Requirement: sole residents, no other person should be visible for any part of the recording.

Participant instructions

- Use the provided head-mounted GoPro for recordings. The camera will be fully charged with sufficient recording space. However, since the GoPro’s battery discharges quite quickly, you should always check the battery level before recording.
- Before entering the kitchen, check the viewpoint with the Capture app and adjust the camera’s mounting accordingly:
  - Your hands should be approximately located at the middle of the frame when stretching your arms.
  - Once you have calibrated the viewpoint, close the app, then press the record button on the camera to capture your kitchen activities.
  - Allow a few seconds before starting your activities.
  - Take care over any reflecting surface that might show you in the video.
  - Record a short sample before starting the first time to check there is no flickering due to your kitchen’s lights.
- Before leaving the kitchen, press the stop button to save the recording.
- Capture all kitchen activities for the scheduled 3-5 days as agreed with the research team.

Post-Recording instructions

The participant will then be asked to provide an audio narration of the recorded activities. You should watch every video you recorded and narrate what you did as you watch the video. The easiest way to do this is to play the video on your PC and record your voice with your phone in a quiet room.

The participant can then hand over the recordings to the team to conduct research and prepare the dataset for public release.

This information sheet is accompanied by a consent form, with access to a researcher who can answer any questions.