
Appendices T2

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School One: First Focus Group: POST-INTERVENTION 15th of June 2018

Males R4, M4, J7.
Females A1, C6, L2, T5, Z3.

IV: hi I am Jo; I dic study a group before this. I am studying how you eat or what you eat, and the
focus is at school. You can leave at any time; your names are not used, and you can read the
transcript if you would like to. I did a little experiment here and you should have had a post card
read out to you in tutor that explained how I was scoring the food you were going to eat. Firstly, did
you get your post card?

13FT5: no
13MR4: no
13MM4: no
13FC6: no
13MJ7: no
13FL2: no

IV: so, none of you got your post cards at all. So, the second question I am going to ask is did you see-
there was a food score, there were posters up?

13FT5: yes
13MR4: yes
13MJ7: yes
13FC6: yes
13MM4: no
13FL2: yes

IV: OK, we had posters up - the higher the score the better the food was for you. 2 new pupils arrive.
Nearly everybody saw the score, did you understand it?

13FT5: yes
13MR4: yes

IV: so, did anybody not understand it?

13FC6: it was 50/50 as it was a drastic change as we could only have certain foods at some point.
The higher the number made you feel weird buying it; it was a bit confusing at the start. But I guess
we have had it for a while now, so we have got used to it.

IV: so, if it got confusing at the beginning, did it make you feel guilty for eating things at the
beginning that you knew had a lower score? Did it make you go oh whatever I’m going to eat it
anyway? How did that make you feel 13FC6?
13FC6: it kinda of made me feel like I should like eat kinda of eat healthier, it did kinda work, but it did make me feel like I should be eating something a little more healthier.
13FT5: that is brilliant news for me. Did anybody else feel the same about this food score? Did it make you think you shouldn’t be eating a sausage roll? Did it have any effect on your food choices?
13FT5: no
13MR4: I don’t really buy stuff from the canteen so when I do it is more of a treat
13FT5: and my mum is like if you have stuff in moderation, you don’t just have something bad, like if you had a biscuit with like an apple.
13FZ3: no
13FA1: no
13FZ3: no
13FZ3: did you see the food score at all?
13M4: 13MJ7 did you notice the score?
13MJ7: yeah
13FZ3: did it affect your food choices?
13MJ7: not really because I usually just have the sandwiches
13FZ3: OK 13MM4 you said you didn’t see it. Why didn’t you see it?
13MM4: I don’t know I am not very observant I guess
13FZ3: OK, so I’m trying to look at how to get you to eat healthier. There are several studies that show that if students design their own food label its more effective. In front of you (explains systems). Out of these that are currently available what would guide you to eat more healthily. A simple tick, cross or heart then traffic lights etc.
13FT5: the physical activity one, it shows that if you eat it how far it would go until you burn it off.
13FZ3: so, you think that one? So, if I put that on your food, I think putting calories can have a negative impact on groups of you, what do you think of that? How would you feel about calories on your food?
13FC6: I kinda of feel like it’s your own opinion on what calories you eat, because you could have in moderation things would be a lot better, so like I don’t know how many calories I eat a day, but I think I am healthy with the amount I eat so it doesn’t really come to my head
13FZ3: does anyone else have any views on putting physical activity symbols on your food? How would it make you react?
13FT5: I am very sporty, and I like doing a lot of sport, so it shows like erm if you eat this, because I go on a run once a week so I can see here if I have a ham sandwich and go on a 23-minute run I can burn it off.
13FZ3: OK so that appeals to you.
IV: OK does anyone else have any views of calories?
13FZ3: I feel like people around our age should be more aware of what calories they are in taking and how they are going to burn them off to make sure they get the right things into their body and out of their body.
IV: OK so you like that one?
13FZ3: yeah
IV: OK what do we think of the traffic lights? Does anybody like the traffic lights? Would you like a single symbol on your food like red, amber, or green?
13FT5: yeah, that sounds quite easy to understand
13FC6: I just think I would like the numbers. IV: on the number score 13FC6, some people thought these numbers were calories and then somebody said they don’t want to see 1-100 they want to see 1-10 what do you think?
13FC6: 1-10 would be a bit easier to understand because there are younger people at school so like yeah, I feel that would be appropriate.
IV: so, you think several 1-10 would work better. If something scored a 10 or a 7 or a 9 that would work?
13MR4: yes
13FC6: yes
13FA1: yes
IV: OK so, looking at the questionnaire you could fill in, I wanted to find out where you fit nutrition, peer groups, sensory aspects of food and I’ve got several questions about this. 42% of the 400 I got back said nutrition was important and 54% said it keeps you healthy are very important you gave that 5. So, you seem to say you want good nutrition, you say it’s important to you but then you are saying things are in moderation. So how do I get your generation to eat healthier?
13FZ3: have healthier options available and so they would be easier to get and a better price so you can say this is cheaper now so I can get that, and it is healthy.
IV: so, guidance by price. So, if I had changed and switched and made things that are unhealthy double the price and made things that were healthy, would that affect your choices?
13FC6: yeah, because I don’t think people would buy from the canteen if that happened
IV: so why would they not get healthier food if they were cheaper?
13FC6: because I feel like at home, I can’t speak for everyone here, but my parents give me healthy food when I am at home so when I am out, I like treat myself in a way to have something unhealthy as I feel like I am quite a healthy person and I like my sports and stuff.
IV: 13FT5 what were you going to say?
13FT5: like 13FC6 my family are very healthy so sometimes I treat myself a bit but rarely. Like if I am at a sleepover, I would get some unhealthy food like really unhealthy food but the next day I would get some salad for lunch and do some sports

IV: OK 40% of you said lots of vegetables was not important to you, you gave it a score of 1, but 26% of you said containing lots of minerals and vitamins was number 5 very important to you, giving it a number 5. These two contradict themselves as fruit and vegetables have these in them. So how do I get you to eat your fruits and vegetables?
13FC6: I think it comes from a place of misinformation on both of our parts, because some people don’t understand where they can get vitamins and minerals from.
IV: very good point. Anybody else how do I get you to eat fruit and vegetables?
13FL2: I think if you put vegetables into more unhealthy foods then people would still want the unhealthy foods and they would buy it, so it still has vegetables in it so they would be eating it with their food.
IV: so, you mean sneaky?
13FL2: like give it as an option, like I don’t know like put more vegetables into like the unhealthy food.
IV: so, if I give you beetroot cake?
13FC6: that’s nice.
13FL2: if you give it as an option, because people are still having something, they like but then they are being healthy at the same time
IV: so, make two types of cake?
13FL2: I don’t know
IV: would they know if I made a parsnip cake?
13FC6: my mum often gets a vegetables curry, so if you still put healthy food into unhealthy food, it still makes its unhealthy. Because chicken is healthy but as soon as you put it into creams and all that sort of thing it makes it not healthy and that sort of thing.
13FT5: my dad he recently got a big slow cooker so what he will do is put everything in together so puts lots of fruit, vegetables, and meat in all together and the dinner is really nice, but it has pork but also spinach and carrots and stuff
13MR4: as well like going back to putting healthy foods into unhealthy food, in the canteen you can often get sweetcorn and mushrooms on pizza, so they are healthy in themselves but if you put them on a pizza it detracts from the
IV: the pizzas came out very healthy coz they make their own tomato sauce and they put aubergines into it and tomato. So 13FC6 says it is about miscommunication, so where do you get your nutritional knowledge from? Who guides you? How do you find things out?

13FT5: parents

13MR4: parents

13FC6: mixture as you get information from your parents, and you get information from school as well. Like from the lower years you get your information especially from primary school

IV: OK so how do they teach you at school? How do we get this to you at school for you to understand?

13FT5: 13FC6 said like primary schools. My little sister is doing stuff when she has got to fill in a chart and she is telling us basically what they have done. They told her green is good and red is bad. So, they know when they buy food in the bottom corner it says sugars and it says 5 and its orange and fat and it is 0 and it is green, so my little sister is checking.

IV: and how are you taught? How do you get your information? You’ve got social media, your parents, but how do I know because you don’t know, as a school you don’t know your stuff, which bothers me.

13FC6: I am quite active in the gym, and I have trainers and things, so I get told by them what to eat and things like that

IV: how would you want to be told? I have had different viewpoints on how you guys want to be informed about nutrition, I am not talking about healthy eating I am talking about nutrition, for you to make informed choices about what you want to eat. How do we go about it? What have you learnt at school?

13FC6: the big pie chart

IV: what’s the pie chart

13FC6: oh no it’s not the pie chart it’s the big triangle thing that says carbs, vegetables and proteins and things like that

13FT5: It’s like the food pyramid, it’s a big pyramid and it’s broken into sections. So, at the top you have sugars which is a small section and then below it it’s like carbohydrates and fruit and veg so it’s kind of like a triangle.

IV: the one I know about was published with the carbohydrates at the bottom but that is so old it’s like 1980.

13FT5: there are pie charts as well, with a big section broken up

IV: oh, the eat well guide

13FT5: yeah
IV: where do you get your nutritional information from?
13MJ7: erm from food tech probably in year 7 and 8
IV: what do you learn in food tech?
13MJ7: we did have some food plate diagram things
IV: did it affect you? Did it make you understand what to eat?
13MJ7: erm a bit more than it used to yeah
IV: OK. So, in your questionnaire about what foods have high and low sugar you guys did well, all schools did well, and you all know about your sugar. You knew what had added sugar in and you knew what didn’t. Where do you get your sugar information from?
13FZ3: going to the shops you see information things on the product that you’re buying and from society as a whole
IV: so, the sugar tax did you know about that and understand it?
13FA1: no
13FZ3: yes
13FC6: yes
13FT5: yes
13MM4: yes
13MR4: no
IV: protein, everyone knows chicken has protein in it, like 93% got this right but nobody knew cheese was high in protein. When I am looking at this, do you think different genders know more about protein - do you think men know more about protein or do you think women know more about protein? And why?
13FC6: men
IV: why 13FC6
13FC6: because there is a stereotype that men usually go to the gym a lot more, which I hate that stereotype and erm like protein helps you build muscle mass so things like that.
13FT5: like 13FC6 said the big stereotype is on men and protein, they get big and go out and fight which is a big stereotype which I do not like.
13MR4: men tend to care a lot more and have all the pressure from their friends and stuff especially at our age, that they need to go and lift weights and stuff to try and make themselves look bigger, so they probably think that taking protein is a good way to do that
IV: from the study women know more than protein than men which is interesting.
13FT5: because we are all at this age now and we are starting to hit puberty and we are all different shapes and stuff so there will be some that have more muscle and doing lots of sport and others that aren't but then they see the more muscle ones and they want to be more like that.

IV: fat this was interesting 71% of you knew that pepperoni was high in fat, you also knew that 47% scotch eggs are high in fat. So, you know pepperoni is high in fat and you know it is unhealthy but then pizza sales are really high with pepperoni on them.

13FC6: it tastes good

13FT5: agreed

13MJ7: nods and smiles

13FT5: sometimes if you have had a stressful day like in the morning you have a couple of end of year tests and you just want the greasiest fattiest thing I can find

IV: 50% of you thought red meat was high in salt

13FC6: not it's not

13FT5: no, it is not

IV: why do you think people think it is high in salt? Where do they get that from?

