

North American Breakfast



Prep-Work

- If you have any questions feel free to ask before starting the experiment.
- Once adjusted, do not move or touch the eye-tracking glasses.
- Remember to talk out loud. Talk about what you are doing while you do it.
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Directions

Eggs

- In a large bowl, crack 2 eggs.
- Add a little milk and salt to taste.
- Beat the egg mixture using a whisk or fork until well blended
- Pour some oil (olive, vegetable, etc.) into a non-stick frying pan.
- Heat the oil over medium heat.
- Pour the egg mixture into the frying pan and stir frequently.
- When the eggs are done remove the pan from the heat and transfer the eggs to a plate

Drink

- Pour orange juice into a cup.

Bacon

- Again pour some oil into a non-stick frying pan.
- Heat the oil over medium heat.
- Fry a piece of bacon in the skillet

Bagel and Cream Cheese

- Spread cream cheese onto a bagel half.
- Complete the sandwich with the other half of the bagel.

You're done!

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- Enjoy your meal, you deserve it!

Afternoon Snack



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Directions

Peanut Butter & Jelly Time

- Put a little (around two spoonfuls) peanut butter into a microwave-safe bowl.
- Add a little honey to the peanut butter. Mix to combine the honey and peanut butter.
- Microwave the bowl on high for 20 seconds.
- Add a little (around two spoonfuls) strawberry jam to the bowl and mix to combine.
- Spread the mixture onto a slice of bread. Top with another slice of bread to finish the sandwich.

Hot Tea

- Put some water into the kettle and place the kettle on the stove.
- Bring the water in the kettle to a boil.
- Place a tea bag or instant coffee into a coffee/tea cup.
- Pour boiling water into the cup.
- Add sugar to the drink if desired.

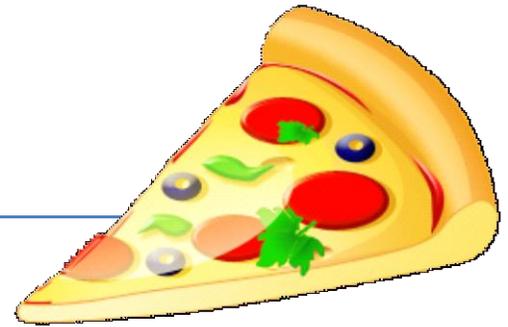
Milk and Cereal

- Pour some cereal into a bowl.
- Fill the bowl with milk.
- Add honey or chocolate syrup to sweeten the cereal.

You're done!

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Pizza



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Directions

Oven

- Preheat the oven to 400°F.

Preparation

- Take the pizza bread from the fridge and let warm on the counter
- Cut up a hot dog/sausage into ½ inch slices.
- Cut up a green bell pepper into bite-sized chunks.
- Cut up a few mushrooms (enough for a pizza)

Frying the Mushrooms

- Again pour some oil into a non-stick frying pan.
- Heat the oil over medium heat.
- Fry the mushrooms slices in the skillet

Completing the Pizza

- Put enough ketchup on the pizza crust to thinly cover it.
- Place the hot dog/sausage slices, green bell pepper slices, and fried mushrooms on the pizza.
- Add enough shredded mozzarella cheese to cover the pizza
- Place the pizza in the pre-heated oven for 20 minutes.
- Remove and let cool on the counter

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Turkey Sandwich



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Directions

Dicing the Tomatoes & Cutting the Lettuce.

- Take an individual tomato and cut it into slices. Set aside and repeat for more tomato slices (1 large tomato cut into slices is usually enough)
- If your lettuce is pre-separated in a bag remove a few pieces
- If your lettuce is in a bunch (a head of lettuce) tear off a few pieces of lettuce
- Cut each piece into a manageable size which would fit on a bread slice

Completing the Sandwich

- Take a slice of bread and put it on a plate.
- Place a few slices of turkey on the slice of bread.
- Put the lettuce and tomato slices on top of the turkey
- Add a cheese slice or two.
- Garnish with ketchup, mustard, or mayo if desired.
- Top with the remaining bread slice to finish the sandwich.

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Greek Salad



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Directions

Cutting the Vegetables.

- Slightly chop a few pieces of lettuce into bite-sized chunks.
- Dice a few tomatoes. Don't make them too small; the slices should be large enough to pick up with a fork.
- Peel the cucumber and put into ½" slices.
- Quarter the onion and then separate. Keep only pieces large enough to eat easily.

Completing the Salad

- In a large bowl add the lettuce, tomato, cucumber, and onion slices.
- Top with feta cheese
- Sprinkle on vinegar, lemon juice, and olive oil to taste.

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Pasta Salad



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Directions

Boiling the Water & Cooking the Pasta

- Fill a small pot with water (about $\frac{1}{2}$ full).
- Place the pot on the stove top and set the burner to "high."
- When the water comes to a boil add a cup of macaroni noodles to the water.
- When the noodles become tender remove the pot from the heat and drain.
- Wash the drained noodles under cold water.
- Pour the cooked drained noodles into a bowl.

Completing the Salad

- Roughly chop a few tomatoes into bite-sized chunks and add to the bowl of noodles.
- Repeat with the green bell peppers, cucumbers, onions, carrots, and black olives. Remember to peel the cucumbers and carrots and quarter the onions.
- Sprinkle with your favorite dressing.

You're done!

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(Cheese) Burger



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Directions

A Little Prep-Work

- Grab a hamburger bun and separate the two halves. Put both halves on a plate.

Cooking the Burger

- Pour a little oil into a non-stick frying pan.
- Heat the oil over medium heat on the stove.
- Put a beef patty into the skillet and cook until done.
- Remember to flip the patty every couple of minutes.
- (OPTIONAL) When cooked throughout place a slice of cheese on the patty and let it melt.
 - DO NOT FLIP THE BURGER OVER AT THIS POINT.
- Turn off the stove and remove the patty from the pan using a spatula. Place the burger onto the bottom half of the bun.

Completing the Burger

- Slice a tomato into fairly thin slices.
- Separate a few pieces of lettuce and cut them in half.
- Put the tomato slices and lettuce slices on top of the burger.
- Garnish with your favorite condiments (ketchup, mayo, mustard).
- Top with the remaining burger half

You're done!

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