
- 1/2 cup sugar
- 1 teaspoon vanilla extract

Instructions:

1. Preheat oven to 350°F.
2. In a medium bowl, beat the eggs, milk, sugar, and vanilla extract together until well combined.
3. Pour the mixture into a 9-inch flan dish.
4. Place the dish in a larger baking dish filled with 1 inch of hot water.
5. Bake for 45 minutes or until the flan is set.
6. Cool before serving.

Color Use:

none

Typography

Chapter Headings: Bold sans-serif

Ingredients: bold sans-serif

Recipe Text: light sans-serif

Images

Frequency: extremely sparse and usually only appears with supplementary cooking instructions (such as tips or suggestions)

Labeling: none

Instructions: illustration, no photos

Photo Styling: illustration style is consistent

Sample Images
Look, Cook, Learn: A Recipe for Improved Functionality of Cooking Materials

Appendices
Appendix 4 Blank End-User Survey

Cookbook Design Survey

Name: ____________________________________________________________

Email Address: __________________________________________________

Age:   ○ Below 18   ○ 18-24   ○ 25-30   ○ 31-36   ○ 37-45   ○ 46-55   ○ 56-65   ○ Above 65

Gender:   ○ Male   ○ Female

Thank you for participating in this survey. Your detailed answers are extremely helpful in the research and development of my thesis. Any insight or personal experience you can provide concerning the usability of cookbooks is very valuable. You may be contacted in the future with a follow-up questionnaire. If you have any questions or concerns please feel free to contact me at amm8048@rit.edu.

Cooking Skill

What level cook would you consider yourself?   ○ Beginner   ○ Intermediate   ○ Advanced

Do you enjoy cooking?   ○ Yes   ○ No

What is your favorite part of cooking? Why? (planning the meal, looking through cookbooks for ideas, purchasing ingredients, preparation of ingredients, cooking the recipe, serving the dish, etc)

What is your least favorite part of cooking? Why? (timing the meal, balancing diet, finding easy recipes, making quick meals, etc.)

Food Preparation

When preparing a meal what aspects are the most challenging for you?

Please explain what you find most frustrating while following the instructions in a recipe.
Cookbook Opinions

How many cookbooks do you own?  ○ none  ○ 1-5  ○ 6-10  ○ 11-15  ○ 16+

Are your cookbooks mainly general cooking (ex. Better Homes and Gardens Cookbook) or specific to a certain type of food (ex. Pasta, French Cuisine, etc.)? Please list examples if applicable.

What is your favorite cookbook? Why?

What are the qualities you look for when purchasing a cookbook?

Please describe your ideal cookbook.

How important are the following elements when selecting a cookbook?

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Comments:
How important are the following elements when selecting a recipe?

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Comments:

When you are looking for a recipe to prepare what criteria do you use to help you in your search?

- Ingredient Availability
- Prep Time
- Cook Time
- Health Considerations
- Dietary Restriction
- Cost per Serving
- Other: ________________

Comments:

**Interactive Application**

Do you use or have you ever used a digital cookbook? If so, which ones? (ex. websites, CD cookbook, iPad or iPod app.)

How does the experience of using a digital cookbook differ from that of using a traditional printed cookbook? In your opinion, what are the pros and cons?

Which do you prefer to use, print or digital?
Appendix 5 End-User Survey Results

Disclaimer

The following are direct survey responses and have not been altered in any way. Comments are intentionally not edited to ensure authenticity or information and transparency in results.

What is your least favorite part of cooking?

My least favorite part is planning meals (finding recipes) and shopping for ingredients for more than one meal. I don’t like only thinking of one meal for one and and shopping for that meal only. I’d like to be able to come up with several meals that use similar ingredients (yet taste different).

I enjoy cooking, I am always looking however, for different ideas. Sometimes I get tired of preparing what seems like the same meal/dish over and over.

Least favorite part is always clean up, especially if a dish has a multitude of steps that require a lot of dishes and/or cookware.

It is sometimes discouraging when a recipe looks and or tastes great but the nutritional value does not meet my current requirements or they may not be available at all.

The timing. I always want things to cook quicker or slower or invite people over too early.

My least favorite part of cooking is finding easy recipes. It appears that many cookbook’s are not well designed and contain recipes for individuals who either intermediate or advanced.

Preparing all the ingredients, especially all the chopping that they always seem to neglect to put into the “estimated time”. Sure, estimated time is 20 minutes, if you magically start with diced onion, chopped carrots, chopped celery, etc!

Timing the meal. It is very tricky to prepare an entire meal and have various parts of the meal ready at the appointed time and to keep some things cold and other things warm. I very much like my cold things cold and my hot things hot. When I remodeled my kitchen one thing that I would like to have had was a warming oven but I couldn’t fit it into my design.

Finding recipes that I have all the ingredients for already. Also catering to picky eaters.

My least favorite part is cleaning up. Also, coming up with dinner ideas.

Timing and shopping for the ingredients.

Timing. We are always time pressured with cooking happening after work, and while the teenagers are clamoring for quick food. I’m learning how to work with native grown vegetables for better balance, and less beef in the meals.

planning meals ahead of time

Finding quick, manageable, and affordable recipes

finding easy recipes

Deciding on what to make. There are so many options and complex recipes that take a long time, intimidate me.

I hate that recipes are so particular with certain ingredients (no alternatives!) and call for some things that almost no
one has even heard of. Also, I like to know the nutritional information as well.

deciding what to have ahead of time - no one offers suggestions and I get tired of making all the choices. Otherwise it would be balancing the meal as far as color, nutrient type

Favorite Part - planning the meal and looking through cookbooks, and serving the meal. If I am cooking for guests, I like to find interesting recipes with unexpected combinations of ingredients. Once I get an idea, I may look at three or four recipes and combine them or take the best from each one to get the result I am looking for. Least favorite - quick meals that fulfill day to day needs, such as cooking during the week when there is not much time to prepare something interesting or fun.

Grocery shopping! Finding the time to go it and preparing a list is annoying.

Finding recipes, and ones that I can make quickly due to the time constraints of living in community, is challenging. I hesitate to use new recipes because I’m never really sure of them.

deciding what to cook, worrying about calories

Does doing dishes count? I suppose timing the meal. I tend to be good at this, but I don’t enjoy the balancing act. Closely related to “timing the meal” is those last 20-30 minutes before serving, where guests (or hungry family) is lingering around and making it difficult to concentrate on what I’m doing: frantically trying to get everything served hot! Planning the meal, looking through cookbooks and online for ideas and serving the dish. I cook to make people happy so I love the creative part of it - where I think about HOW to make my loved ones happy (their favorite dishes, a style in the meal, etc). Therefore, that part is fun for me. Additionally, serving the meal makes me very happy; essentially seeing the appreciation and joy it brings to others (this of course, only happens if I execute the dish well!!)

Looking for recipes. I also don’t like the part when you realize you made a mistake.

Figuring out what to make, waiting for things to bake, stirring sauces so they will not burn.

planning the meals

I really dislike when proportions are off, either too little and no one gets enough or too much and it just spoils.

time the meal. because sometimes I have to wait for a while and stay in the kitchen, if I leave I will forget. It happens sometime.

Finding a recipe that I like - I have at least 15 recipe books but find it difficult to locate a recipe to is easy to follow and simple to make

Too tired at the end of the day to make a good meal

I usually have timing and portion problems. I am attracted to simple but tasty meals.

dishes, the necessary evil of cooking. Also, knowing what I want to make and being to tired to make it after work. I do the bulk of my cooking on weekends.

I wish my family would give me ideas. I get tired of picking the meal and them groaning.

Timing the meal...unless I do a casserole I can't seem to ever time things correctly.
What do you find most challenging when preparing a meal?

Making sure I have the right pot/pan/bowl or dish to serve/bake/prepare the recipe in

Being prepared to have the time necessary to get everything prepared and cooked. Weekday cooking is tough-from the time I get home until we eat shouldn’t be 3 hours!

The details. I always manage to skip some little detail like over toasting the pine nuts by not taking them out of the oven quick enough, or forgetting to measure the water for rice. That’s just kind of my personality though, it doesn’t just apply to cooking.

The most challenging in preparing a meal is making sure it is appealing to both vegetarians and non-vegetarians.

The time for food prep (as above) and the disconnect between “estimated time” and “real time” based on the ingredients you start with already being prepped, or underestimates in cooking time, etc.

Timing if there are multiple parts being prepared at once.

Conceptualizing the meal is usually the most difficult aspect of preparation. Trying to be inventive without being too out there. I do a lot of “winging” it, and much less following recipes.

Making sure I remember to read the entire recipe before actually cooking it, I end up making mistakes easily when I forget to.

Multi-tasking, to make the main dish come out of the cooking phase along with a good salad or veggies. The veggies and salad can consume a lot of time. Peeling, cleaning or sorting can add 30 minutes to my cooking time.

Having the time to get the meal together.

Judging when meat and baked goods are done. There’s little room for error between undercooking and over cooking. Finding balance in recipes. I find that I often have to create my own “extra” steps, especially when trying to add greater nutritional value (especially increasing amount of fruits and/or vegetables).

Timing to make sure everything is ready at the same time.

Measurements (I usually end up eyeing it!) Determining how much to make for a set amount of people.

Deciding on what I can make with what I have in the house that doesn't involve me making a special trip to the store. So having a handy list of substitutions is helpful.

Presentation! It may taste fine, but it rarely looks half as nice as the picture.

Knowing when things get to the point of readiness can be a challenge, not having nice little extra touches to spruce up otherwise routine items...some light sauces, saute tricks etc. would be good.

Following an actual recipe is probably the most challenging as I usually read a bunch of recipes and improvise.

Matching up all the main and side dishes so that they go well together to complete a nice, balanced meal.

Pushing myself to try new things (ingredients, techniques).

The dish that I am cooking, if it takes longer duration, waiting is most challenging.
This probably isn’t the answer you’re looking for but the only challenges I run into while preparing a meal are when I’m doing something tricky for the first time and haven’t done it before, nor have I had someone show me how to do it and am therefore, winging it. For the most part, cooking comes naturally and easily to me - but I’d guess there are some complicated methods I’d be greatly challenged by.