13MR4: often meat is preserved in salt to keep it fresh and stuff

IV: so, you are thinking bacon?

13MR4: yeah

13FC6: but also thinking about the way that people cook the meats

IV: right OK, you know there's no salt allowed in the kitchens yeah?

13FC6: you can taste that.

IV: you think it needs to be saltier?

13MM4: yeah

13FC6: I appreciate some salt but not enough, because I have seen people pouring on salt

IV: so, fibre this was the one most people were incorrect on. So, is fibre something that you understand and are interested in?

13FT5: every day I have bran flakes that have high fibre or fruit and fibre, and I have that in the morning.

IV: so, you think you know about fibre?

13FT5: yeah

13FZ3: I had a fibre bar in my lunchbox, and I was eating it and my friend said don't eat fibre it is full of crushed tablets you shouldn't be eating that. So, I think people of our generation do not have a proper understanding of it because I knew what I was eating, and I knew it didn't have crushed up tablets in it, but my friends clearly don't.
IV: do you think it is because fibre is one of those things people do not talk about very much? They only talk about it when you get older?

13FTS: more people talk about carbohydrates and fats, and someone would say don’t eat that it has too much fats in it, so you don’t really point out the good stuff so you see someone eating a vegetable pizza with lots of vegetables on, they would go it’s got lots of vegetables on but people would go its full of fat and stuff. So, people point out the bad stuff

IV: that’s interesting because some of the groups have told me they are fed up with negative messages what they want are positive messages, what they want to be told something every week there could be something on the windows like did you know these foods contain great B vitamin and these foods will give you more energy. They want positive, short notices up on the wall week by week. How would you feel about that?

13FTS: very nice

IV: 13FTS likes that, 13MR4 likes that, 13FZ3 likes that, 13FA1 likes that

13FC6: it could get very repetitive after a while

IV: yes, there is only so much you could do. OK so looking at the sensory aspect, 50% of you said food that keeps you full is very important you gave it 5 points. What foods keep you full?

13MR4: macaroni and cheese

13FTS: porridge

13FC6: roast dinner

13FA1: main meals

13FTS: fish and chip: Fridays

13FL2: quite a lot so main meals really

13FC6: I say it is more fatty foods that fill you up because they have so much bad stuff in them, they just fill you up more quickly than healthy food

IV: it is protein that fills you up the most funny enough then carbs that expand so fibre foods. They are the ones that fill you up. OK low fat - 37% said food that is low fat is very important, 35% said it controls my weight which is important and 30% said if it is low in calories is very important. So, do you think genders, if I break these down into low fat, controls my weight and low in calories will that be a gender thing? Will more females say that, or will more males say that?

13FC6: females

13FTS: females

13MR4: females

13FL2: females
IV: OK interesting. 45% of you said it makes me feel good is really important in choosing food. What foods make you feel good?

13MR4: macaroni cheese

13FT5: foods that are tasty like something that is really nice, and it is your favourite meal will make you feel good

IV: give me an example?

13FT5: pizza

IV: why does pizza make you feel good?

13FT5: because it is nice and tasty

IV: 13FZ3 what foods make you feel really good?

13FZ3: I really like strawberries they make me feel really good and I know loads of my friends love strawberries too and other sweeter fruit that make you feel better.

13FC6: I would say anything that my mum cooks

IV: could we keep it to school?

13FC6: basically, I would say a roast dinner coz it’s still healthy with the vegetables in it, the only thing that makes it unhealthy is the gravy coz it’s got the meat juices and the seasoning and all that stuff really

13MR4: I like the freshwater melon pots you can get, because if you have just had PE or something and you need cooling down and you need something like sweet and fresh you can just get watermelon

13MM4: not a lot to be honest. I don’t think the food is up to par in my opinion

IV: OK so what would you like to see?

13MM4: I don’t know, I think it is low quality and it needs to be way better than it is now

IV: in what way, in terms of taste? Presentation? Variety?

13FC6: all aspects

IV: what would you want to see for sale here 13FC6? What would you change?

13FC6: I would change the way it looks as sometimes it doesn’t look the most appealing thing in the world, and sometimes it doesn’t taste amazing either

IV: how would you get it to taste better?

13FC6: I don’t know as I don’t know what they do to actually cook the food here.

13MM4: add salt

IV: but you’re not allowed to add salt

13FC6: what about some seasoning like normal chicken seasoning or something like that

13MM4: the chips so dry
13FC6: they are either dry or floppy
IV: they do oven chips
13FT5: so, you need loads of ketchup to actually make them taste nice
IV: that’s the problem, it’s not the chips are unhealthy, it is what everyone puts on it so the ketchup
the mayonnaise and if there was salt. So, chips on their own are quite healthy. What would you say
13MR4?
13MR4: sometimes the burgers you can get are just a bit of chicken inside two pieces of bread, it
doesn’t have any like tomato or lettuce or anything like that so it could be healthier
IV: so, the burgers with salad in it would make a difference?
13FC6: I feel like some people would just have that and chuck all that stuff away
IV: so, it needs to be an option from a salad bar?
13FC6: we used to have a subway bar here before this like got built and that was really good, but
that was before, and they got rid of it. And that’s what would make most people use the canteen
IV: OK so what is it that in subway, the concept, so if I went into subway what is the core principle of
a subway? Is it you choose what you put in?
13FT5: yeah, you go up and say can I have that type of bread that type of sauce that type of meat
and that type of salad.
IV: OK so if this means you would all eat really healthy, you get what you want, you get the quality,
you can save what you want which saves the planet as there is less wastage, thinking with my
practical hat on how do I get all of you through that counter quickly enough for your lunch?
13FC6: have two counters because you have the kiosk now
13FT5: you have one person taking the orders and one person taking the money and 2 people
making it. So, if someone said can I have...then someone starts making it as someone puts their
finger to buy it.
IV: so, you are saying technology, you go up you key in what you want the person makes it,
technically this might take you 4 minutes that a big queue.
13FC6: so, you use two counters, since you have a kiosk there that sells the same thing the only
difference is that they sell slushies, that’s the only difference. So, if you put that there and then put
one there where it used to be. Since the canteen is a lot bigger now it would work a lot better now,
because before the canteen only went to about here, I would say, and this bit wasn’t massive like it
is now so the canteen can hold a lot more people so that would be more cost effective
IV: interesting you are not the only people who have said that
13FC6: we want it back
IV: do you say that in your food council
13FC6: yeah, I am part of school council and I say it often
IV: so, I have done this across 4 different schools across different places, do you have anything else
you want to say?
13MR4: I think the novelty of subway is you can choose from a lot of things but if we had a little
subway bar, I don’t think it would be as amazing as the actual thing, because you can get things like
meatballs to put in a baguette so.
13FZ3: I think three options should be available in the canteen. I think the subway bar would make
people choose more options and the sandwich bar doesn’t sound as good
IV: OK so if there are options and there are choices?
13FZ3: yeah
IV: so, it’s all about choices. Yes 13FC6?
13FC6: I think my year was the last year to fully have the subway bar and most people enjoyed it and
it was a really big hit and the school was making a lot of money and there was a lot of people having
it every single day. I know myself and 13MM4 probably had it quite a few times. Then the year we
came back it was quite upsetting. Also, with the sugar free options that could benefit as there are a
few people at our school with diabetes and blood problems and stuff, so I feel that would be good as
well.
School Two: First Focus Group: POST-INTERVENTION 6th June 2018

Males A6, F6, K7, S1, T4.

Females A3, C6, E2, E3, P2.

IV: thank you for coming to have a chat about their opinions. Please can we not use names only. If you are not happy with any questions you can leave at any time, and I can withdraw your data. His is just used for my study and no names are involved and it is all about what we eat at school. So, starting off we are looking at what people eat at school and trying to get young people to eat healthier. I did a little experiment by scoring your food. So, first question I want to ask you is I did these post cards that showed how I scored your food, and your food came out with a number, the higher the number the more nutritious it was. Did everyone in this group get this post card handed out?

23FC6: yes
23FA3: no
23MA6: yes
23MS1: no
23MK7: no
23MT4: yes
23MF6: no
23FA3: can’t remember
23FE3: can’t remember
23FP2: don’t think so

IV: OK so when I got your results back 43% of you said that you didn’t notice the score and 50% said it did not affect their food choice. So, of the 43% who didn’t notice the score, did anybody notice the food score and did anyone understand it?

23MK7: yeah, but nobody cared about it
23FE3: can’t remember
IV: did anybody else notice the food score
23MA6: yeah
IV: and did it affect your food choice?
23MA6: a little but not much
IV: what about 23FC6, did it affect your food choice?
23FC6: no
IV: OK
23FE3: I just wanted to ask was it 1-2-3-4-5
IV: no, it was calculated on points for fruit vegetables, nuts and seeds, protein and it had points taken away for sugars, fats, saturated fats, cholesterol so you came out with a main meal being about 80 and a sausage roll about 30 so that was the range.

23MT4: somethings I understood but some things it wasn’t there. So, on the main dishes I didn’t see it but on like the little fruit pots I could see it

IV: OK so it was clear on some parts of the counter, that’s a really interesting point. So, looking at this the general consensus was that you didn’t really see it and those of you that did it didn’t really sway your food choice out from asking you I’m not clear whether you understood it, did everyone understand this score and how it was calculated?

23FA3: no
23MF6: no

IV: If I had come and explained what this food score meant would it change your picking of your food

23MA6: yes

23FP2: I didn’t know this food score existed until now

IV: I did it myself it’s my design

23FP2: so was it another school

IV: I’ve done 4 big schools and see whether it affects food choices

23FP2: as in the cafeteria?

IV: yes, just the cafeteria

23FP2: what was it on?

IV: it was on the food, so the sandwiches and fruit pots

23FP2: what 23MT4 said like I didn’t see it at all.

IV: OK so it needs to be more visible

23FP2: yeah

IV: but if I had explained this would it have worked? If I had educated, you on this?

23MA6: yes

23MT4: it depends if you bring a horse to water you can’t make it drink.

IV: OK I get that but I’m trying to work out if this was the right way or should I have done education with it first

23FE3: yes

23FE3: but I don’t think it would change what people would eat, like I only like specific things in the canteen so if some of the food scores were low, I wouldn’t change what I eat and what I like

IV: OK alright so studies show that if students themselves design a way of educating what we eat, students are much more likely to look for the signs and look for the symbols and its more successful.
In front if you are some ideas, there’s is the traffic light system, there’s a single tick, others are green light like single tick, there’s a score in a supermarket, the guiding stars and on the second page are calories you burn. Would any of these make you choose healthier food choices?

23FA3: no

23FC6: the physical activity one

23MK7: the physical activity one

23FE3: maybe the check mark because it shows if it is healthy or not so...inaudible

IV: so, a single tick or heart shape or a single symbol and nothing else? A system where you see it it’s a very easy one?

23FP2: the physical activity as a lot of kids engage more like doing stuff, they enjoy it and a good way to portray that is through physical activity

IV: anyone else think the physical activity would work?

DK: sort of but I don’t really understand it

IV: so, it shows you if you had a ham sandwich this is how far you would have to walk or run so it gives you an idea of how many calories it has in it. Going back to the numbers and my score they have said 1-100 is too complicated they might prefer 1-10. If I scored your foods 1-10 would that make you eat better?

