

ABSTRACT

There is included (a) forming a first film containing at least oxygen and carbon and having a concentration of carbon, which is 20 at% or more, on a substrate by supplying a film-forming gas to the substrate at a first temperature; and (b) modifying the first film into a second film by supplying an oxygen- and hydrogen-containing gas to the substrate on which the first film is formed, at a second temperature that is equal to or higher than the first temperature.

FIGURE 4