Timing. Definitely timing. It’s easy when you cook things from a box because the box gives you the time, but when using a recipe along with side items, it’s difficult to get it all together.

Timing can be challenging when I am making multiple dishes at once.

Figuring out which ingredients to purchase that can be used for multiple recipes throughout the week. (meal planning, as in only going to the grocery store once a week without spending way too much money)

Not having enough space to work with...

Timing so that all parts of the meal are ready within a reasonable time of each other

How much season should I put into and how long should I boil or bake it

normally I just put the food I want to eat together but have no idea that some foods conflicts when I eat them together.

such as white turnip cannot be cooked with carrott.

Cooking red meat to perfection

knowing how much/quantity to prepare for servings.

It seems my meal never turns out like the recipe.

Timing

Cooking the meat
What do you find most frustrating when following a recipe?

The only time I ever get frustrated when following a recipe is if there was poor editing in the cookbook and steps were left out.

Sometimes I find the language/wording a little confusing

Usually this is a self imposed frustration, that I don’t read through the recipe and I proceed contrary to the directions.

i.e.- recipe calls for four eggs - I add all at once only to find out it should have been incorporate each egg before adding the next!

While reading the recipe going back to find out how much milk or whatever I was suppose to put in. the fact that the amounts are not written out in the body copy bugs me. it would also be nice if they were more bullet pointed so I could just scan it, then click on something if I needed more direction in how to make a rue or whatever.

Since I am a beginner, at times I do not know what some of the more advanced terminology means. This has to be the most frustrating.

recipes assuming that you start with diced or chopped everything. Or asking for a tiny small amount of some really random ingredient.

The most frustrating is trying to figure out how to do various processes in the preparation and how to use ingredients that I have not used before.

Usually cook times, I always find them to be wrong and it’s frustrating when making something new to make sure it comes out right.

When I don’t have all the ingredients.

I appreciate cookbooks that lay things out linearly, so I don’t get surprised and find that I need 20 minutes to cool or allow for any sort of “settling time” unless that is laid out at the outset of the descriptions. I could use a guide that incorporates timing of a main dish along with the prep times for accompanying foods. But, I work it out.

odd ingredients without substitutions

Having to jump back and forth between list of ingredients and instructions. Ingredients are usually listed first in one long list. Recipies oftentimes instruct readers to “mix first 4 ingredients,” “combine next 5 ingredients in bowl.” When using intermediate/advance techniques (braising, glazing, separating eggs, etc) one usually has to consult a separate reference for instructions.

Vague or ambiguous recipes in an otherwise detailed book.

Sometimes the recipe is not clear. As I am a beginner, I would like to know every detail of the cooking steps.

I usually cook to taste and haven’t really followed a recipe in a while.

Layout isn’t clear, type too small, especially on ingredients.

When it calls for really fattening ingredients and name brand products and how to substitute more healthy and cheaper options.

Not being able to see how they do it. I always get confused with key words.

Knowing where to put the thing in the oven i.e. which shelf and whether it should be covered or not....really appreciate being told this. Sometimes it is hard to keep track of where you are in the ingredients....it helps to have them separated by what they are for e.g. dry ingredients, wet ingredients, sauce or topping ingredients.
Useless "pomp and circumstance" that does not affect the final outcome of the dish (extra, unneeded prep steps). Example would be to slice up something into explicit sized pieces, and then in the end, puree it all. I usually ignore this and do it my own way. Also don't like fussy ingredients that have no effect on the final prepared dish. Also - hard to find temperature for the oven or size of cookware needed.

I don't often follow a recipe strictly when cooking. When I bake I often will and find it frustrating when they aren't written intuitively. I don't like how the list of ingredients states 1 1/2 cups milk, for example yet it is used in two different places in the recipe. I'd rather the milk quantity be written twice and in order of when it appears in the mixing process.

If there aren't any pictures to illustrate what it's supposed to look like.

I'd love it if both the accurate name for a food and the common name for food are used-pasta for example-I know the word bowties-not farfalle. It frustrates me to not know what is being mentioned. In addition, helpful hints can be great-but footnotes would suffice as well as in-recipe additives-it just kind of gets jumbled at times.

measurements: sometimes if i do not have the exact measuring devices, it makes the preparation more tough.

Also if there could be any substitutes for no meat option or less fat option in the cook book, it might be helpful.

Vague/not very thorough instructions

When the recipes call for very specific and obscure ingredients. I don't have much of an interest for hunting down imported Sicilian sea salt made by a specific company.

There might be certain cooking terminology that I do not understand, and have to look up.

instructions that are out of order or confusing.

Not having enough space to work with...

Wrong measurements and lack of substitutes. Either the measurement is wrong or I am using the wrong ingredient. Also, sometimes cookbooks call for things like cream of tartar when any acid (vinegar, orange, lemon, lime) will do, it would be useful have alternatives in case you do not have something.

Poor instructions, incorrect instructions, insufficient instructions can be really annoying - especially if it ends up wasting food.

sorry i seldom following the instruction. I am a freestyle cook.

The different types of measurement that you find in recipes e.g. ‘a cup of ---. What does that mean? The same applies to teaspoon, table spoon, pinch, ounce versus gram etc.

Some are hard to read (text, linespacing, inconsistent use of measurement systems).

I also don't like when there are no images so I can see what it is.

Not written in a clear format. Not having a list of required ingredients.

Forgetting to purchase the required ingredients.

When I know there is a typo in the recipe because it logically cant work the way it is written. then I have to figure it out myself.

Butter! a cup a stick.... Yikes. Don't like doing the conversions

Not understanding the instructions because they use ‘Cooking' terms.
What qualities do you look for when purchasing a cookbook?

pictures! variety of recipes and ones that sound I would like to make.

Easy reading, simple ingredients and, of course, the pretty pictures

General simplicity of recipes, availability of ingredients. Mind you, I don’t avoid complicated recipes, it’s just that the end result has to be worth the labor involved.

I want something reliable, that’s on a specific topic or cuisine. Also quick helps. I’m always in search of a recipe that I have most of the ingredients for that I can come home from a long day of work and make in less than an hour, that’s not super complex (3 pots and pans or less), but super tasty and makes good leftover. Oh it also has to be semi-healthy too. And not call for super expensive or hard to find ingredients (like cardamom or saffron or airline cut chicken breasts that are already brined) in most of the recipes or at least it should have a decent substitute. Find me a book of those and I will buy it.

Pictures, flexibility in cooking, variety of recipes, include appetizers and desserts section.

Clear instructions, reasonable starting ingredients (prep and nothing too randomly weird) and fairly short times (<1 hour).

I have my general cookbooks. Typically I now look for cookbooks that attract me for some reason either because of contents - like a southern dessert cookbook - or because the cookbook is attractive perhaps because of the paper used and the pictures.

Pictures of the meals, easy to follow.

Photos, the type of cooking, and easy recipes.

I’ll read specific recipes, such as fish ideas (I’m pretty darned good at cooking fish, having grown up catching and cleaning and eating my own fish). If I see new twists that look interesting, I am more likely to buy it. If the cooking (fish) looks boring, forget it.

simple quick recipes with common & healthy ingredients

Flexibility. I don’t want a trendy style or author.

Ingredients that I can get easily and are not too expensive. Easy to read

I think that good pictures are important, also ingredients that aren’t to rare to find.

Good looking presentation, interesting ideas—not too exotic, but still a little different.

Good pictures, good index and good recipes that appeal to me.

Either all pictures or no pictures, nutritional info, alternative ingredients, key word meanings, etc.

good index, good breakdown of recipes by type, pretty pictures of finished food (something to aim for, ha ha), like one recipe on a page so I can focus on it rather than 4 recipes on a page. Like to have basic information still - e.g. how to make deviled eggs as well as more elaborate recipes.


Interesting recipes - not your standard fare - will catch my eye and then I end up buying the cookbook.

Visually stunning, inspiring recipes, creative, simple, unique.
Pictures, pictures, pictures. Step-by-step pictures are best, but certainly one of the final product.

I look for familiarity of ingredients, ease of preparation, and generic dinner qualities (when will I need to make gourmet dinner for 17?)—something I can use day to day.

how many dishes are there in the book, quick / time consuming to make, ingredients, the cover, enough instructions

Nothing too complicated or tricky (would prefer to learn these things from family/classes). And I "WILL NOT" buy a cookbook unless it has a beautiful color photo of the finished product next to the recipe. I am a very visual cook/baker and like to see what the item will look like before I might be interested in cooking/baking it.

Simple books with easy to follow instructions.

Clear steps, suggestions for alterations to the recipe.

Good graphics/layout, easy to follow instructions, simplicity of recipes. Looks interesting and has recipes I would actually like to eat in them.

Something simple using fewer ingredients

variety, I like a cookbook with lots of information and not just recipes and text.

A lot of good recipes that interest me, good instructions and easy layout, a good index, and nice photos.

Clear instruction, having some graphics as description, images as the final finished dish

new style of foods, nice images

Unique recipes. Easy to find ingredients (recipes that don't call for things I cannot purchase easily). Layout of the text and what images there are. How the info is presented so that it is clear and easy to follow

Easy to read, Good clear - step by step how to, Pictures and/or drawings of how to, Foods are "everyday"

Pictures of the dish and the ease of preparation.

I really like good color pictures of the finished dish

variety, pictures... No fluff

What recipes are in them and if they are easy to understand
Please describe your ideal cookbook?

I’d like one that makes meal planning easy - has several different recipes using similar ingredients.

Thoroughly tested recipes that have adequate directions and nutritional values listed

It could also have a section on tasty brunch recipes, or Sunday night/inviting friends over for dinners when you want to do something fancier and have more time.

My ideal cookbook would have many section focusing on recipes which vegetarians, meat-lovers, and children would enjoy. In addition, organization of sections would be ideal (i.e. 30-minute meals, section for children recipes, desserts, breakfast, lunch, dinner, snack, etc).