23MA6: yes

23FE3: yes

23FA3: yes

23MT4: yes

23MF6: I would think so because instead of 100 which sometimes can go into percentages then 1-10 it tells you straight forward how healthy the food is rather than 100

IV: OK some people have told me they don’t see 10 as being the best number they see it as being the worse number, but what do you think? 10 would be the best food or 1?

23MT4: I think 1, as in calorie wise 1 is the lowest and 10 would be the highest

23FE2: 10 should be the highest as it goes up anyway so it is easier to comprehend the lowest number should be the least healthy. I think I would rather have 1-10 than 1-100. *Unclear audio*

23MA6: the scoring was it only number or was it also like colour coded too?

IV: I like that, but the company wouldn’t let me do that, but do you think if we had numbers that were colour coded that would work?

23MF6: yes

23MA6: yes

23FC6: yes
IV: so, looking at your nutrition is one of the interesting things is 57% of you said that nutrition was
very important, you score it 5 on your ranking and 61% said food keeps me healthy are very
important to me. So, how do I get you to eat healthier food? 23FE3 said I will have that anyway so
how can I guide you?

23MF6: put more variation on what we have in the canteen, so different things. Like they may be
healthy, but we are more likely to eat them as they are tasty.

IV: give me an example of what you would like to see 23MF6? What would you like to see for lunch
down there that is healthy?

23MF6: erm maybe. I don’t really know

23FP2: I can guarantee almost like 70% of people in my class don’t like things like peas and carrots,
and I think you guys should do a survey of what vegetables people do like and I can guarantee
people would say they like cucumber and broccoli more than the rest of the vegetables.

IV: OK thank you, so if it was there and you like it you would eat it?

23FP2: yeah

IV: OK thank you. Anyone else got anything to add?

23MT4: umm yeah, I agree with that coz if you done a survey, you can voice people’s opinions on
what fruit and vegetables you like the most, so then we can put that in the food to make the food
better.

IV: 36% of you in your survey said if it included lots of vegetables is not important to you, you don’t
care, and you are not interested. This does not make sense. So, 61% want to keep healthy but nearly
40% don’t care about vegetables. Also 52% of you said if a food contains lots of vitamins and
minerals it would make me choose, which is a contradiction in terms. But that doesn’t make sense as
fruit and vegetables have lots of vitamins and minerals in them. So, this is a question is how do I get
you guys to eat more fruit and vegetables? 23FP2 said maybe do a survey to see what fruit and
vegetables people like. How else can I get you to eat lots of fruit and vegetables as a generation?

23MS1: maybe make the vegetables like cheaper and the unhealthy food more expensive

IV: that is a very good answer, 23MS1 you will be a politician! So, we talked about price last time and
price was quite important for people. We could do a switch so swapping round the unhealthy foods
making them expensive and the very healthy foods making them cheaper would that work with you.

23FE3: nah, I think we would just boycott against the school

23FP2: I think yeah, we should take junk food that we already have and make them into a better
way. Like I think we should make more burgers, coz one I like burgers and two they have bread in
them which is fibre, they have meat in them which is protein and on top of that you have lettuce,
pickles and onions which are vegetables, and they can provide you with vitamins and minerals so
burgers are in a way healthy, but we should not fry it we should bake it
IV: OK 23FP2 what about cauliflower burgers or vegan burgers?
IV: 23FP2 makes a sick noise so that wouldn’t work. 23FE2 what do you think?
23FE2: in school when they have burgers, they only have the burger and bread they could add like
vegetables and stuff. Also, the unhealthy options you could try and make them healthy, like you
know the cookies you could have some chocolate, but you could have some with are like...
IV: with beetroot?
23FE2: but like less chocolate
IV: so, healthier versions, OK.
23FE2: or like carrot cake
IV: yeah, or zucchini cake or parsnip cake?
All: ewwww just carrot cake
IV: that’s because you know the one
23MT4: lemon drizzle cake?
IV: that is not quite the same as it has lots of sugar. OK guys so where do you get your nutritional
information from? Who tells you, guides you? 23FP2 mentioned about well breads got fibre, where
do you get your nutritional knowledge from?
23FP2: cos in science lessons they dedicated topics to learn all about food, like I remember this year
in science we learnt about like what foods are most important and even did this food pyramid which
said that carbohydrates are like important, so is protein, and we should have sugar less. They
basically teach us like, our science teachers basically become dieticians and they lead us as to what
we should be putting in our bodies and what is good for what will help us grow
IV: and do you listen to it 23FP2?
23FP2: yeah
IV: does it affect your choices?
23FP2: yeah
IV: and does it affect your choices long term or just your choices after the lesson?
23FP2: ermm
IV: two days. Where do you get your nutritional information from 23MF6?
23MF6: my mum
IV: and how do you know your mums right 23MF6?
23MF6: because she always right
IV: she’s, always, right?
23MF6: yeah, she always tells me if you eat too much sugar then people put on weight and like something like that

IV: it’s true

23MF6: she just looks out for my health and the only reason I know it is when I was younger, I always learn about it in primary school and stuff, and they always tell us always stay away from these certain foods and always eat these healthier foods.

IV: and does it affect you when you think about it? Do you do what you know?

23MF6: yeah, but I still eat sugar anyways

IV: OK right 23FA3 how do you get your nutritional knowledge?

23FA3: from the back of food, you know on the back of packaging.

IV: oh, so you read food labels? OK but if you don’t have food labels in the cafeteria how do you get your nutritional knowledge? How do you know?

23FA3: I don’t

IV: OK fair enough. 23FE3 where do you get your nutritional knowledge from?

23FE3: the same as him, but in the canteen, I just know what is a protein and what is not protein and what stuff to eat

23FE2: the internet, like you know when you hear stories like oh there’s so many people dying from being obese so it kind of scares you

IV: does it scare you long term?

23FE2: yes

IV: does it worry you? Your health conditions and would scary messages make you eat healthier?

23FE2: yeah

23MK7: yeah

IV: 23MK7 you think it would? All the other people said the government gives them too many negative messages about food and they want positive messages. 23MS1 where do you get your nutritional information from?

23MS1: I know how we can make people eat healthy food

IV: OK go on, how do you do it?

23MS1: if you let people know about the consequences that is going to come after eating not healthy food, like in the canteen you should put little messages saying like if you eat too much of this you could get heart attack

IV: would that work, or do you think it would just make you paranoid?

23FA3: yes

23FE3: I don’t think people would see them as the queues are quite long and people are just hungry
23FP2: I think it could have a bad effect on people, because I remember in my primary school they used to force us like to eat, they introduced this new thing year, think it was cos of Jamie Oliver, first they make us stop having ketchup yeah and then like in year 5 they introduced this new rule where they forced us to have vegetables like we had a salad bar yeah and they forced us to put vegetables on it and we weren't allowed to leave until we ate like a substantial amount of vegetables. And that had a bad effect on me cos when I came to secondary school, I literally just choose whatever I wanted, and I literally didn't have vegetables.

23MT4: a problem with scaring people to eat things could lead to more people being like really really thin, and getting like you know when you vomit to be thin.

IV: bulimic?

23MT4: yeah, that and mental health

IV: that is a very interesting point because when we were looking at food labels, I am, this is my personal view, I am very anti putting calories on because I think it’s an age when I don't want any of you to count calories and I just don’t agree with it, so I would never put calories labelling on food in a school as I think it could have detrimental consequences or effects so where was I - Right so anybody else get any nutritional knowledge so parents, science, internet. Anybody else get any other information?

23MS1: labelling

23MT4: and when you look at other people, so like when you look at the big obese people it scares me to think I will ever be like that as I never want to be too big.

IV: I remember you; you are the footballer you won’t get like that. So, do you think there is enough nutritional information in school? Do you think they do it the right way around? Do you think they educate you enough about nutrition in school?

23FA3: yes

IV: 23FA3 says yes. Does anyone else think that they do enough education in school about nutrition?

23FP2?

23FP2: yes

23MA6: yes

IV: 23MA6 says yes. 23FC6?

23FC6: no

IV: 23FC6 you think no, why?

23FC6: they don’t really tell you, like in year 7 they taught us a little bit but not much

IV: is that because, what year are you in 23FC6?

23FC6: 7
IV: so, do you think that's because you get your nutritional information later? Is it later on?

23FC6: yeah, yes 23MK7

23MK7: (can't hear)

23MS1: maybe schools are worried they don't want to tell younger people about healthy this and healthy that and get stuck in their heads, like when they get older, you're just told them like I'm not going to eat that.

23MK7: I think they should teach more nutrition in workshops

IV: more workshop yes that's very interesting, that is what a lot of people have said, shorter things but more informative on a regular basis, every week just something. Yes 23FE3?

23FE3: I don't think they educate us enough, they said when they are older but in year 7 is when they teach all the subject and the most important subject, they teach us about is food tec and if you don't choose that as a GCSE subject you will never educate us on it

IV: yes 23FP2

23FP2: I think we should have a whole week where it is just like a whole week and it is just workshops teaching children and nutrition and stuff and I feel like people should come in, like experts, and should teach children and make power points about why it is important for like you to eat healthy and the benefits that could come with it.

IV: yes 23MS1?

23MS1: or maybe as they teach food tech here. They should make it like a compulsory topic for GCSEs maybe

IV: Interesting, because nutritional knowledge is dye. Yes 23FE2?

23FE2: I disagree with making food tech compulsory as nutrition is not the only thing, coz like when choosing schools, you might not want to do it but also you will have a low selection of subject and that will affect your future so maybe instead we should add it to the science curriculum as long as everyone does science

IV: yes, that's good but you don't have to do science anymore do you So, let's have a look at sugar, you guys all know your sugar, you all know what has sugar in it and you all got good scores. So how do you know about sugar? I know 23FP2 mentioned her mum. So how else do you know about sugar? Jamie's got teaspoons for sugar so 23MA6?

23MA6: kinda, people keep telling us about sugar and about apps to check for sugar and how much sugar is in what products

IV: OK and do you like apps? Did they work with you?

23MA6: yes

IV: OK 23MA6 says yes, does anyone else think these apps work?
23FA3: no
IV: why not 23FA3?
23FA3: because if you think about it, apps take up storage
23FP2: I agree with 23FA3
23FA3: even if you’re not on your phone all the time, you might want to look up something and you might not have any mobile data left.
IV: so, you don’t think using a phone at school?
23FP2: well we don’t get to use our phones at school
IV: OK so that would be the big change, you could use your phone as long as you could check your food. Would that make a difference? Would you seriously eat more healthy if you could use your phone?
All: YES
IV: but how when you teach would you stop using your phones in lessons?
23MT4: maybe say when you’re in lessons you’re not allowed to use it but when you’re in the playground you can
All: yes
23MK7: that is a very important part of the world
23MS1: like when you come into lesson you hand in your phone
23FA3: no
23FP2: but you could put it in a basket?
IV: no one will put a phone in a box
23FA3: but in our school if you gave permission to put it in a box you would because you have suffered enough
IV: Oh, 23FA3 I’m sorry to hear that! Yes 23FC6
23FC6: you should ...
...Something about an apple watch
IV: OK, protein, you nearly all got chicken right for protein, but nobody knew cheese was high in protein, you said fruit was high in protein but that has none in it. so, you all know some things, so why do you know chicken was high in protein but not other things like beans?
23FE3: its coz it is the most delicious of all of them
IV: don’t get me started beans are much better, yes 23MF6
23MF6: because in the food chart they usually show like meat for protein not eggs and stuff
IV: so, you think it is a pictorial use of foods with proteins?
23MF6: pardon
IV: so, do you think it is the way we portray protein?