A cookbook with a spiral binding is ideal because it will stay open. I like colorful pictures although my Culinary Arts is in black and white. Ideally a step by step recipe is helpful. Wide spacing is helpful between instruction steps. Heavy weight paper. Helpful hints and substitutes, etc., are very helpful especially for a new cook. I actually think that the Culinary Arts that I have is the ideal cookbook as far as content is concerned but perhaps some glossy paper and pretty colorful and helpful pictures would make using the cookbook more fun. The Culinary Arts is not spirally bound but the binding has held up which is very important. As I write this I realize that I should look at a new version of the Culinary Arts. Mine was copyrighted in 1964.

It would be broken into sections, have pictures of most of the dishes, have options/substitutes for the dish if you do not have certain ingredients.

I like cook books that are more than just recipes. I’m also a big fan of books like Animal, Vegetable, Miracle which incorporates recipes into the narrative of the story. I also tend to buy cookbooks that have personal significance for me, like books highlighting Rome (a place where I spent several months).

Great photos, easy descriptions, and easily made meals.

I enjoy looking through cookbooks to look for new twists to an old way I prepare some specific dish. I usually seem to use some hybrid recipe based on my experience and what I glean from the cookbook pages. I didn’t learn good cooking at a young age (I was spoiled rotten by my mother). So, I’ve learned ingredients and tricks from my wife, and now foray into new territory with the cookbooks as a guide.

Quick ideas, easy to follow, with diagrams where needed (how to prepare to specific piece of meat, or the veggie, or whatever). The ingredients should not require that I make three trips to the super market.

Great photographs. Varying levels of difficulty. Instructions that include ingredients (and measurements). Recommended Substitutions. Illustrations of difficult techniques.

Straightforward recipes. Not too many strange ingredients. Diverse meal/dish options.

I dont have any now. But I think I would like some kind of cookbook that emphasize on “simple steps; simple ingredients”

Lots of greek, middle eastern, african food along with real recipes. Ones taken from old grandmothers passed through generations.

Very hard to say because I need many depending on the cuisine. I don’t want Asian and German mixed up for example. But, good layout, easy to follow, beautiful photography,

would have clear ingredient list with options for the really weird stuff that you buy once for this recipe and never use again. It would have a nice picture showing the finished recipe with suggestions for “side or accompanying” meal ideas. Would be one recipe on a page. Have a great index. If it were a specialty cookbook I would like one that had international recipes, perhaps associated with various holidays or traditional celebrations.
one that has an index that cross references. For instance if I have a bunch of broccoli, I could look up broccoli and get options for various dishes. Or I know I want to make soup, and I look up soup, and broccoli soup is there too. So a really good index. I found the community church cookbooks to have great recipes but you can’t find what you want very easily. And the pictures. They don’t have to be huge, but there should be a lot to help sell the recipe. I mean eating is a visual thing too.

Ideal cookbook would list the ingredients in the order that they are needed, grouped together by steps, rather than as a long list. This is how I write the recipes in my personal recipe file. I like cookbooks that are sorted by type (appetizer, etc) and then sub-sorted (chicken, beef, etc.)

Manageable size, matte photos, clear recipes, ideas for embellishing, personal stories, written with passion

Ideal cookbook-easy to read and follow, with added suggestions at the bottom of the recipes. Familiar dishes, with added suggestions of twists (again with the usefulness), common ingredients, and a section for vegetarian dishes. Vegetables do not count as main dishes often! :)

My ideal cook book would have good clear pictures of the final dish, its ingredients, easy to understand, easy to read measurements, may be a glossary, explanation of ingredients

Simple, elegant, French bistro-ish style, classy and sophisticated but not pretentious. LOTS of photographs. Thorough instructions.

I like hardback books because they stay open longer. I like when the ingredients are easy ingredients to obtain instead of random ingredients that cost a lot of money. I also like when the recipes describe the food well. You have an idea of what the item is before you cook it. Pictures definitely help to give you a goal. I like it if the book is organized and has a little bit of everything. Instead of having just an entree cookbook or a just a cookie cookbook.

I like clear, detailed instructions. Books that can lay flat when open are easier to use. I like when stories are associated with the recipes, but it is not necessary. I like it when alterations are suggested. Pictures are nice, but they are not needed. Cookbooks can have lovely photos.

Images for every recipe. Many sections of different types/categories of food. Simple to follow instructions. Spiral bound. Recipe is kept to one page. List of ingredients and amounts. Spaces to either write in or attach recipes from other sources that you want to keep all in one place. Space to comment/list notes to yourself on recipes that you have tried.

One that can plan well balanced meals for me, listing all of the ingredients for everyday of the week or month

My ideal cookbook would be organized in sections (dinner, desert, appetizer, breakfast) and then further broken down (beef, chicken, fish, vegetarian, vegan, etc). It might have some information about the dishes (history, where they come from/alternate versions). And something that I think would be amazing would be an interactive component (either a web-site or cd-rom, for extra material that might not fit in the book or a place for cooks/chefs to share ideas in a forum).

A photo per recipe (at least) with several recipes and background information on ingredients or techniques.

Clear and reasonable navigation and category. Graphic or illustration as instruction for cooking, images for eye feast

low fat, fast and healthy dishes,

“Kook en Geniet” A general cookbook containing simple, down to earth recipes, from soup all the way to making preserves

Good images of the food (photos are best, illustrations of food just dont do it!). Easy to read and follow recipe layout/type.

How it organizes the content in the book. Recipes that do not run into the second page in the middle of the ingredients. Instructions that are clearly written ( some are poorly worded and disorganized). Not too bulky.
Quick and easy meals on a budget.

I guess if you took Fanny Farmer added photos and w/ the recipes give suggested variations.

I like simple ones, with everyday things. I dont like to hunt the aisles of the grocery store for odd ingredients.

A book that has easy but detailed instructions, pictures, short prep times, and good for beginner cookers.
Appendix 6 Digital Device Comparisons

Pandigital 15.6-Inch Kitchen Technology Center Digital Picture Frame, 2003

Product Dimensions: 21 x 6 x 18 inches
Screen Size: 15.6 inches diagonally

Weight: 14.6 pounds
Price: $399.99
Resolution: 1024 x 768 HD

This device acts as Digital Recipe Collection, HDTV, Digital Photo Frame, and Wireless Internet Device. It can either be mounted on a wall, on the underside of a cabinet, or used on the counter with a free standing base.

It functions as a digital cookbook because it comes with pre-loaded recipes from Bon Appetit. Additional Bon Appetit cookbooks on SD cards are available for purchase separately. The recipes feature color photographs, tips, and video demonstrations to guide you through the process of cooking.

Recipes are loaded onto the device as .jpegs since this is essentially a digital photo frame with side touch options to change the image. As such, many people who are less comfortable with technology may find it hard to input recipes through an image editing program, saving it to their SD card, and then playing the images on the screen.

This device does not have a touch screen, it features a touch-sensitive frame with on-screen GUI that users navigate based on screen options that correspond to touch-sensitive frame areas. Claims to be splash resistant but does not go into details about what this entails.

Strengths
Large screen helps make recipes easy to see and read.
High resolution screen helps show crisp images and high-quality video tutorials.
Device comes pre-loaded with recipes from Bon Appetit with the possibility of buying more recipes to expand options.
Users can add additional recipes by loading them on SD cards.
Wi-Fi capabilities allow station to be used in other forms such as a weather station, etc.

Weaknesses
Large screen takes up a lot of visual area or counter space within a kitchen.
This device doesn’t allow users to easily search for recipes, the user will have to be standing in their kitchen to look through their options, not sitting on the couch or at the table.
Recipe layout is poor, navigation is not entirely intuitive.
Users complain about the touch-frame not working and the device being poorly indexed.
Does not allow users to use an internet browser, only to upload pictures (since it is a picture frame).
Recipes cannot be altered.
Notes cannot be added.
Demy Kitchen Safe Touchscreen Recipe Reader

Product Dimensions: 7.8 x 5.4 x 3.2 inches
Screen Size: 7 inches diagonally

Weight: 3 pounds
Price: $299.99

This device is a recipe storage device that can be used as a replacement for all the loose recipes that can get lost or clutter a kitchen. It comes pre-loaded with 250 recipes. Users can add more recipes by logging into the Key Ingredient website and typing in their recipes. ScanMyRecipes.com is also partner with Key Ingredient and offers a service that will scan in users recipes for an additional charge.

Recipes are then transferred to the Demy by plugging it into your computer and syncing it with your Key Ingredient account. This is a benefit because it allows users to control what recipes are and are not included on their personal device. However, recipes cannot be edited, added, or deleted from the device itself.

One of the key features of the Demy is that is engineered to be function in a kitchen environment. It claims to have a splash-resistant design as well as a plastic exterior that is easy and convenient to wipe off with a damp cloth. Splash-resistant is a rather vague term and the manufacturer states that this does not mean the device would be put under running water or submerged. Another key features for this product is that it included a substitution list that allows users to easily find substitutes for ingredients that they may be missing. Another feature is that there is a unit converter as well as a timer that allows users to time up to three recipes at the same time. It's counter top footprint is the same as a 5 x 7 recipe card. The Demy can also stand upright, taking up the counter space of just a 3 x 5 card.

Strengths
Small device allows users to store it away easily or sit comfortably and browse recipes.
Recipes can be added via a Key Ingredient account.
Internal storage can save up to 2,500 recipes.
Splash resistance allows it to be used in the kitchen will less worry about ruining it.
Font size is adjustable so recipes can be viewed more comfortably.
Recipes can be shared or sent to others, or kept private if that is what the user wishes.
Multiple timers and unit converter are very convenient.
Each recipe has separate pages for the description, recipe, and nutritional facts.

Weaknesses
Screen size is only 7 inches, possibly too small for users and requires that recipes with long instructions be broken down into multiple pages (user must scroll through them).
If a user wishes to delete the recipes that came pre-loaded on the device they must call the support service and have the technical department delete the recipes for them.
Recipes are not searchable by keyword and cookbooks that users create on their Demy cannot be deleted.
Recipes cannot be added or edited directly on the device, the user must do this online.
The default setting for font size is the smallest setting so users must reset this each time they use the device if they want the text to appear larger. Also, the device can be used either in portrait mode and can lay at a slight angle or be more propped up. However, switching the device is clumsy because you must turn it 180 degrees in order to change the angle orientation. Even though each recipe has separate pages for the description, recipe, and nutritional facts, the GUI is rather heavy and under-designed.
Amazon Kindle DX

**Product Dimensions:** 10.4" x 7.2" x 0.38"

**Screen Size:** 9.7 inches diagonally

**Resolution:** 1200 x 824 pixel resolution at 150 ppi

**Weight:** 18.9 ounces

**Price:** $379.99

This device is a popular e-reader that allows customers to purchase and read material on a flat, no-glare screen. One aspect of this device that can help make it more user friendly is the fact that it does not require a computer to use it. Kindle DX is wireless and requires no setup, cables, software, or computer. The Kindle DX is the largest device in the Kindle family and has a 9.7 inch screen. This larger size screen enables users to view large, graphic-rich material such as books, PDFs, newspapers, magazines, and blogs. Users also have the option of rotating the screen either in portrait or landscape orientation to view materials.

Currently, the Kindles are only available in 16-level gray scale display but a color version is currently under development.

Since users can view PDFs on their Kindle DX, a digital cookbook could be published as a PDF and distributed for reading either on personal computers or uploaded onto this device. Native PDF support allows you to carry and read PDF documents on the go. Users can zoom into any area of a PDF up to 300% and pan around to more easily view small print and detailed tables and graphics. By using Amazon's Whispernet service, users can send their documents directly to their Kindle DX over the internet. Features such as annotations and read-to-me are not currently supported for PDF. You also have the option to have your PDF document converted to the Kindle format so that it reflows.

**Kindle's Personal Document Service (via Whispernet) allows you to e-mail the following approved file types to your Kindle's e-mail address:**

- Microsoft Word (.DOC)
- Structured HTML (.HTML, .HTM)
- RTF (.RTF)
- JPEG (.JPEG, .JPG)
- GIF (.GIF)
- PNG (.PNG)
- BMP (.BMP)
- PDF (.PDF): Look below for details.

- Microsoft Word (.DOCX) is supported in our experimental category.

**Strengths**

- Large screen helps make recipes easy to see and read.
- If PDFs are converted to Kindle format then annotations can be added.
- Thin, light-weight design makes it comfortable to hold and use anywhere.
- Can add PDFs.
- Screen can auto rotate to show images and graphics in full scale.
- No glare which helps mimic experience of reading from paper.

**Weaknesses**

- Greyscale display does not allow full-color images to be shown.
- PDFs can be added but in order to make notes you would need to convert the format on the Whispernet site.
- Cannot use device as an internet browser to add recipes.
- Device is not a touch-screen or protected from water/spills.
- Interface and navigation are not as interactive as I would like.
Barnes and Noble Nook

**Product Dimensions:** 15.8” x 8.1” x 0.48”

**Screen Size:** 7 inches diagonally

**Resolution:** 1024 x 600 delivering 169 pixels per inch (PPI)

**Weight:** 15.8 ounces

**Price:** $249.99

This device features a 7 inch touch screen that can display more than 16 million colors and has an extra wide viewing angle for personal or shared reading of books, magazines, newspapers, etc. The Nook comes with 8 GB or memory and can be expanded using micro SD cards. The Nook also includes Wi-Fi that allows users to browse the web and quickly switch back and forth between web and book. Orientation can also be changed between portrait and landscape views.

For the Nook they will also soon be offering enhanced Nookbooks which feature embedded videos.

When reading books users can highlight text and add annotations or notes with a touch screen keyboard. Passages can also be posted to the user's Facebook, opening the possibility of posting recipes and cooking passages.

**Load these popular formats for eBooks, graphics, audio, and other file types from your computer or microSD card.**

- EPUB (including Non or Adobe DRM)
- PDF
- Graphics: JPG, GIF, PNG, BMP
- Audio: MP3, AAC
- Other: XLS, DOC, PPT, PPS, TXT, DOCM, XLSM, PPTM, PPSX, PPSM, DOCX, XLX, PPTX
- Video: MP4

**Strengths**

Large screen helps make recipes easy to see and read.

Full color would help enhance the images of the recipes.

Size is convenient and portable so users can browse outside of the kitchen and then bring the device into the kitchen when they are ready to cook.

Potential to embed video would allow tutorials to be inserted. Book could also link to web for users to get other ideas or see tutorials.

Adjustable font sizes.

Large viewing angles.

**Weaknesses**

Screen is not splash resistant so the kitchen environment could pose a threat to the device's functionality.

Enhanced Nookbooks are not yet available.
Apple iPad 2

**Product Dimensions:** 9.5” x 7.31” x 0.34”

**Screen Size:** 9.7 inches diagonally

**Resolution:** 1024-by-768-pixel resolution, 132 pixels per inch

**Weight:** 1.33 pounds

**Price:** $499.99 (with 16 GB memory)

This device is a multimedia tablet produced by Apple that enables users to surf the web, download applications, read iBooks, and much more.

AirPrint on iPad allows users to print email, photos, web pages, and documents wirelessly to AirPrint enabled printers. There’s no software to download, no drivers to install, and no cables to connect. With just a few taps on an iPad, users can go from viewing something on screen to holding a printed copy. This would allow people to print recipes in a specific format if they prefer to have a hardcopy instead of cooking from the iPad itself.

According to the Apple website, the iBooks app also works with the users personal PDF documents — user guides, business proposals, project plans, and more. PDFs can be added to iBooks in two ways: Select a PDF from an email message on your iPad and open it in the iBooks app, where it appears on the bookshelf. Or add a PDF to your iTunes library on your Mac or PC and sync it to your iPad. In iBooks, you can tap a button to switch between viewing your iBooks titles and PDFs. Tap a PDF and it fills the screen. Swipe through pages, add bookmarks, or zoom in for a closer look — even print what’s onscreen via AirPrint.

The iPad also allows users to add sticky notes to pages or highlight key text passages. Another nice feature is that the user can change the point size as well as the typeface that text is displayed in.

**Viewable document types:**

- .jpg, .tiff, .gif (images)
- .doc and .docx (Microsoft Word)
- .htm and .html (web pages)
- .key (Keynote)
- .numbers (Numbers)
- .pages (Pages)
- .pdf (Preview and Adobe Acrobat)
- .ppt and .pptx (Microsoft PowerPoint)
- .txt (text)
- .rtf (Rich text format)
- .vcf (contact information)
- .xls and .xlsx (Microsoft Excel)

**Strengths**

- Large screen helps make recipes easy to see and read.
- Full color would help enhance the images of the recipes.
- Size is convenient and portable so users can browse outside of the kitchen and then bring the device into the kitchen when they are ready to cook.
- Video viewing could either be part of the application or be linked to a website.
- Very user-friendly and intuitive design.
- Page turning feature is familiar and may seem more comfortable to new users.

**Weaknesses**

- Screen is not splash resistant so the kitchen environment could pose a threat to the device’s functionality.
- Tablet is very expensive but would appeal to the type of users that are in my target market.
Appendix 7 Digital Application Flowchart
Cooking Doesn’t Have to be Scary

This book is dedicated to all the adventurous cooks who dare to conquer the kitchen and create wonderful dishes that are both delicious and nutritious.

With the advent of fast food, the microwave, and prepackaged meals the art of cooking and preparing meals at home is becoming more and more rare. Our busy lives often pull us out of the kitchen and what we do actually cook can become repetitive and routine.

To many, cooking can seem like a challenging task. If you were not taught how to cook while you were growing up then the kitchen can be rather intimidating.

However, the kitchen doesn’t have to be scary. Once you have learned the basics you are free to move on and experience new dishes, take on new challenges, and expand your recipe repertoire. Also, by preparing your own meals you have more control over what is going into your food, and therefore, what you are ultimately consuming yourself. It’s healthier and more affordable for you and your family and we are sure that you will love our latest collection of recipes. Bon appetit!

How This Book Works

Throughout the book you will find guides that help you track the amount of each food group as you cook. By using these guides you can keep track of what you are consuming and make sure you are getting a balanced diet.

Chapter 1: Breakfast and Brunch

Blueberry Waffles with Lemon Icing

Breakfast Sandwiches

British Lemon Maple Scones

Chard Florentine on Toast

Cinnamon Raisin Swirl Bread

Crumpets

Lemon Cranberry Muffins

Strawberry Rhubarb Coffee Cake

Stuffed Banana Berry French Toast

Weekend Pancakes Made Easy

Slow Rise Pancakes

Apple Cinnamon Steel-Cut Oatmeal

Chapter 2: Appetizers

Cucumber Tea Sandwiches

Fried Green Tomatoes

BLT Salad

Wild Mushroom and Wilted Frisée

Asparagus Hollandaise

Asparagus and White Bean Pesto Tart

Miniature Napoleons with Eggplant Creme

Flaky Pizza Purses

Spiced Sweet Potato Fries

Jalapeno Poppers

Chapter 3: Soups, Salads and Sandwiches

Avocado Wasabi Salad

BLT Salad

Delicata Squash Bisque

Homemade Vegetable Broth

Jerusalem Salad

Wonton Soup

Minestrone

Hot and Sour Cabbage Soup

Tuscan White Bean Stew

Tomato Basil Sandwiches

Chapter 4: Main Courses

Rustic Bread & Eggplant Lasagna

Simple Fried Rice

Bubble and Squeak

Sundried Tomato and Basil Couscous

Baked Sundried Tomato Risotto

Artichokes with Stuffing

Mushroom Seitan Stroganoff

Lemongrass Asparagus Risotto

Chapter 5: Pasta

Spicy Lemon Pepper Pasta with Broccoli

Mac and Cheese

Hurry Up Alfredo

Gnocchi with Morels and Fiddleheads

Broccolini, Tomato, and Butter Bean Udon

Tomato Basil Cream Pasta

Gnocchi with Thyme and Lemon Cream

Chapter 6: Side Dishes and Light Fare

Chili Almond Asparagus

Potato Salad with Herbed Dijon Vinaigrette

Potato Salad with Fava Beans

Crash Hot Potatoes

Deconstructed Green Bean Casserole

Lemongrass Asparagus Risotto

Celery Rémoulade

Simple Fried Rice with Japanese Seven Spice

Spiced Sweet Potato Fries

Vegetable Tempura

Chapter 7: Baking

Blueberry Hand Pies

Brown Sugar and Peach Muffins

Plum Kuchen

Perfect Cinnamon Buns

Apple Pie Coffee Cake

Candied Clementine Cake

Snickerdoodles

Individual Blueberry Grunts

Crumb Cake

Lemon Maple Scones with Clotted Cream

Chocolate Chip Cookies

Poolish Focaccia

Chapter 8: Desserts

Mini Apple Pies

Coconut Blood Orange Bundt Cakes

Pumpkin Whoopie Pies

Berry Crêpes

Gingerbread Cakes

Ground Cherry Cupcake Pies

Tuile Cookies

Mini Blueberry Tarts

Happy Hour Trifles

Appendices

Ingredient Substitutions

Measurement Conversion Guide

Meat Roasting Temperatures

Glossary of Terms

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Look, Cook, Learn: A Recipe for Improved Functionality of Cooking Materials