23MF6: yes

23FE2: coz my mum is nurse she taught me that eggs are high in protein, so is fish, chicken and red meat and foods like that and I know that beans is high in protein coz straight away I thought of the Heinz add on TV, the dad is like I have eaten loads of chicken and the mum was like or we could eat a pack of Heinz beans. So, I know beans are high in protein coz of the advert

IV: so, adverts they might work with you that’s interesting. Right, fat, you guys were awesome. You all know peperoni is really high in fat, but this is on pizza, and this seems to be one of the best sellers in the canteen. So, you know peperoni is high you know pizza has a low score, but you still buy it, why?

23MS1: coz it tastes nice

IV: so, it all comes back down to taste

23MF6: I mean people buy pizza because it is popular and it has a good taste, like it’s better than normal bread because it has toppings you want to customise so you can eat it

23FE2: the school could try my making things less sugary, and they aren’t as bad as I thought they would be. They could try and make things taste nice but make them healthy too

IV: and how do I do that I would be a millionaire?

23FE2: I don’t know

23FP2: from time it’s all down to its marketing strategy, like urm pizza shops open near schools to attract young customers. Like down the road from here is like Kilburn high road there is this pizza shops that sells pizzas for £1 and it is really nice, so I think they have a strategic plan.

IV: ha I will go and tell them that 23FP2 says you need to go. So, salt, are you interested in salt? It doesn’t look like it as you didn’t know much about it you even thought meat was high in salt. How come you don’t know much about salt? There was a massive campaign a few years ago about slugs that the government put out so why don’t you know much about salt? And are you interested in salt?

23MF6: no one really talks about salt

IV: yes, because sugar is the baddy at the moment. Yes 23MT4?

23MT4: I learnt a lot about salt, but I don’t really eat much salt, but I eat a lot of sugar

IV: so, you say you’ve learnt a lot about salt. How do you know? Why do you know?

23MT4: at home with my mum if I put a little pinch of salt my mum says don’t put any more salt on those chips or whatever I am putting it on as I think salt causes diabetes

23FP2: and blood pressure

IV: and cancer
23MT4: or diseases like that

23FE3: I am interested in salt, but I think that’s because I am African, so we cook with a lot of salt

IV: no culture has a massive interest?

23FE3: yeah, and if you don’t put salt, it doesn’t have a lot of flavour in it and a lot of seasoning have

salt in them

IV: interesting that is a really good point, yes 23FP2

23FP2: I absolutely hate salt, but I would put it on my chips, but I hate salt coz

IV: you said you hate salt, but you would put it on your chips?

23FP2: no, I eat McDonalds chips even if they are high in salt because they taste nice, but I know salt is very very very bad for me coz it can cause heart disease and I heard that, can it cause heart
disease

IV: no. it doesn’t cause high blood pressure, but it is bad for people with high blood pressure have to be careful with salt intake, but don’t add salt to your food.

23FP2: all I know is that salt is a big X as I have seen all the ads when I go to the NHS that are about

salt and I just stay away from it as much as I can

23FE2: nobody really knows about salt as we thought it was diabetes and stuff like that, but that’s sugar. I heard that salt increases cancer and something especially when it is on microwaved popcorn,

but I don’t know that could be something different.

IV: Japanese people have a high amount of stomach cancer rate and stuff like that because a lot of

the fermented goods and soy sauces and stuff but that is because the level of those foods, they eat are so high, it is huge. So, their culture does have that, but 23FP2 looks shocked

23FP2: I ate soy sauce last weekend

IV: that’s OK, I put salt on my chips, and I love chips. Fibre, none of you seem to know about this.

This was the worst one, nobody knew and a lot of you got it wrong. So, what do you know about

fibre and is it important?

23FE3: I always see high in fibre, but I don’t even know what it is about

23MF6: the only place in see fibre is on bread, like the 50/50 ones

IV: so, do you think a visual something. So, do you know what it is and why it is important?

23FA3: no

23FP2: it is good for constipation, like cheerio’s are a great example if you are constipated

23FE2: I know that fibres give, you like, I think carbohydrates have a lot of fibres in them.

Like cereals
IV: yes cereals, but you all thought crunchy nut cornflakes was high in fibre, but it is not it is refined.

OK 4 more questions - sensory aspects of food 64% of you said if the food keeps you full it is very important so 23FA3 says yes that is important, 23MA6 says yes that is important.

23FA3: I agree with that as say you are in year 10 or 11 and you have exams you don’t want to feel like you’re hungry before the exam, so if you have something that fills you up before the exam you will be prepared for the exam, and you won’t be sitting there thinking what will I have after the exam.

IV: yes, very interesting, anyone else want to talk about why keeping you full is important?

23FE2: I think it is important to have food that makes you feel full because if it doesn’t you will want to eat more, and a lot of people will eat fatty foods then as a substitute

IV: OK so you change your choices when you are hungry

23FE2: yeah, and if you are eating like vegetables something or something healthy that makes you feel full you won’t want to eat more, and it stops you getting something unhealthy

23FP2: I have two reasons coz if I go to a Chinese buffet and I eat as much as I can I know my mum is not going to cook so I need something that fills me up and I don’t want to get fat and I know if I eat a lot I don’t want to feel fat as I don’t want to keep getting up and constantly going for food so if I eat it all at once I am good for the rest of the day

IV: OK thank you 23FP2 OK, anyone else want to say anything about why being full is important?

23FE2: I don’t want to contradict you, but I heard that you have to eat slowly to digest food

IV: it is more mental about eating slowly and feeling fuller

23FE2: so, like rather than eating it all at one time isn’t it better to eat it throughout the day and fill up over time as some people who feel more full like if you eat too much it makes you feel too full for the rest of the day so then they won’t eat a healthy portion so isn’t it better to eat healthy portions for lunch and dinner but not so full you are bursting

IV: always eat breakfast as this is the most important food of the day because the blood sugar levels are low

23FA3: I agree

IV: after 4 hours you will start to drop as your blood pressure and take a little snack then and in the afternoon as well so that will keep you full and also prevent diabetes but if you eat 2 doughnuts that might change things. OK 40% of you said food that keeps me awake is very important. What food keeps you awake?

23FA3: chocolate

23MT4: I think a lot of people buy fizzy drinks thinking they are caffeine, that is what keeps me awake
23FE3: energy drinks keep me awake
IV: do you sell energy here?
All: no
IV: good, good so do you buy fizzy drinks? Do you all buy fizzy drinks? Do you get them form Kilburn high street?
23MS1: they are in the canteen as well
23FP2: It is a reduced sugar one like a fizzy juice
IV: so, S2 what keeps you awake in the canteen?
S2: fizzy drinks it is good for students apparently on the package
IV: do you know what it is
23FP2: It is not really fizzy drink its more of a fizzy juice
IV: Do you mean Radnor? OK low fat, 40% of you said low fat is really important for you and 43%
said low in calories is really important to you and I want to find out if this is affected by gender. Do
you think more females say low fat and controlling weight or do you think more males say low fat
and controlling weight it is important?
23MT4: I think it is more female because I think if you look at the average male man that are obese
and fat compared to the female, I think the male would probably be more
IV: so, you are saying low fat and low calories are more important to females?
23MT4: yeah
IV: OK 23FE3?
23FE3: yeah, I would say it is more important to females as males normally want to gain weight as
they want to be all muscly and stuff so they will gain weight to go to the gym as they want, they
don’t want to look lanky so to impress the girls want they want to get and the girls they don’t want
to get fat as they want to wear nice clothes.
IV: woah this is stereotypical 23FE3, so men want to go to the gym and females want to look than to
be attractive to the men – shame on you we need to have a chat!
23FP2: I think it is the female as well as in today society because I feel that females are more
pressured to look a certain way like you’ve got Victoria secrets magazine and they are thin tall and
you think I want to look like that because they get boys and they are rich
IV: 23FP2 you have your life sorted rich man so going back to what I was saying to you about protein,
you knew about chicken, but you didn’t know about beans or cheese. My question to you is do you
think when I analyse this data are the boys are going to put a higher score or will girls but protein as
a higher score to be more important?
23FA3: I think it will be both
23MT4: I think male coz as I always see those men when they go to the gym and they are doing a hard session and after the session they have a protein drink or shake
23FE3: yeah, I think males are as well as they eat more protein than women, but when it comes to chicken, I think boys eat a lot of chicken, but girls also eat chicken, but boys will take a larger portion
23MA6: I think more male because they go to the gym and they are usually males on the posters, and they put that image in your head
IV: so, it’s the media
23MA6: yeah
IV: 53% of you said I eat food coz it makes you feel good, what foods make you feel good?
23FA3: chocolate
23MA6: I don’t usually watch what I eat, like if it is a snack, but for me it would be waffles
IV: OK waffles would get a score of 33 would that put you off? So 23MA6 if they got a score of 33/40 would that put you off?
23MA6: no
23MT4: I haven’t really got a food it depends what mood I’m in
IV: what makes you feel good?
23MT4: chicken, the main meals when they do the chicken and like the gravy and the rice that attracts a lot of people, but not like gravy like a spicy sauce
23MK7: I think traditional meals from other countries
All: yeah
IV: so, cultural foods. Do you want a day where you eat this food?
23MA6: Polish food, that what makes me happy
IV: so, cultural food
23FP2: Ben and Jerrys cookie ice cream
All: yes
IV: the score of probably 25 would that put you off?
23FP2: no, but I also like spaghetti bolognaise with broccoli and sweetcorn
IV: that has a score of about 78, would that make you say that’s great?
23FP2: yeah, and it tastes really nice
IV: OK great 23FE2 what makes you feel good?
23FE2: pizza
IV: but we could have healthy pizza with lots of vegetables and toppings
23FE3: you can have healthy pizza and not tell peoples it healthy
IV: do you think that would work?
23FE2: yeah, if you disguise the vegetables
IV: OK and 23FE3?
23FE3: I like me some pineapple
IV: with chocolate or without the chocolate
23FE3: a bit of both oh and strawberries dipped in Nutella
23MT4: and coconut
IV: if I came back and said I want to score the food in the canteen and give you cultural foods or a
survey, what is one thing I could do to make you eat healthier?
23FA3: I’d say like mainly do icon like a star is good for you and a broken heart is bad for you.
IV: OK one star for good food, one symbol you want to see one symbol? Would you see with one
face?
23MA6: cheesy
23FE3: corny
23MS1: what about emojis
IV: well, aren’t they faces?
23FP2: they aren’t always faces,
23MS1: maybe a thumbs up and a thumbs down
All: yeah
23MA6: if you are going to do the emojis they have to be visible and not tiny!
School Three: First Focus Group: POST-INTERVENTION 2nd May 2018

Males Q7.
Females A1, H4, M6, M8, P6, R4.