Whole grains contain the entire grain kernel while refined grains contain the entire grain kernel but are not completely refined. Whole grains and refined grains. Whole grains are a major source of energy and fiber and are divided into 2 subgroups, whole grains and refined grains. Whole grains a finer texture and improve their nutrient content. These categories are dark green vegetables, orange vegetables, bean sprouts, cucumbers, mushrooms, onions, green beans, peppers, lettuce, spinach, sweet potatoes, acorn squash, butternut squash, peas, garbanzo beans, black beans, black-eyed peas, mustard greens, collard greens, kale, spinach, chard, collard greens, turnip greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard greens, collard gre
**Flaky Pizza Purses**

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<th>Instruction</th>
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<td>6</td>
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<td>Stack Phyllo Layers</td>
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<tr>
<td></td>
<td></td>
<td>1 pint Sweet Grape Tomatoes</td>
<td>Add Sauce and Cheese</td>
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<td></td>
<td></td>
<td>2 cups Mozzarella, shredded</td>
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<td></td>
<td></td>
<td>5 Tbs Melted Butter</td>
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<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>2 cups Mozzarella, shredded</td>
<td>1 recipe 6 Minute Tomato Sauce</td>
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**Six Minute Tomato Sauce**

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<td>2 cups Tomatoes</td>
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<td>1/2 tsp Dried Italian Herbs</td>
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<td></td>
<td>1/4 tsp Salt</td>
<td>Brush with Butter</td>
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**Instructions**

1. **Starters**
   - Mix all ingredients together in a bowl.

2. **Flaky Pizza Purses**
   - Preheat oven to 400º F.
   - Get your work station ready with everything you'll need to make the purses. You'll need a large area to spread the dough out on, tomato sauce, shredded cheese, basil, melted butter, a brush, and a damp kitchen towel or plastic wrap.
   - Prepare Dough: Open the dough, unroll it, remove the sheets, cover the sheets, re-roll and package the remaining dough.
   - Brush with Butter: Remove one sheet from the stack of five and lay it out in front of you. Always re-cover the sheets you're not currently working with, or else they'll dry out. Brush with melted butter, starting at the edges and working in to the center. If you get some rips or tears, don't worry – it won't be noticeable by the time you're done. Just repair them as best you can and move on.
   - Cut: Using a pizza cutter, cut the dough into six squares (one cut lengthwise, two cuts widthwise).
   - Add Sauce and Cheese: Place 1∕6 of the sauce in the middle of each square. Then add cheese and a few basil leaves. The leaves can either be whole or chopped up, whichever you prefer.
   - Fold: Gather the edges of the squares into the center, twisting to seal and form a purse. Place the completed purses on a baking sheet. Give the purses one final brush of butter before going in the oven.
   - Bake: Bake at 400º F for 10-15 minutes until the purses turn golden brown along the edges and the body feels cooked and flaky. Top with fresh basil leaves and serve warm.

**Variations**

- By adding your other favorite pizza ingredients such as:
  - olives  • artichokes
  - mushrooms  • pepperoni
  - green peppers • sausage
  - onions  • bacon
  - pineapple  • ham
  - bbq chicken  • blue cheese
  - garlic  • broccoli

**Special Notes for Phyllo Dough**

- Phyllo dough is located in the freezer section of your grocery store.
- Keep frozen, placing unopened package in the refrigerator the night before to defrost. Do not defrost at room temperature.
- Once defrosted, move dough from refrigerator to counter two hours before use. Keep any opened dough covered with a damp kitchen towel and/or plastic wrap to prevent drying. Re-wrap unused portion immediately and refrigerate for 1 week, or refreeze.
Brown Sugar and Peach Muffins

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<td>2 cups Flour</td>
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<td>1/4 tsp Salt</td>
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<td>1 cup Milk</td>
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<td>1 Tbs Lemon Juice</td>
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<td>1/3 cup Oil</td>
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<tr>
<td>1 tsp Vanilla Extract</td>
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<tr>
<td>1/3 – 1/2 cup Peaches, chopped (fresh or canned)</td>
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Brown Sugar

Makes 12 Muffins

Preheat oven to 400º F and line your muffin tins with muffin cups.

Mix the dry ingredients together.

Whisk the wet ingredients together until incorporated and thickened.

Combine wet to dry and gently fold the until the flour is moistened and there are no dry spots. Add the chopped peaches and fold in gently.

Fill muffin cups 3/4 of the way. Sprinkle with extra brown sugar, and add extra peach pieces on top if desired.

Bake for 18-22 minutes, or until lightly browned and a toothpick comes out clean. The centers should also bounce back when pressed lightly.

In a small saucepan, heat brown sugar with 1/2 – 1 tsp of molasses to a boil. Stir until all the sugar is dissolved. Remove from heat and let cool.

If needed, you can make your own brown sugar by adding 1/2 – 1 tsp of molasses to 1/2 cup of sugar and mixing well. Commercial brown sugar is made by mixing molasses back in to processed sugar, so it's not really any different than this recipe.
Appendices

Ingredient Substitutions

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<th>Option 2</th>
<th>Option 3</th>
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<td>1 oz unsweetened chocolate, plus 4 tsp sugar</td>
<td>1 oz unsweetened chocolate, plus 4 tsp sugar</td>
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<tr>
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<td>1 cup light cream of mushroom soup, plus 1/4 cup water</td>
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<tr>
<td>Corn Syrup</td>
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<td>Cheese</td>
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<td>Chicken Broth</td>
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Look, Cook, Learn

Delicious and Nutritious Recipes for the Discerning Cook

Cooking Doesn't Have to be Scary

This book is dedicated to all the adventurous cooks who dare to conquer the kitchen and create wonderful dishes that are both delicious and nutritious.

With the advent of fast food, the microwave, and prepackaged meals, the art of cooking and preparing meals at home is becoming more and more rare. Our busy lives often pull us out of the kitchen and what we do cook can become repetitive and routine.

To many, cooking can seem like a challenging task. If you were not taught how to cook while you were growing up then the kitchen can be rather intimidating.

However, the kitchen doesn't have to be a scary place. Once you have learned the basics you are free to move on and experience new dishes, take on new challenges, and expand your recipe repertoire. Also, by preparing your own meals you have more control over what is going into your food, and therefore, what you are ultimately consuming yourself. It's healthier and more affordable for you and your family and we are sure that you will love our latest collection of recipes. Bon appetit!
Final Digital Application - Sample Screenshots

Look
Browse our recipe collection to find exactly what you are looking for. You can search by category, ingredients, time, and more!

Cook
Already know what you want to cook? Access your recent and saved recipes via your Recipe Box.

Learn
View our library of instructional videos, look up terms in our cooking glossary, and be sure to check out our nutrition guide.

Look
Search by
Category
Ingredients
Time
Occasion
Dietary Needs
Cuisine Type

Cook
Gnocchi with Thyme Sauce
Lemon Maple Scones with Clotted Cream
Mac and Cheese
Hasperat

Learn
Fishy Pizza Purses
Delicata Squash Bisque
Deconstructed Green Bean Casserole
Chickpea Radish Hors d’Oeuvres

Back to Main Page  Conversions  Substitutions  Settings
### Flaky Pizza Purses

Everybody loves pizza and these make a perfect starter for parties and gatherings. Small and finger-sized, these are the ideal size for a quick appetizer. Great for get-togethers and dinner parties. You will be surprised how easy they are to make!

#### Ingredients

- 5 sheets Phyllo Dough
- 1 pint Sweet Grape Tomatoes
- 2 cups Mozzarella, shredded
- 5 Tbs Melted Butter
- 1 Tbs Olive Oil
- 1/4 tsp Salt
- 1/2 tsp Dried Italian Herbs
- Fresh Basil Leaves

#### Description

Everybody loves pizza and these make a perfect starter for parties and gatherings. Small and finger-sized, these are the ideal size for a quick appetizer. Great for get-togethers and dinner parties. You will be surprised how easy they are to make!

### Method

1. **Make Sauce**
   
   1 Tbs Olive Oil  
   1 pint Sweet Grape Tomatoes  
   1/4 tsp Salt  
   1/2 tsp Dried Italian Herbs

   Heat oil over medium-high heat in a sauté pan and add tomatoes. Cook until tomatoes begin to soften and burst. Add salt and herbs. Gently mash the tomatoes, but not enough to lose their basic shape. Total cooking time approximately six minutes until the sauce is ready to go. Set aside.

2. **Prepare Dough**
   
   5 Sheets Phyllo Dough

   You’ll want to open the dough, unroll it, remove 5 sheets, cover the 5 sheets, re-roll and package the remaining dough.

   Add to Recipe Box  
   Print  
   Start Cooking
Flaky Pizza Purses

3. Brush with Butter
5 Tbs Melted Butter
Remove one sheet from the stack of five and lay it out in front of you. Always re-cover the sheets you’re not currently working with, or else they’ll dry out. Brush with melted butter, starting at the edges and working in to the center. If you get some rips or tears, don’t worry—it won’t be noticeable by the time you’re done. Just repair them as best you can and move on.