IV: OK so everything you say will stay in this room, this information will just go towards research on healthy eating and what you eat, but only about the food at school. Please refer to each other as you see around the table. I am just checking that no one has the same - that’s good.

So, I did this study, and I gave you all a post card with a food score, and on the post card was how I came up with the food score, first of all did you all get your post card in tutor time.

33FA1: no
33FM6: no
33MQ7: no
33FM8: no

33FP6: you did yes
33FH4: urm I don’t think so

IV: OK so only one of you got a post card. Did you understand what this post card was about 33FP6?
33FP6: not really
IV: so, it wasn’t clear what it was trying to do?
33FP6: it was confusing
(extra person is added)

IV: I was asking if you received a post card that explains how the food score was calculated?
X: yes, I did receive it and I did understand it

IV: so, the majority of you didn’t get a score, but then there were posters everywhere and they explained how the score was calculated so you got points for protein, points for fibre, you got points for fruits, vegetables, nuts and seed. Then you got points taken away from saturated fats, for energy, salts and for sugars, did you see the posters around the school?
33FP6: yes

Everyone else: no

IV: how did you not see them? None of the others did. So, 74% of you said that these posters and this score did not affect your food choice but do you think if you had seen these scores, that showed you that a higher number showed you that the food was better for you nutritiously, if you had known that do you think that would that have changed what you choose to eat at school lunchtime?
33MQ7: if I understood what it was and how it affects us, then yeah probably

IV: anybody else got any viewpoints on whether they think they understood it?
33FM6: I agree
33FA1: yes
33FM8: yes
33FP6: it sort of depends on the type of person that you are, like if you are somebody who doesn’t really care about what you eat or
33FH4: I think that people like different things, like one specific food has like its pros and cons and some people might not change or some people might.
IV: OK good point.
33FH4: I think that people like different things, like one specific food has like its pros and cons and some people might not change or some people might.
IV: OK thank you. What I have done - in front of you, is I have put some food label symbols. I won’t go through all of them with you, but the top one is the British one and it’s the traffic light system, the ones underneath are symbols which are a single unit which say if a food is good for you or if it is not. Then on the second page are other designs, the ones with the three men at the top is an America one and it is called the guiding stars. Three stars means it is very nutritious food and no stars means it is not good. Then you’ve got one which shows how much physical activity would you need to do to consume this ham sandwich. Then the other ones are a range of smiley faces. Studies show that if students design their own system applied to your food at your school, that it is more likely that it will be successful. What do you like out of these? What do you think might work in your school canteen to guide you to healthier choices?
33MQ7: I think the physical activity one the one that when you eat it what you have to do to burn it off
33FR4 33FM6 33FA1 33FP6 33FH4 33FM8: all agree with 33MQ7
IV: so, if I did this study again and I put these symbols on the main calorific foods, and they are mainly calories would that make you feel stressed.
33MQ7: it would make you think twice
IV: 33FM8 nodded. I worry greatly that the stage that you’re at that giving you calories is dangerous, that is my own personal view, but it is funny that you like that. Given that: is there any other way that you think that you could change and could be indicated which is a healthier food? Is there anything you could think of that would be really good that would work for you?
33MQ7: maybe a longer scale, like 1 means like it’s very healthy and good for you but 10 could be that you could choose to have it on but on occasion.
IV: so 33MQ7 you said what I have done but my numbers were 1 -100, the higher the number the better the food was. So, if I took those down and divided it each score by 10 and came up with a number 1-10 would that you think that would work here? Would that be more likely to work?
33FR4: I feel that because the healthier it is the bigger the score, I feel like it would make more sense the healthier it is the lower the score, so the unhealthier the food is the higher the score goes.
IV: really?
All: yes
IV: OK that’s interesting. They did do this on the food standard agency, and they made it a negative, so I turned it into a positive, so that is how the score came about. So, coming onto nutrition, 43% of you in your questionnaires said that nutrition was important in your questionnaires, 54% of you said it was very important it keeps you healthy. So, what will guide you to eat healthier foods? What can we do as individuals to guide you, as the children of the future, to eat healthier?
33MQ7: If people are educated about what the consequences would be, but not just its bad for you, we are told on a small scale what will happen to you, but we aren’t really told in depth or educated properly.
IV: that my next question on education so anybody else think how we could get you to eat?
33FP6: I know this sounds harsh, but maybe if we took away some of the unhealthy foods and out some more of the fruits out on the canteen area. Then maybe more people would think there is not much else so maybe I could try that, so it gets people to try more.
IV: do you think there is enough fruit on offer?
33FP6: there is grapes and watermelons and that’s it
IV: so how would you like the fruit presented? Would you like it chopped up or would you like it whole or how do you want it done?
33MQ7: you could have a variety, like one bowl of fruit that is washed you know normal the way it is, then a chopped up one.
IV: OK thank you. Anyone else?
33FM6: maybe get a vote on what fruit they want, and then maybe a section or slice and a section of non-sliced fruited. Then one section could be a box of single fruit like blueberry or strawberry or something like that because I don’t think there is many of each fruit on one of these containers.
33FM8: we do have sliced fruits like grapes and watermelon, but we also have a bowl of fruit by the sandwich bit in the canteen, but I don’t think I have ever seen people take fruit from there.
IV: so how do we get people to eat fruit?
33MQ7: make it more appealing
IV: and how do we do that?
33MQ7: how is it now is it is just a bowl next to the person serving of a variety of fruit, but it’s just there. But maybe if you put it next to the stuff that’s healthy like where they put the cakes and stuff.
33FM6: I think sometimes to get us to eat healthy, you need to focus on the positives rather than the negatives, coz if you talk about how bad it is for you people could get quite scared that they are eating the wrong stuff
3755 33FA1: I think the fruits are always put at one stall and we have three or four that people go to, and
3756 when I go to the stall with the fruit it is always one of the busiest and sometimes, they run out so
3757 there isn’t enough on offer.
3758 IV: did you know fruit is one of the most expensive things, so they don’t make as much profit if they
3759 put out fruit and you have all mentioned that cost is very important to you. So, you like taste, value
3760 for money and cost and you are worried about money, and you like to feel full. One of the things I
3761 found very interesting is that 44% of you said that if a food contains lots of fruit and vegetables this
3762 is not important for you. But 43% nutrition was important, 54% you want to stay health but 44% said
3763 you’re not interested in vegetables. So, these vegetables are nutritious, and they contain lots of
3764 vitamins and minerals and you tell me that vitamins and minerals are very important to you, 37%
3765 said it very important so how do we get you to eat vegetables?
3766 33MQ7: maybe in the morning you could go to the canteen in the morning in your own time and you
3767 could order your fruit and tell them how you want it. Then they know how many people on average
3768 will be coming to the canteen so they know how much fruit on average to purchase because you
3769 said it’s more expensive and they can make the money there. Also, people can know what they want
3770 and how they want it so then they will enjoy it more and when other people will see they are
3771 enjoying it, they will also want to enjoy it
3772 IV: so, you think people will choose things if they see their friends would eat it?
3773 33MQ7: yeah
3774 IV: Do you all agree that people will eat more of it, if their friends eat it?
3775 All: yeah (all nod)
3776 33FH4: I agree but my idea is that I’ve seen this video on YouTube where people do not like eating
3777 broccoli because they think it’s disgusting, so they went on this TV show and these presenters got
3778 chefs to get the vegetables and make it into a different food maybe like mash it up or put it into
3779 soup or something and the outcome was that people really liked it. In the next few hours of waiting,
3780 they experienced a different perspective
3781 33MQ7: I think another way they could get people to eat fruit is to have it in a smoothie. So not just
3782 to eat it but it drinks it.
3783 IV: Ahh so would you love a smoothie?
3784 33FM8, 33FM6, 33FP6, M1: yeah
3785 33MQ7: so, you could have healthy ones, like proteins smoothies
3786 IV: how much would you pay for one
3787 33MQ7: It depends on what it is, like small medium or large. A small one like 80p, large cup a pound.
3788 IV: interesting, I am anti smoothies as you don’t get your fibre as its all mashed up.
3789  33MQ7: but you still get your fruit
3790  IV: you do Q7 on this questionnaire we talked about nutritional knowledge. Where do you get your
3791  knowledge from? Who tells you to eat? Where do you know what foods have protein in it? How do
3792  you know?
3793  33FA1: I got taught it in primary and I just sort of remembered it as we don’t really get taught it, we
3794  had like a project in geography where we did food. We were doing the food- where it is from, how it
3795  is made and the economics of it and we also looked at the nutrition, so it sort of just slips into
3796  lessons sometimes.
3797  IV: did you get a lot out of that? Did you think you learn from it?
3798  33FA1: yeah, it was interesting to see where it was from and how people work through it
3799  IV: So, it is put into a holistic way of where it is grown and what it does OK, 33FM6 where did you get
3800  your nutritional knowledge from?
3801  33FM6: I did the same class, but I do sometimes talk to my parents about what we are eating, and
3802  we do make sure we do eat the right stuff
3803  IV: where do your parents get their knowledge from?
3804  33MQ7: their parents
3805  IV: 33MQ7 where do you get your knowledge from?
3806  33MQ7: my parents and also last year we did this food table or whatever it is, with the protein and
3807  those types of stuff, like vitamins in science. It was like this one is healthy, I forgotten what it is I
3808  don’t remember it
3809  IV: the eat well plate?
3810  33MQ7: the eat well plate then that was in food tech and in science they had like the food table it
3811  was like a circle and half of it was meat and it shows you the type of food
3812  IV: so, if you did that in science and others did it in geography, do you cross over, do you both do the
3813  same things?
3814  33FA1: I don’t remember doing food in science
3815  33FM6: I think we did it in year 7
3816  IV: so, M6 said she did A1 can’t remember which bothers me a little, 33FM8 where did you get your
3817  knowledge from?
3818  33FM8: I get it from my parents, but we also did it in science with that food plate thing. Also, when I
3819  am bored, and I am drinking a bottle of water or eating a packet of crisps I have a look at the label
3820  and see what is in it.
3821  IV: would you know what is in it? Do you know what protein you need or your limits of salt?
33MQ7: I just look the sugars and see if it is in the red, like some red I will have a little bit of the
time, but if it is on green then it must be good
33FP6: so 33MQ7 uses the traffic light system. 33FP6 where do you get your knowledge from?
33FP6: I did the eat well plate in science and also from my mum.
IV: in your science lessons, would everybody in your year have done this?
Unknown: yeah
IV: so, everyone has done this, so it is across the board. So, school does do it. 33FH4 did you do
science or geography with them?
33FH4: mostly I learn from my parents and sometimes in lessons in primary we did all sorts of
planting vegetables in the garden.
IV: so, it all seems disjointed. Do you think enough nutritional education is done in school? Or would
you be interested in doing more? Or doing a module on it? Something that is from grown to almost
cooking it, including the nutrition of it and what it does.
33FA1: if you focus more on the positive it will kind of go in more as we are just told the negatives
and it becomes just a repetitive cycle of being told this is what happens, and you get nothing
positive, so it doesn’t motivate anyone to really take part in it
33MQ7: also, when people are learning the eat well cycle it was mostly bookwork, so looking at it
drawing it out the teacher teaching you, like I think the way people would learn it more if it was
more practical. Like if say you look at the food and you do something to the food like measure how
much sugar a food has got. So more practical.
IV: so, more laboratory stuff?
33MQ7: yes.
IV: OK thank you 33MQ7. P6?
33FP6: in food tech we did more deserts, like we did a fruit salad. But we did more deserts than we
did actual main dishes or fruit stuff. So, think it would be better if you did more healthy food in food
tech so when you do it you kind of want to do it at home if you like it. So, if we did more stuff like
that people would want to eat it more.
IV: thank you 33FP6 that was very interesting. How long did you spend designing your fruit salad?
33MQ7: The teacher designs it and you make it. They give you a sheet with the ingredients you have
to bring it and you come into class and the teacher will do it first and then you have a sheet with the
recipe instructions, and you follow it and make it.
IV: OK so nutrition needs to change. You’ve got your sugar mainly right; you knew what foods had
added sugars. How do you know about sugar? How do you read about it? What do you know about
it? Why did you all get that question right?
3856  S3FA1: I think it’s because the world we have been born into is one where everyone knows about
3857  sugar, so we have grown by around it and there are posters scattered around the place which say
3858  what is in things.
3859  IV: So, it is in the media at the moment
3860  S3FA1: yes
3861  S3FM6: and we have all been bought up with the fear that too much sugar is bad for you, so we try
3862  and watch that because we have been bought up to watch it.
3863  IV: OK and what do you think is bad about sugar?
3864  S3FM6: I think an excess of sugar is not good for your health
3865  S3MQ7: the way I have learnt about sugar is I have watched a few documentaries, so I was on
3866  Netflix, and I was on healthy eating and the pros and cons.
3867  IV: do you think this might be a way forward to have weeks of focusing on things?
3868  S3MQ7: for a science lesson and you are watching documentary about it you normally learn a bit
3869  more, coz when you’re in class and the teacher is teaching about it, it is normally the same thing
3870  over and over again, but when we watched a documentary, they will be really into it.
3871  IV: OK so social media is important to you guys to bring into the classroom?
3872  S3MQ7: yeah
3873  IV: OK interesting. Yes S3FP6?
3874  S3FP6: I watched a food documentary, well it was like a food documentary, and it was this doctor
3875  who was looking at people who were overweight and would look at their diet and he would say you
3876  have had all of this, so you have eaten too much sugar. So, he would give them a diet and tell them
3877  to cut down and I learnt about sugar.
3878  IV: so, protein was an interesting one, you all got chicken right- you all knew it was high in protein.
3879  But you didn’t know cheese was high in protein, that was well wrong. So, where do you find out
3880  about proteins? Second question is do you think genders differ with their thoughts about protein?
3881  S3MQ7: well most people when they go to the gym they see things like protein shakes and they ask
3882  what is this then they go and search up about it and see all the things they put into it like fish and
3883  stuff and it doesn’t depend on gender it just depends on how inquisitive you are, like say two
3884  different genders went to the gym and they both saw someone with a protein shake they could both
3885  go home and research about it, it just depends on how inquisitive you are
3886  IV: do you think taking protein shakes is a good idea?
3887  S3MQ7: never had one
3888  IV: good stay that way. Do you think boys are more interested in protein that girls anybody?
3889  Most: no
IV: is there anybody that thinks they are? Yes P6