4. Stack Phyllo Layers
Once covered in butter, place the second sheet on top. Brush. Repeat this process until all 5 phyllo sheets have been stacked and brushed.

5. Cut
Using a pizza cutter, cut dough into six squares (one cut lengthwise, two cuts widthwise).

6. Add Sauce and Cheese
1 Recipe 6 Minute Tomato Sauce
2 cups Mozzarella Cheese, shredded
Fresh Basil Leaves
Place ⅓ of the sauce in the middle of each square. Then add cheese and a few basil leaves. The leaves can either be whole or chopped up, whichever you prefer.

7. Fold
Gather the edges of the squares into the center, twisting to seal and form a purse. Place the completed purses on a baking sheet. Give the purses one final brush of butter before going in the oven.

8. Bake
Bake at 400 for 10-15 minutes until the purses turn golden brown along the edges and the body feels cooked and flaky. Top with fresh basil leaves and serve warm.
Nutrition

In order to stay healthy our bodies need a diet which provides proper nutrition. The foods you eat directly affect the vitamins and nutrients that are being put into your body. It is extremely important to be mindful of the foods you consume in order to ensure a balanced diet that includes all of the food groups.

The major food groups are grains, fruits, vegetables, proteins, and dairy. The last group, fats and oils, should be used sparingly.

Tap on a segment of the nutrition wheel to learn more about a particular food group. ➤

Grains

6-11 Servings or 6 ounces

Grains are a major source of energy and fiber and are divided into 2 subgroups, whole grains and refined grains. Whole grains contain the entire grain kernel while refined grains have been milled to give grains a finer texture and improve their shelf life. However, milling also removes dietary fiber, iron, and many B vitamins. Whole grains are recommended for most grain servings as a good source of fiber and nutrients.

Half of your grain intake should be whole grains.

Refined grains have been milled, a process that removes the bran and germ.

Whole grains contain the entire grain kernel (bran, germ, and endosperm).
Appendix 9 Blank Final Application Survey

Final Application Survey

Name: ______________________________
Email Address: ____________________________

Age:  ○ Below 18  ○ 18-24  ○ 25-30  ○ 31-36  ○ 37-45  ○ 46-55  ○ 56-65  ○ Above 65
Gender:  ○ Male  ○ Female

Thank you for participating in this survey. Your detailed answers are extremely helpful in the research and development of my thesis. If you have any questions or concerns please feel free to contact me at amm8048@rit.edu.

Instructions

1. Review the PDF titled “CookbookApplication.pdf”. This document contains large images of the cookbook layout so that you can see the details of each spread.

2. Read through the questions provided in this survey. Using the sections and imagery as a guide, please take your time and review the materials as well as the questions. I appreciate as much information or input as possible.

3. Leave written feedback in the “Comments” section. Your thoughts and opinions are greatly appreciated.

4. Save and Return. Once you have finished completing the survey, save the document as “FinalApplicationSurvey_YourName.pdf” and email it back to me at amm8048@rit.edu.

Thank you for your time and support. Your input in much appreciated!
Final Application Survey

Nutrition Information

Please rate the following on a scale of 1-10

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Comments:
### Flaky Pizza Purses

**Makes**

Total Time: 25 mins 10 mins 15 mins

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<th>Ingredient</th>
<th>Amount</th>
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<tr>
<td>5 Sheets Phyllo Dough</td>
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<tr>
<td>1 pint Sweet Grape Tomatoes</td>
<td></td>
</tr>
<tr>
<td>2 cups Mozzarella, shredded</td>
<td></td>
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<tr>
<td>5 Tbs Melted Butter</td>
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**Nutrition**

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<tr>
<td>1 Tbs Olive Oil</td>
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<td>1/4 tsp Salt</td>
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<tr>
<td>1/2 tsp Dried Italian Herbs</td>
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<td>Fresh Basil Leaves</td>
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**Six Minute Tomato Sauce**

**Six Minute Tomato Sauce**

Begin by making the tomato sauce, then proceed to make the Pizza Purses.

1. **Heat**

   Heat oil over medium-high heat in a saute pan and add tomatoes. Toss in oil and cook until tomatoes begin to soften and burst.

2. **Season**

   Add salt and herbs. You can help the tomatoes along by popping them with the tip of a knife as they expand. Gently mash the tomatoes, but not enough to lose their basic shape. Total cooking time approximately six minutes until the sauce is ready to go. Set aside.

**Pizza Purses**

Preheat oven to 400º F.

Prepare your work station with everything you'll need to make the purses. You'll need a large area to spread the dough out on, tomato sauce, shredded cheese, basil, melted butter, a brush, and a damp kitchen towel or plastic wrap.

1. **Prepare Dough**

   Open the dough, unroll it, remove 5 sheets, cover the 5 sheets, re-roll and package the remaining dough.

2. **Brush with Butter**

   Remove one sheet from the stack of five and lay it out in front of you. Always re-cover the sheets you're not currently working with, or else they'll dry out. Brush with melted butter, starting at the edges and working in to the center. If you get some rips or tears, don’t worry—it won’t be noticeable by the time you're done. Just repair them as best you can and move on.

### Final Application Survey

**Recipe Design**

Please rate the following on a scale of 1-10

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**Comments:**
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Ingredient Substitution Design

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Do you find ingredient substitutions useful? [ ]
Is it easy to use this substitution chart? [ ]
Does this layout make sense to you? [ ]

Comments:

Look, Cook, Learn: A Recipe for Improved Functionality of Cooking Materials
Appendix 10 Final Application Survey Results

Survey response from Kate Goguen

---

**Final Application Survey**

**Name:** Kate Goguen
**Email Address:**

**Age:** 18-24 25-30 31-40 41-50 51-60 60+
**Gender:** Male Female

Thank you for participating in the survey. Your detailed answers are extremely helpful in the research and development of this project. If you have any questions or concerns please feel free to contact me at kate.goguen@uwaterloo.ca.

**Instructions**

1. Review the ESP titled “CookbookApplication.pdf”. This document contains large images of the cookbook format so that you can see the details of each recipe.

2. Read through the questions presented in this survey. Using the sections and images as a guide, please take your time and review the materials as well as the questions. Supplement as much information or input as possible.

3. Leave written feedback in the “Comments” section. Your thoughts and opinions are greatly appreciated.

4. Save and Return. Once you have finished completing the survey, save the document as “FinalApplicationSurvey_Yourname.pdf” and email it back to me at kate.goguen@uwaterloo.ca.

Thank you for your time and support. Your input is much appreciated.

---

**Final Application Survey**

**Nutrition Information**

**Please rate the following on a scale of 1-10**

**Not at All** 1 2 3 4 5 6 7 8 9 10

- Do you find the nutrition information useful?  
- Are the serving size examples helpful?  
- Does color coding help you find groups for the nutrition?  
- Does this layout make sense to you?  

**Comments:**

---

**Final Application Survey**

**Recipe Design**

Please rate the following on a scale of 1-10

**Not at All** 1 2 3 4 5 6 7 8 9 10

- Are steps with images useful?  
- Is it easy to locate the cooking times?  
- Is it easy to locate the number of servings?  
- Is there an ingredient for each step next to the instructions helpful?  
- Are the instructions easy to follow?  
- Do you like the images in the recipe?  
- Does this layout makes sense to you?  

**Comments:** I like that I know what kinds of food groups are included in the recipe. I also really like that the number per a serving is not just fractions, so 0.25, 0.5, 1, etc are a little easier to manage. I had to go back to the introduction to make sure I was reading the volume right. But if someone uses a little or a good amount it would make lots of sense.

---

**Final Application Survey**

**Ingredient Substitution Design**

Please rate the following on a scale of 1-10

**Not at All** 1 2 3 4 5 6 7 8 9 10

- Do you find ingredient substitutions useful?  
- Is it easy to use the substitution chart?  
- Does this layout make sense to you?  

**Comments:** Monkey Jack is spelled wrong. One "y".
Survey response from Steve Gallow

---

**Final Application Survey**

**Name:** Steve Gallow  
**Email Address:** steve.gallow@gmail.com  
**Age:** 35-44

Thank you for participating in this survey. Your detailed answers are extremely helpful in the research and development of my thesis. If you have any questions or concerns please feel free to contact me at steve.gallow@gmail.com.

**Instructions**

1. Review the PDF titled “CookbookApplication.pdf”. This document contains large images of the cookbook so that you can see the details of each recipe.
2. Read through the questions provided in this survey, using the sections and imagery as a guide, please take your time and review the materials as well as the questions. Appreciate as much information or input as possible.
3. Leave written feedback in the “Comments” section. Your thoughts and opinions are greatly appreciated.
4. Save and Return. Once you have finished completing the survey, save the document as “FinalApplicationSurvey_response.pdf” and email it back to me at steve.gallow@gmail.com.

Thank you for your time and support. Your input is much appreciated.

---

**Recipe Design**

**I Totally Love This**

<table>
<thead>
<tr>
<th>Ingredient/Quantity</th>
<th>Note/Other Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup shredded Colby</td>
<td></td>
</tr>
<tr>
<td>1 cup yogurt</td>
<td></td>
</tr>
<tr>
<td>¼ cup molasses</td>
<td>Reduce at room temperature</td>
</tr>
<tr>
<td>1 cup boiling water</td>
<td></td>
</tr>
<tr>
<td>1 bouillon cube plus</td>
<td></td>
</tr>
<tr>
<td>½ tsp cream of tartar</td>
<td></td>
</tr>
<tr>
<td>1 Tbs flour</td>
<td></td>
</tr>
<tr>
<td>ginger, and 1/4 tsp cloves</td>
<td></td>
</tr>
<tr>
<td>Option 1</td>
<td></td>
</tr>
<tr>
<td>7/8 cup vegetable oil</td>
<td></td>
</tr>
<tr>
<td>1 Tbs soy sauce plus</td>
<td></td>
</tr>
<tr>
<td>½ teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>Option 2</td>
<td></td>
</tr>
<tr>
<td>7/8 cup lard</td>
<td></td>
</tr>
<tr>
<td>1 ¼ cups confectioners' sugar</td>
<td></td>
</tr>
<tr>
<td>Option 3</td>
<td></td>
</tr>
<tr>
<td>1 cup lard</td>
<td></td>
</tr>
<tr>
<td>1 cup unsweetened chocolate chips</td>
<td></td>
</tr>
<tr>
<td>1 ¼ cup white sugar</td>
<td></td>
</tr>
<tr>
<td>vegetable oil</td>
<td></td>
</tr>
<tr>
<td>unsweetened chocolate</td>
<td></td>
</tr>
</tbody>
</table>

---

**Nutrition Information**

Please rate the following on a scale of 1-10

<table>
<thead>
<tr>
<th>Nutritional Value</th>
<th>Not at All</th>
<th>Somewhat</th>
<th>Very</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**Ingredient Substitution Design**

Please rate the following on a scale of 1-10

<table>
<thead>
<tr>
<th>Nutritional Value</th>
<th>Not at All</th>
<th>Somewhat</th>
<th>Very</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 2 3 4 5 6 7 8 9 10</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

Comments: This is fantastic! I haven’t looked at a lot of cookbooks, but I have never seen this before. Many times I don’t have ingredients, so I would find this very useful.
Survey response from Eva Mizer

Final Application Survey
Name: Eva Mizer
Email Address: evamizera@gmail.com
Age: Below 18 0 18-24 0 25-30 0 31-36 0 37-45 0 46-55 0 56-65 0 Above 65 2
Gender: Male 0 Female 1

Thank you for participating in this survey. Your detailed answers are extremely helpful to the research and development of my thesis. If you have any questions or concerns please feel free to contact me at amm8048@rit.edu.

Instructions
1. Review the PDF titled “CookbookApplication.pdf”. This document contains large images of the cookbook layout so that you can see the details of each spread.
2. Read through the questions provided in this survey, using the sections and imagery as a guide. Please take your time and review the material as well as the questions. I appreciate as much information or input as possible.
3. Leave written feedback in the “Comments” section. Your thoughts and opinions are greatly appreciated.
4. Save and return. Once you have finished completing the survey, save the document as “FinalApplicationSurvey_YourName.pdf” and email it back to me at amm8048@rit.edu.

Thank you for your time and support. Your input is much appreciated!

Final Application Survey
Nutrition Information

Please rate the following on a scale of 1-10

1. Does this layout make sense to you?
2. Is it easy to use this substitution chart?
3. Are you able to locate the number of servings that each recipe makes?
4. Do you like the font size in the recipe?
5. Do the instructions make sense to you?

Comments: I LOVE the little serving circle - very helpful. That's one of my main concerns, as that is pictured. The only thing I didn't see was nutritional info (fat/tfibre/protein etc). Not the serving size is a much simpler better way to see it visually what I'm eating.

Final Application Survey
Ingredient Substitution Design

Please rate the following on a scale of 1-10

1. Do you find ingredient substitutions useful?
2. Is it easy to use the substitution chart?
3. Does this layout make sense to you?

Comments: They should use this in cookbooks more often. There are so many times I've been without something and need a substitute. Good job! Very clean.
Survey response from Linda Mizer

Appendices

Final Application Survey

Name:  
Email Address:  anthm3@email.gatech.edu

Age:  Below 18 18-20 21-30 31-40 41-50 51-60 61-65 Above 65

Gender  Female

Instructions
1. Review the PDF file "CompostApplication.pdf". This document contains large images of the compost with a menu so that you can test the materials as well as the questions. Appreciate you for your time and support. It is on the page 22.

2. Read through the questions provided in this survey. Using the sections and images as a guide, please click on your time and review the materials as well as the questions. If you have any questions, feel free to contact me at miz@osu.edu.

3. Leave written feedback in the "Comments" section. Your thoughts and opinions are greatly appreciated.

4. Save and Return. Once you have finished completing the survey save the document as "FinalApplicationSurvey_Draft.pdf" and email it back to me at miz@osu.edu.

Thank you for your time and support. Your input is greatly appreciated.

---

Survey response from Linda Mizer

Appendices

Final Application Survey

Nutrition Information

Please rate the following on a scale of 1-10.

Do you find nutrition information useful? (Not at all 1 2 3 4 5 6 7 8 9 10)

Are the serving size changes helpful? (Not at all 1 2 3 4 5 6 7 8 9 10)

How clear is the food group information? (Not at all 1 2 3 4 5 6 7 8 9 10)

Would you see yourself using this tool? (Not at all 1 2 3 4 5 6 7 8 9 10)

Does the tool take too long? (Not at all 1 2 3 4 5 6 7 8 9 10)

Comments:  yep!

---

Survey response from Linda Mizer

Appendices

Final Application Survey

Recipe Design

Please rate the following on a scale of 1-10:

Not at All Somewhat Very

Not at All | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

- Are steps with images useful? (Not at all 1 2 3 4 5 6 7 8 9 10)
- Is it easy to locate the scoring items? (Not at all 1 2 3 4 5 6 7 8 9 10)
- Is it easy to locate the number of servings? (Not at all 1 2 3 4 5 6 7 8 9 10)
- Is there a list of ingredients for each step to the instructions helpful? (Not at all 1 2 3 4 5 6 7 8 9 10)

- Are the instructions clear and easy to follow? (Not at all 1 2 3 4 5 6 7 8 9 10)
- Do you like the images in this recipe? (Not at all 1 2 3 4 5 6 7 8 9 10)
- Does the tool make sense to you? (Not at all 1 2 3 4 5 6 7 8 9 10)

Comments:  yep!

---

Survey response from Linda Mizer

Appendices

Final Application Survey

Ingredient Substitution Design

Please rate the following on a scale of 1-10:

Not at All Somewhat Very

Not at All | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10

- Do you find ingredient substitutions useful? (Not at all 1 2 3 4 5 6 7 8 9 10)
- Is it easy to know the substitution chart? (Not at all 1 2 3 4 5 6 7 8 9 10)
- Does the tool make sense to you? (Not at all 1 2 3 4 5 6 7 8 9 10)

Comments:  yep!
Survey response from Carole Daugherty

Final Application Survey

Name: Carole Daugherty
Email Address: wtrf@u.n.i.r.com
Age: 35-44

Thank you for participating in this survey. Your detailed answers are extremely helpful in the research and development of my thesis. If you have any questions or concerns please feel free to contact me at amr@u.n.i.r.com.

Instructions

1. Review the PDF titled "CookbookApplication.pdf". This document contains many images of the cookbook layout so that you can see the details of each spread.

2. Read through the questions provided in this survey. Using the sections and imagery as a guide, please take your time and review the materials as well as the questions. I appreciate as much information or input as possible.

3. Leave written feedback in the "Comments" section. Your thoughts and opinions are greatly appreciated.

4. Save and Return. Once you have finished completing the survey, save the document as "FinalApplicationSurveyResponses.pdf" and email it back to me at amr@u.n.i.r.com.

Thank you for your time and support. Your input is much appreciated.

Final Application Survey

Nutrition Information

Please rate the following on a scale of 1-10:

<table>
<thead>
<tr>
<th></th>
<th>Not at All</th>
<th>Somewhat</th>
<th>Very</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you feel nutrition information useful?</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
</tr>
<tr>
<td>Are the serving size examples helpful?</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
</tr>
<tr>
<td>Does the color coding help you see the relationship?</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
</tr>
<tr>
<td>Does the layout make sense to you?</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
</tr>
</tbody>
</table>

Comments: One editing point. In the nutrition paragraph you switch-back and forth between singular and plural pronouns - "our and your and you and we".

Since I am a member of Weight Watchers I find the nutrition information and the serving size very helpful. I feel that introducing color coding to the food groups and the wheel helps the reader easily sonce and to recognize the portion of the wheel that a particular food group occupies.

Final Application Survey

Recipe Design

Recipe: Floppy Polenta Ravioli

Please rate the following on a scale of 1-10:

<table>
<thead>
<tr>
<th></th>
<th>Not at All</th>
<th>Somewhat</th>
<th>Very</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are steps with imagery useful?</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
</tr>
<tr>
<td>Is it easy to locate the cooking times?</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
</tr>
<tr>
<td>Is it easy to locate the number of servings that each recipe makes?</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
</tr>
<tr>
<td>Is having the ingredients for each step next to the instructions helpful?</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
</tr>
<tr>
<td>Are the instructions easy to follow?</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
</tr>
<tr>
<td>Do you like the imagery in the recipe?</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
</tr>
<tr>
<td>Does this layout make sense to you?</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
</tr>
</tbody>
</table>

Comments: I found the pictures help me to see how the final product should look and in this case make me want to try this recipe. I like the horizontal layout rather than the more typical vertical layout of many recipes.

Final Application Survey

Ingredient Substitution Design

Please rate the following on a scale of 1-10:

<table>
<thead>
<tr>
<th></th>
<th>Not at All</th>
<th>Somewhat</th>
<th>Very</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you find ingredient substitutions useful?</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
</tr>
<tr>
<td>Is it easy to use this substitution chart?</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
</tr>
<tr>
<td>Does the layout make sense to you?</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
<td>o o o o o o o o o</td>
</tr>
</tbody>
</table>

Comments: I learned a lot from looking at this chart. I had no idea about some of the possible substitutions.
Final Application Survey

Name: Dan Mizer
Email Address: groton99@hughes.net

Gender: Male Female

Thank you for participating in this survey. Your detailed answers are extremely helpful to the research and development of my thesis. If you have any questions or concerns please feel free to contact me at amm8048@rit.edu.

Instructions
1. Review the PDF titled “CookbookApplication.pdf”. This document contains large images of the cookbook layout so that you can see the details of each spread.
2. Read through the questions provided in this survey. Using the sections and imagery as a guide, please take your time and review the materials as well as the questions. I appreciate as much information or input as possible.
3. Leave written feedback in the “Comments” section. Your thoughts and opinions are greatly appreciated.
4. Save and Return. Once you have finished completing the survey, save the document as “FinalApplicationSurvey_YourName.pdf” and email it back to me at amm8048@rit.edu.