33FP6: I think girls are more interested in protein shakes, as I think if girl's see's someone having a protein shake they would be more motivated to go home and make it

33FA1: I thought it would be more boys, stereotypically boys are the ones who work out more and they are the ones who do heavy lifting so most of them would have proteins shakes

IV: 2 more questions - fat most of you knew pepperoni is high in fat, but the caterers sell huge numbers of pizza with pepperoni and sausage in. so even if they knew it, it didn't affect food choices, even though it has an awful score you still chose to eat it. So, if you know something is bad for you does that still affect your choices?

33MQ7: most people no because it tastes too good. I was at home once and I was eating something unhealthy and my mum said that's unhealthy and I knew it, but it tasted too good.

IV: OK so it comes down to taste

33MQ7: and how it makes you feel

33FP6: with what 33MQ7 said if you made something healthy and it tasted as good as something unhealthy, I think it would sell more.

IV: how could we do this 33FP6?

33FP6: something healthy but it just tasted as good as something as unhealthy

33MQ7: take the taste out of something unhealthy and put it into something healthy. You could use some injection or something.

33FA1: well, they genetically modify food all the time, so if they found a way to make something sweeter as most people go for sweet or sour taste, so you could implement that into healthier foods.

IV: 59% said that food keeps me full is very important, so what foods keep you full and why is it important? You gave that a 5

33FM6: Chinese food

IV: does this keep you full?

All: yeah, for years

33MQ7: fish and chips

Unknown: unhealthy food fills you up

33MQ7: spring rolls

33FA1: if you put vegetables in soup, it is a lot more filling, it takes more time to eat and the liquid is filling

IV: 33FM6, 33MQ7, 33FA1, 33FP6 all think soups fill you up.

33FA1: it does away with the taste of vegetables like broccoli

All: pea soup
DK: I think that foods that take longer to eat fill you up more, as it takes longer to realise you are full.
IV: give me an example
DK: say if you are eating salad it takes a while to like to eat it all. But if you have something like pizza
you eat it really quickly, so it takes a while to realise that you are already full
33MQ7: if you have a healthy food with a drink that will help you to wash it down, I would like that.
33FM8: smoothie
33MQ7: if you don’t like a food but you have water to wash it down it doesn’t matter; it is not
always about the taste. Like if I have a food, I don’t like I will have water with it to wash it down
IV: contrary to that 42% of you said that food keeps you awake is very important. What foods keep
you awake?
33MQ7: not food but drink.
33FP6: coffee or tea
33FM6: Lucozade
33MQ7: caffeine
33FA1: it doesn’t work
33MQ7: Tiramisu or coffee cake
33FM8: you know those coffee flavoured chocolates
IV: 2 more questions - low fat and controlling my weight and low in calories were all very similar in
range. They were 30-33% said agree, 30% in the middle and 30% said not important. Do you think
that genders are more affected differently for these topics? Am I going to find girls said low in fat
and controlling my weight or boy say these? Which gender would say which polar opposite?
33FM8: it really depends on if you are picky or not, you might only like certain foods because you are
picky, so you don’t like the texture or taste
33FP6: I think girls would eat more healthier and focus more on fat because girls are more
concerned by how they look
33FM6: I feel a lot of girls are pressured by the media kinda to have a slim body and not eat too
much fat
IV: I think that my studies will show that it is boys. I was putting it all into the data base and it looks
that way
33MQ7: I’m not saying this for everyone this is just me but if I feel a bit overweight you could just
play loads of sports, and still be a bit overweight. It would be good if you played rugby though
33FA1: I think it just matters if you are healthy, so it doesn’t matter what your figure looks like, but
more if your blood pressure is too high or if you are heavily obese.
IV: your natural body set
33FP6: some person that I know said to me that they had when they were eating fruit, they don’t eat it because it is extra food, so it makes you more overweight. So, I don’t think they really realise the whole point of fruit. They said it is more food, so it makes you fatter
33FA1: if you just sit and eat it then yeah, but if you are walking then maybe no
IV: final question - 44% said you choose food that makes you feel good is important to you. What food makes you feel food?
33FM6: sugary food
33FA1: warm food
IV: what is warm food?
33FA1: something that has been in the oven and is very nice to have as it is warm.
IV: pie?
33FA1: ooo yeah, I love warm apple pie
33MQ7: heavy food like burgers
33FM8: like 33FA1 point, I love warm foods like apple pies
33FM6: with custard!
33FH4: I like hot food as well, my favourite desert is warm brownies
33FM8: I love warm brownies
IV: OK thank you for all your help. Exit discussion
IV: introduction on experiment and the post card. Can I ask if you first of all if any of you got the post card?

34FJ1: yes
34FS8: yes
34FR4: yes
34MF5: yes
34MD2: yes
34MG8: no
34MC5: no

IV: so, from the ones that got the post card did you understand it.

34FR4: kind of
34FJ1: not really
34FS8: a little bit but
34MF5: not at all

IV: the basis of it (explained the food score) explained the experiment. So, 67% of you said that you didn’t notice the food score, there were great big posters that I gave to the canteen ladies to put up,

34FJ1: did you see them
34FR4: A little bit
34FR4: They were like quite small actually like on the counters you didn’t really take much notice

IV: thanks, 34FR4: - I did huge posters A3 ones
34FR4: Oh no they were like A4
34MF5: says no
34MD2: sys no

IV: that explains why 74% of you said that it didn’t affect your food choices. OK so in front of you I have given you some things to look at. (explains TLS, issues if you went through a canteen, then explained symbols and Guiding stars then the PA and a range of smiley faces. Studies show that if students design their own label etc) Out of these natures of these symbols would you think anything of this nature put on a food label would change the way you eat? And get you to eat more healthily?

34FJ1: I think like the colours like the TLS if it’s like red, then a lot of people like look at it and kinda think maybe I shouldn’t be eating this
34FR4: I agree like red would kinda put you off a food and if it was nearer green you would think it’s better
IV: do you want a single colour on these foods? Because it’s so fast and you have to get so many
children though (pupils, adolescents whatever you want to call yourself) you can’t have symbols on
every line it would confuse you so if you had one coloured symbol on your food would this help you?
34MF5: I feel like one simple tick would make it more simplified because people would say that OK it
will not have massive impact on my health
IV: a single tick thank you 34MF5:
34FR4: there are different aspects to each food so it’s kinda hard to judge I guess like a single tick
you don’t want to make it too confusing so I guess like maybe on the packaging may be do
something like erm the normal one used in the UK or maybe like the exercise one so people know
may be when they go home, they can do some sort of exercise
IV: thank you 34FR4: anyone else got any ideas as to what will make you eat more healthy?
34MD2: I think I agree with the other tick I think that would be quite good
IV: what do you think about the calorie exercise the government are thinking of this now? Is that too
complicated?
34FS8: I feel like if someone had like exercise after school and they could see like how much energy
that provided them with that would be quite helpful
IV: is that a worry providing you with calorie information. It’s a prime time of your life to provide
this. I think it’s dangerous but that is only my view. What do you think about that?
34FS8: I think it could lead to people counting calories and restricting themselves
I feel like calories they can like over interpret it and like they don’t know what it means at all
IV: thank you can I come back to 34MF5: and the single tick what if I took my numbers and made it a
score of 1-10 and I said 10 is really good and 1 is it’s OK to have once and again and 5 is a sort of in
the middle and make it really simple would that affect your food choices? So, if you knew how I had
scored this food would this make you think about what you eat?
34FS8: yeah, if it was there, I would look at it
34FR4: like I said earlier like switch it around so like the healthier the food the lower the number
34FJ1: yeah, I agree with that like if a food is bad for you its normally got more calories so like
change it round it’s kind of confused people to pick up something that’s like 1 thinking it’s really
good for them just because they think the lower the numbers are
IV: 43% of you said from your school that nutrition was very important 54% said keeps me health are
very important how do I get you to eat healthier foods?
34FS8: I think there is one section where there is a bowl of fresh fruit and that’s literally it
throughout the whole canteen the rest of it there is like one part the only part where there is fruits
salad and grapes and actual oranges the rest of it the main canteen is just like brownies, paninis and
that ..... 34FR4: agrees
34FJ1: agrees
IV: so how else apart from fruit how else do I get you to eat well, the younger guys go for biscuits
and cakes the older one's wedges of pizza it's all so quick it's like they are all on automated pilot and
its quick and speedy there is no thought process so how do I change that?
34FS8: I guess it kind of depends in what you fancy to eat at that moment in time, I feel like the
schedule would make you think more about that
34MFS: sometimes I think like if people want to eat healthy, they are more likely to bring their own
food as that has the information on it, so they know what it is but if they see something in the
canteen, but it's not documented like the nutritional information and stuff
IV: would you want nutritional information on your foods in the canteen.
34MD2: yes
34FR4: yes
34FJ1: yes
34FS8: yes
34MD2: I think we need to be urm.. if we are made more aware of how bad the food is or how good
the food is then that might change what we eat
IV: where do you get your nutritional knowledge from?
34FR4: general knowledge I guess
IV: so, you want food labels 34FR4: says general knowledge 34MC5: where do you find out what to
eat?
34MC5: I don't really care I just eat what I eat to be honest
34FS8: I don't know its whatever my mum packs me like fruits or stuff and I know that's healthy
IV: so, family and where does your mum get hers from?
34FS8: I don't know like the guide the eat well guide
34FJ1: on like food labels or like that sugar smart app thing I didn't use it for long, but I did use it or if
like you are in the canteen and you pick something up and like your napkin gets soaked in grease you
can usually tell it's not very good for you
34MG8: what about you
34MG8: I'm like 34MC5: I don't really think about it
34MD2: I feel like sometimes I don't look but if I do then it would be the label or the packaging
IV: so, you could get something from thing from this packaging. 34MFS: what about you?
34MF5: my knowledge is like from various sources like the internet like sometimes stuff in school but rarely it happens I feel like a good thing to do is to educate people in school like what things really mean like what is a calorie how much minerals do you need
IV: so that's my next question is there enough nutritional education done in school and would you be interested in knowing more?
All: yes
IV: so, my previous groups said they have done this in food tech. Cutting up fruit salads to a method.
Others said that they did something in geography about where food is grown
34FS8: that's new
34FR4: That's like the project in year 8 (someone else growing herbs) they have a competition in the eco garden but that like never used in the canteen anyway
IV: how should we educate you? Vitamin C is needed for this we need it because it is a short sharp little bit
34MC5: I don't think it really matters, like no one is going to care about nutrients no one is going to remember that like this lesson was helpful I enjoyed. I am going to use this in the canteen no one is going to do that I think the simple fact is you need something like this amount of calories will do this to you so they can do this judged on that
IV: do you want a lesson on it
34MC5: have an active day have one of these periods during that to have a health session
IV: good idea thank you 34MC5: 44% said including lots of vegetables was why you chose your foods 44% said it was not at all important and you gave it a score of one, but these vegetables are really high in vitamins and minerals and you said 37% of you choosing foods for their vitamin and mineral content was very important so how do I get you to eat vegetables?
34FJ1: don't make them look disgusting.
34MFS5: disguise it as a cake
IV: carrot cake zucchini cake I am all for it
34FS8: I feel like personally if I was educated about it more in a lesson like it would make me think more and I'd think these minerals and vitamins are in this vegetable and I give that a try
34MC5: I don't think there is any way you can make people eat more vegetables I think it is based on a question parents have been asking for years and years like how do I get my children to eat vegetables I think the point is if you are raised eating vegetables you will eat them, and if you are not and you are raised with a takeaway every week then you are not going to eat vegetables
IV: so, it comes down to culture and family diet
34MD2: I think it's how they are like presented to us as well like sometimes they are seen as something that not very good and then that's when people don't eat any sometimes, they are presented as good that's when people eat a lot
34MF5: it is like the media to they are trying to force vegetables, you got to eat your 5 a day, eating a vegetable it's like something you have to do, like it's an obligation to do it, it feels like almost being shoved down your throat
IV: OK you don't like the 5-day bit you all got that right
34MG8: also, I think like because the kids like they have more opportunity I think the parents with kids at school they would feel like OK my parents are here I should eat something more healthy but as the kids have more free will to buy what they want here I feel like they are not going to go for healthy options
IV: so, do you think peers affect what you eat
DK girls defiantly, some
34FJ1: yes
34FS8: yes
34FJ1: depends how set that person is in their ways if people sound sure like at this age you start believing in them like oh is that healthy but if like at the canteen, we've got nothing to tell us what is and what isn't at school you are not going to know
IV: 94% said they don’t
34FR4: not me personally but I've
34FS8: not wanted to admit it
IV: but they wouldn't know it's a questionnaire if you gave it a 1 or a 5
34FR4: yeah, but maybe it's something you can't assess unless you are in the situation like it might be time when they go past you and you subconsciously...
DK (F) if someone offers you like a sweet you want to be polite and say yeah
34MC5: people saying things you won't say to yourself like oh I'm doing it because of then
IV: one question was on sugar you were really good how did you know where did you get this from
34FS8: biology its quite up there with like adverts
IV: so, you do have nutrition a school
34FJ1: It's just a bit too general they don't have like a specified amount of calories that a person of your age should eat they don't like specify where you can get these specific things like in the canteen, there is a wide range of food but it is like semi 85% not that healthy
IV: sugar 34MD2:
34MD2: change for life change it changes items like sugary items like a can of coke into blocks of sugar and it tells you how much sugar is in it so that makes you worry a bit

34FS8: I've seen that on TV

IV: so, the government are doing a good job.

34MG8: I get mine from my GCSE lessons in theory

IV: protein you all got protein right for saying chicken is protein, but you didn't know cheese was high in protein about 13% though cheese was protein, so 2 questions, where do you get your knowledge from and do genders differ do makes or females concern themselves more about protein?

34FS8: I feel that males do it's the whole thing about bulking up the whole protein shakes like I know my brother he does take protein shakes

IV: how old is your brother

34FS8: he is 17

34FR4: I don't think proteins like advertised a lot about I feel like people are so focused on like obesity and sugar and how it is affecting you they don't actually look at what healthy parts. like I feel like now our teenage age we do now just - our minds are set to focus on things that are bad for you rather than the healthy amounts of good things

IV: so, do you want to see it changed to be on positive notes?

34FR4: 34FJ1: 34FS8: yeah

IV: right, fat you knew pepperoni and sausages where high in fat you also knew that sausages were high in salt, but I have watched these counters and sales and sales of these foods are high pepperoni pizza so why if you know it do you still choose it

34MC5: 34FS8: 34MD2 agree because it tastes nice

IV: so how do I get food to taste good? How do I get this taste on healthy food if I get this right I can retire?

34FS8: there is no way of doing it apart from artificial flavours

34MD2: I think it's like we have to eat it over and over again so it's just like keep having it and then that would be good then

34FJ1: I think with fruits it's a lot easier because you can make them look more appealing and they are sweet as well and that's what people like

34FS8: like we have got watermelon shards now and I like them they look good, and they are all nice and easy, and they are not that expensive where if you look down a little you have the bowl of fruit there is not a lot in there it's all in one place or its kinda a bit bruised and battered
34MD2: I feel its presentation as well because I would much rather have a nice yellow banana rather than with one with black bits all over it or strawberries or grapes if they are all manky you don’t want to take it but if they are all nice then you do it’s like presentation

34FR4: it’s kinda like phycological like as well like if there is like a line you’re going to see paninis there and you fancy one of those you are going to pick up and if the fruit is at the end, you have already got your panini or this unhealthy thing that you are going to want to eat because you have decided on that you are not going to put it down

IV: so, the positioning

34MG8: the canteen also like, a lot of their sales they can base on convenience for example the other week it was really hot, so they started selling ice lollies and like ...

34FS8: chicken burgers on a Friday everyone wooo

IV: 59% said food that keeps me full is very important you gave it 5 points so what food keeps you full?

34FJ1: if you have fruit you have to have quite a large amount of fruit like for me I have an apple and something else also like a granola bar graze do these nice bars and they keep me full

34FS8: starchy foods like potatoes are very good at like keeping me full and satisfied

34MC5: don’t know really, I just eat: ...

34FR4: I guess it’s like it’s what food and how much of it, it is it’s like you have got to have enough water I don’t think people drink enough water

34MF5: mainly carbs and protein I feel like for some people they have seen a mountain of food and like this will make me full but like sometimes like more of one food and less of another will give the same feeling like I’m full or not full

34MD2: I think it’s like carbohydrates like bread and then a bit of fruit and veg with it something like that

34MG8: I agree with 34MD2: carbohydrates

IV: 43% said food that keeps me awake is very important to you so what foods keep you awake

34FR4: sugar

34FS8: a natural sugar

IV: what’s a natural sugar

34FS8: like a sugar that for example is in fruit and that’s not processed

34FJ1: granola bar

IV: low fat controls my wight and low in calories were all in a similar range so 33, 33 and 33 roughly when I put through my stats will there be a difference in genders or ages when you get older are you more or against these?
I feel like stereotypically like girls are generally more weight conscious than boys, but I don’t really know like any real-world examples of this that I can’t compare it to anything.

I feel like there is this age to have like the perfect body but not just for females but for males as well but for girls its more about being slim and eating like I dunno healthy skinny food like slimcado.

Avocado is really fattening so you shouldn’t actually eat that.

They are great fats so stereotypical my studies are looking like more males find this more important. So, 44% said it makes me feel good was very important so what foods make you feel good?

Fresh food

Hot food

Give me an example

If you are like really cold and you have just had alike a really cold PE lesson and it’s been raining you can go into the canteen and there is a really hot sausage roll

Hot pasta

So is the weather if it’s a boiling day would you tell me watermelon

Yeah

Cake... brownies, cookies which is why they always sell out fast but none in particular

I feel like I would look at it at the end of the day as a whole like what I have eaten like all together is like if I ate a bit of chocolate that would make me feel good as chocolate is nice but if I had had like a bit but if I’d had loads then I wouldn’t I feel like it come together as combined as to what’s...

It’s not really like healthy stuff its generally feel good to me is like fried stuff like a takeaway or like a curry something like that because that’s what I enjoy eating that what I have always eaten like in my house like we have curry twice a week and it’s what I am used to.

Is it a celebration?