Thank you for your time and support. Your input is much appreciated!

Survey response from Dan Mizer

Comments: Not much to say here, it’s easier for me to get “the whole picture” here than it would be if I were just shown a lot of percentages.

My thoughts:

Recipe Design

Final Application Survey

Recipe Design

Final Application Survey

Nutrition Information

Final Application Survey

Ingredient Substitution Design

Appendices

Look, Cook, Learn: A Recipe for Improved Functionality of Cooking Materials

150
Final Application Survey

Survey response from Pam Schenck

Instructions
1. Review the PDF titled "GuidebookApplication.pdf". The document contains longer text than what you can see on the screen. Please read the entire document.
2. Rate the following on a scale of 1-10:
   - Overall rating
   - Nutritional information
   - Recipe design
   - Ingredient substitution design
   - User friendliness
   - Overall satisfaction

Please include any comments you have:

Comments: I like substitution recipes in cookbooks. I often make up with what is on hand and having a list like this is great. I hope when I have to find another cookbook that has these charts.
Appendix 11 Final Application Observation Results

User Survey Completed by Kyle Gallow
Observer: Anna Mizer

---

Final Application Survey

Name: Kyle Gallow
Email Address: sin2gallow@yahoo.com

Age: Below 18 (18-24) 25-30 31-36 37-45 46-55 56-65 Above 65
Gender: Male Female

Thank you for participating in this survey. Your detailed answers are extremely helpful in the research and development of my thesis. If you have any questions or concerns please feel free to contact me at annm804@rit.edu.

Recipe Use

<table>
<thead>
<tr>
<th></th>
<th>Not at All</th>
<th>Somewhat</th>
<th>Very</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are steps with imagery useful?</td>
<td>O O O O O</td>
<td>O O O O O</td>
<td>O O</td>
</tr>
<tr>
<td>Is it easy to locate the cooking times?</td>
<td>O O O O O</td>
<td>O O O O O</td>
<td>O O</td>
</tr>
<tr>
<td>Is it easy to locate the number of servings that each recipe makes?</td>
<td>O O O O O</td>
<td>O O O O O</td>
<td>O O</td>
</tr>
<tr>
<td>Does having the ingredients for each step next to the instructions helpful?</td>
<td>O O O O O</td>
<td>O O O O O</td>
<td>O O</td>
</tr>
<tr>
<td>Are the instructions easy to follow?</td>
<td>O O O O O</td>
<td>O O O O O</td>
<td>O O</td>
</tr>
<tr>
<td>Do you like the imagery in the recipe?</td>
<td>O O O O O</td>
<td>O O O O O</td>
<td>O O</td>
</tr>
</tbody>
</table>

Was the recipe easy to use?
Yes. It was nice to have the ingredients for each step next to the step you were working on.

Where the instructions easy to understand?
They were very easy to follow, and I liked how there was a BOLD header for each step to tell you what you would be doing for that step.

Other comments:

---

Look, Cook, Learn: A Recipe for Improved Functionality of Cooking Materials
Appendices
Final Application Survey

Did the user have any problems following the recipe?
He was frustrated that the cooking time was 8-12 min
and said that that was a big range. He also had trouble
adding the peaches but that is a design flaw that will be
corrected.

Was the user able to navigate the recipe without difficulty?
The peaches were the only problem added them too early

What was the user's response to the layout and recipe design?
Positive, he really liked it

Did the user have any comments on their experience?
Besides the peaches there were no problems
and it went well overall!
User Survey Completed by Josh Wagner
Observer: Anna Mizer

---

**Final Application Survey**

Name: [Josh Wagner]
Email Address: [jwn7424@rit.edu]

Age: [18-24]
Gender: [Male]

Thank you for participating in this survey. Your detailed answers are extremely helpful in the research and development of my thesis. If you have any questions or concerns please feel free to contact me at amm8048@rit.edu.

**Recipe Use**

<table>
<thead>
<tr>
<th></th>
<th>Not at All</th>
<th>Somewhat</th>
<th>Very</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are steps with imagery useful?</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Is it easy to locate the cooking times?</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Is it easy to locate the number of servings that each recipe makes?</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>Does having the ingredients for each step next to the instructions help?</td>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are the instructions easy to follow?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you like the imagery in the recipe?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

Was the recipe easy to use?

Yes, I like that the ingredients were off to the side in groups of when to use them.

Where the instructions easy to understand?

Yes, very clear.

Other comments?

---
Observer Comments by Anna Mizer
User: Josh Wagner

---

**Final Application Survey**

Did the user have any problems following the recipe?
His only problem was adding the peaches too early. He also made slightly more than 12 muffins but he said that it was so there would be more smaller muffins.

Was the user able to navigate the recipe without difficulty?
Yes, he didn't need to pick up the book, squint, or lean down to read the directions.

What was the user's response to the layout and recipe design?
He said he liked the imagery and the directions were easily separated.

Did the user have any comments on their experience?
His only suggestion was to separate the peaches in the ingredients list so that if another user didn't read all the ingredients and the directions carefully.
User Survey Completed by Katie Nix
Observations by Anna Mizer

---

### Final Application Survey

**Name:** Katie Nix  
**Email Address:** katieconwe@gmail.com

**Age:** 25-30  
**Gender:** Female

> Thank you for participating in this survey. Your detailed answers are extremely helpful in the research and development of my thesis. If you have any questions or concerns please feel free to contact me at annm8048@rit.edu.

#### Recipe Use

<table>
<thead>
<tr>
<th></th>
<th>Not at All</th>
<th>Somewhat</th>
<th>Very</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are steps with imagery useful?</td>
<td>0 0 0 0 0 0 0 0 0 0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is it easy to locate the cooking times?</td>
<td>0 0 0 0 0 0 0 0 0 0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is it easy to locate the number of servings that each recipe makes?</td>
<td>0 0 0 0 0 0 0 0 0 0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does having the ingredients for each step next to the instructions helpful?</td>
<td>0 0 0 0 0 0 0 0 0 0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are the instructions easy to follow?</td>
<td>0 0 0 0 0 0 0 0 0 0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you like the imagery in the recipe?</td>
<td>0 0 0 0 0 0 0 0 0 0</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Was the recipe easy to use?**  
Absolutely! I love the symbols (grain, fats, etc.), the breakdown of ingredients and the fact that the ingredients appear twice: once as a collective list and again as part of the recipe.

**Where the instructions easy to understand?**  
Yes. Thank you for being concise.

**Other comments?**  
I felt very in control & not rushed... perk the design is enjoyable, which I think had a positive impact on this experience.
Observer Comments by Anna Mizer
User: Katie Nix

Final Application Survey

Did the user have any problems following the recipe?
No, she flowed through the recipe easily and didn’t seem to have any problem with navigation or steps.

Was the user able to navigate the recipe without difficulty?
Yes, her comments when she was finished showed that the size of the page and type was very efficient. Her comments where that the page size was good and created a small footprint. Also, she was able to prepare the recipe without having to point at the book or pick it up.

What was the user’s response to the layout and recipe design?
Good! She liked the ingredient list at the top because it was easy to scan and having the ingredients by the steps made it possible to avoid looking back at the ingredients list.

Did the user have any comments on their experience?
Overall her comments were very positive and the only suggestion she had was to move the peaches ingredient down (which is a mistake on my part and has now been corrected).
Appendix 12 Image Copyrights and Acknowledgments

Lauren Ulm
Founder of the Vegam Yum Yum food blog

Email correspondence on Tuesday, Feb 15, 2011 at 12:34 PM
To: Lauren Ulm <lauren.ulm@gmail.com>
From: Anna Mizer <annamizer@gmail.com>

Hi Lauren,

The reason I was trying to reach you was because I am a graphic design student who is currently working on a thesis project in which I am studying the design and history of cookbooks. I am researching the role that cookbooks play in our lives, how we use them, and how their design can be improved to help make them easier to use and more aesthetically pleasing. As part of my project I am designing a sample cookbook section. As such, I am looking for content (both recipes and images) that I can use in my designs. When I began to think of what type of content I could use I immediately thought of you and your work. I found your Flicker account in a search I did last year while I was working on a small booklet about food styling and photography. That led me to your twitter, Vegan Yum Yum site, and eventually your cookbook... needless to say, I have been drooling over your recipes and pictures ever since.

If you allow me to use your images I will obviously credit you, and your website, in both my sample cookbook as well as in all of my thesis documentation. I would not be selling or producing this cookbook in any way and it would only be used as an academic project to be shown as part of my class/thesis. If you have any questions about my project or the way in which I would potentially be using your work please let me know. I would be more than happy to address any concerns you may have. Thank you for all your time and effort!

Anna Mizer

Email correspondence on Wednesday, Feb 16, 2011 at 9:08 AM
To: Anna Mizer <annamizer@gmail.com>
From: Lauren Ulm <lauren.ulm@gmail.com>

Sure, you're welcome to use my work for your thesis. Thanks for asking, and good luck!

Lauren
British Library Exhibition “Books for Cooks”
London, England

Email correspondence on Thursday, April 7, 2011 at 2:52 PM
To: permissions@bl.uk
From: Anna Mizer <annamizer@gmail.com>

British Library,

I am a Graduate Graphic Design student working on the completion of my Masters of Fine Arts thesis at Rochester Institute of Technology. My thesis includes the history and design of cookbooks and I wanted to know if I could use the images that are included in the “Books for Cooks” exhibition. I would not be altering the images, I would acknowledge your copyright and they would only be used for academic purposes (in the documentation/background for my thesis).

Would it be possible to use your images as part of my thesis? Thank you for your time and effort.

Anna Mizer

Email correspondence on  Wednesday, Feb 16, 2011 at 9:08 AM
To: Anna Mizer <annamizer@gmail.com>
From: permissions@bl.uk

Dear Anna

The Library grants permission to use and alter the images, please credit the Library as the original source.

Regards

Sandra Powlette
Key Account & Permissions Manager

British Library
96 Euston Road
LONDON, NW1 2DB

Tel: 020-7412-7755
Fax: 020-7412-7771
www.imagesonline.bl.uk