More of a tradition

Kinda agree with food that makes me feel good is like what I really enjoy like a roast dinner or a nice curry

Something you are familiar with

Yeah

A fry up just tastes nice don’t it and it fills you up

And if its homemade like warm

The smells
34FJ1: I was just thinking from like from earlier like what can we do to improve it's not like to
embarrass people but um just like personally coz I know we have the things where you type in like
how much money you have on it may be you could have like keep a score like the more unhealthy
foods have a higher score so maybe you can see like at the end of the month the higher the score
like oh shock that's quite high and give us an average of what a good score would look like
IV: I wanted to do something like this with your phones, but I was told you cannot use them
34FS8: we have show my homework
34FS8: parents they can check what you have had for lunch I feel like if you could have a notification
that your child has just bought a sausage roll or a panini or some thing
IV: don't you feel that's big brother I would have hated that at your age –
34FS8: some parents don't check but I know my mum would want to know what I was eating
IV: there is a system called SQUID (explained) do you have that here
34FJ1: we do we have parent pay it's not like a big thing
34MD2: when I get home my mum might ask what have you eaten at school and she might already
know this and then she will probably be like if I had a little pudding after dinner I don’t always have
that but sometimes I do she might not let me because of what’s she has seen I have been eating at
school
IV: if it was personal to you and no one could see it would that motivate to eat better
Yeah, if you had something that told you like overall like what you had eaten that month but not like
individual food more nutritional it will become more clear what we have eaten and what it is doing
to you
IV: so, let's go back to the beginning so a food score could potentially work it would have to be like a
step counter an average per day a week and a month which is holistic per day is not great, so it has
potential to work but it did not work here
34FR4: if you were going to add it up over cumulative time, I have forgotten what I was going to say
now
IV: so, it could be a core from 1-3
34FR4: yes, I think that the fact that the healthier foods were higher because some people don't get
anything from the canteen the score will be really low so it would look like they are really unhealthy
but but that wouldn't make sense so like the more healthy foods you eat the higher your score
IV: so higher the score the unhealthier?
Thank you
IV: introduction. So, I am going to give you some information to look at for later for one of the questions I am going to ask you. OK so what I want to ask you first, this is a little intervention I did in relation to scoring your food and everyone should have had a little post card, it was only a small post card, and your tutors should have read out what this post card was about and how I scored your foods. So, can I just go around the tables and ask you if you got the post card?

43FE3: no
43FH2: no
43FS8: no
43FH7: no
43FS2: no
43FS9: no
43FT4: no

IV: OK so this post card explained that your food was analysed by a recipe and for this you got points for fruit and vegetables etc. and it lost points for fats etc. and it came out with a score for your foods so that is how it was calculated and this should have been placed on your food items and there should have been posters around the canteen saying know your score, did you notice it?

All: no

IV: is there anyone that did notice it?

43FE3: yes, is it the numbers
43FS8: are they card with numbers like 85? I didn’t know what they were about.
43FS2: ooh when you were buying foods and there were numbers?

IV: yes, so you saw them, but did you understand them?

All: no

IV: OK so nobody understood them because you did get the post card?

All: no

IV: OK is there anybody who saw it and did understand it

43FE3: I think there’s a postcard with all the numbers on it and then below it is pictures of food, so the lower the number the unhealthier the food.

IV: yes, correct. So, the higher the number the healthier the food. So, if I asked you now if I scored your food between 1-100 and you all knew, peas get 98 and sausage roll gets 28, and if I gave you that information now, like I wanted to in an assembly, but it was not logistically possible - would that have affected what you eat?

43FH2: yes
4310  43FS8: yes
4311  43FS9: yes
4312  43FE3: no
4313  IV: 43FE3 you are no longer my favourite!! so why would it affect your food choice? How would it
4314  affect you?
4315  43FH2: because the cooking all says the food is healthy and we do not know what recipe they have
4316  used because you can make a dish from the same ingredients, but it depends what recipe you use
4317  and we weren’t told like with the number you know which, like you get more of an estimate of
4318  where you are.
4319  IV: OK 43FS8 what did you think?
4320  43FS8: I think it would affect my food because as 43FH2 said when we are choosing food what we
4321  think everything is healthy because we are in school but obviously once it gets scored, we start to
4322  think is this item healthy.
4323  IV: OK. 43FH7 would it affect your food choice?
4324  43FH7: I’m not actually sure because some people would like they would see like this food is healthy
4325  and unhealthy and they would still choose what their gut feeling tells them to pick. I don’t really
4326  think it would change the way they eat.
4327  IV: so, you think they would choose the ones they always like to choose?
4328  43FH7: yeah
4329  IV: so, when I interviewed you guys before we talked about food choices and we talked about taste,  
4330  texture, cost and all the rest of it, so do you think those things that I talked to you first influence your
4331  food choice more than health?
4332  43FH7: yeah
4333  IV: 43FS2 if you saw a food score from 1-100, it can be 1-10 if that’s what you prefer, would that
4334  affect your food choices?
4335  43FS2: as 43FH7 said as teenagers we tend to not care about what we eat, not all teenagers.
4336  because we are more rebellious, I guess
4337  43FS8: we eat what we think is tastier, which is most of the time the unhealthy option but there are
4338  some other.
4339  IV: OK 43FS8 so why and how is more unhealthy food tastier?
4340  43FS8: coz the unhealthier food people tend to think they have more flavours like chocolates loads
4341  of people prefer them
4342  IV: OK. Do you have any more examples?
4343  43FS8: food that have more sugars like fried chicken and chips.
4344 43FH7: that's so good
4345 43FS8: that is tastier than obviously having grilled chicken
4346 43FT4: nah grilled chicken is tastier
4347 IV: 43FS2?
4348 43FS2: however, obviously, numbers don’t give the person an outlook on what they are eating as
4349 they know what they eat. So, it does give them time to think about what they are eating even if they
4350 change their minds, but they know now
4351 IV: OK. Yes 43FE3?
4352 43FE3: I don’t think it would affect me because I don’t really know the consequences, or I haven’t
4353 seen the consequences personally. For example, if you have like a cake when you’re thinking about it
4354 you won’t think about the consequences of having a cake you just...
4355 IV: do you think that’s because of how old you are? Or do you think that is because what people do?
4356 43FE3: yeah, I think it’s my age.
4357 43FH2: it depends what kind of person you are, because as a vegetarian there are more different
4358 options for me because fried stuff is usually meat so I have less options for choosing it and a person I
4359 know from my parents and I have seen consequences of like 43FE3 said, I have seen consequences
4360 and people having too much sugar get diabetes even as children and I don’t want it to get to me, and
4361 if it gets to me if will stay for a lifetime so I don’t want it to get to me so I know I should make the
4362 correct food choices even though sometimes unhealthy food does influence me as unhealthy food
4363 tastes better of it recipes
4364 IV: 43FH7?
4365 43FH7: I feel like people would have the healthier option if the healthier option was nice, because it
4366 must be nice to have, coz if it does not taste nice what is the point in eating it so obviously, everyone
4367 will go for the unhealthy one
4368 IV: how do we get things that are healthy to taste good?
4369 43FH7: I think we should get samples of healthy food in the lunch hall and then as soon as we come
4370 up and can try the samples and if they prefer it then maybe we could have that in the school canteen
4371 IV: OK so let us look at logistics - I have thousands of students to feed and I have a limited time how
4372 do I get samples to you to get your feedback to get that on the menu and have staff that cook it and
4373 get results, how do I do it?
4374 43FH7: maybe we could help you?
4375 IV: OK so students could help you. Yes 43FE3?
4376 43FE3: I think if it looks better you will want to taste it more.
IV: I asked about appearance of food and not many people wanted to talk about appearance of food, but on their food choices not many people said that appearance affected their food choice very much, but that surprised me greatly. Yes 43FH2?

43FH2: I don’t know what 43FH7 said but maybe you could ask students or see what most common of raw ingredients they have it might be peas, or it might be raw ingredients that makes a muffin, let’s say there’s are honey muffin and honey muffin is the key ingredient of the recipe.

IV: so, run that by me again please?

43FH2: to know what people want, like healthy food, 43FH7 said you could ask students to help but I think you could just have a survey which asks which raw ingredients or key ingredients students like in food

IV: but it is also having the knowledge and creativity to do these things with these ingredients

43FS8: you know our food choices they are affected by the taste, so like what happened recently is they give us fruits and bags and depending on the weather and the fruits they are, like when they have watermelon, pineapple and melons then loads of people tend to take them, but when they are apples and oranges people don’t actually tend to take them.

IV: OK so finding out what fruits and vegetables you want will change the way you choose your food and the weather.

43FH2: so, having a little unhealthy won’t harm you if you do some exercise but maybe the school could make unhealthy foods smaller portions, or they could less fry it. Coz you know chips they usually high fry it, they could shallow fry it

IV: it makes no difference as they are still chips. Discussion on frying not relevant.

43FT4: I don’t feel it’s the taste that matters, I feel like when we are talking about taste, but we need to consider the variety of food that people risk not to try. Not many students are aware of their fruits and vegetables, last week we were testing people on if they could recognise the fruit or vegetables without looking but a lot of people did not know what was inside the box. That is because they were not aware of the food choices, they have

IV: what couldn’t they get and what could they get?

43FT4: they knew things that they would be likely to find inside their house like onion and pepper and banana and apples but stuff like sweet potato they were unsure about, they completely have no idea what they are.

43FS8: they didn’t know the difference between a lettuce and a cabbage

43FH2: or a cucumber and a courgette

43FT4: the texture is different; they called a cabbage a cauliflower.
IV: OK now back to questions. So, I asked you if you got the post cards you said no, you said you didn’t really understand the score but when I explained it to you, you said yes you understand it. Some of you (40%) said it might affect your food choice, the other 60% said possibly not due to age or whatever else. So, studies show me that if I get you to design a food label, a way of telling people what a healthy food choice is and what is not, studies have shown if I get you to design it is more effective in getting change. What do you think of that?

43FT4: I don’t agree with that no

43FS8: disagrees

43FH2: It depends, what school and what environment you are in, because some signs some people do not understand because it is too complicated, and some people are not bothered and do not care about healthy eating, so it depends.

IV: in front of you are ideas of ways to make a food label (explanation of food labels) what do you think of the traffic light system?

43FH7: I think it is confusing

IV: why?

43FH7: because not many people would understand how it would work

43FH2: it depends because sometimes you know how it says per serving some people are not bothered to calculate it, but there are some apps that will help that. If you scan the food yeah it says low, medium, high which is more helpful, but this way is similar, but it is not exactly helpful because you must mathematically calculate it so let’s say you’re in a shop and you haven’t got your phone with you, how are you meant to calculate it?

IV: I totally agree which is why I did the score because if you had a row of all different foods, so just imagine there’s a chicken dish, there’s a fish dish, there’s a vegetarian dish, then there is pizza, then there is sandwiches and all these things, and if you had a traffic light on all of those, you would never manage to get all these people through which is why I came up with a score. But in front of you there are a few things (explains some of the symbols). What do you think of a solo symbol that just goes yes this is good for you?

43FS2: yes, easy coz it is straight forward, and you do not have to read anything

43FT4: it doesn’t tell you the extent to how healthy it is

IV: no, it doesn’t

43FT4: which can be a problem for some people.

IV: so how do I put a symbol which shows that

43FS2: not really everyone really cares about that.

Voices: yeah
43FS9: if it is healthy.
43FT4: if we are talking the calories in the food, the fat, unsaturated fats, the sugars all of that also matters, it is not just about whether it is healthy or not
IV: so, if that is the case when I've done all that scoring for you, I have done all that work for you and I have come out with something that says this overall is this score, but still 60% of you around the table said that wouldn’t affect what you ate
43FH7: it wouldn’t.
43FT4: for me it would honestly because I always check the calories.
IV: yes 43FH2?
43FH2: it depends what kind of character, like 43FT4 said, it depends like I prefer symbols they are big on me, like you can see it even out of the corner of your eye, so you know. But some people they like very fussy over what their calories and stuff so maybe in brackets or something or maybe on the package an overall thing
IV: OK so a package overall. Yes 43FE3?
43FE3: if someone put that on my food then I wouldn’t really care
IV: OK so we are pointing at the symbol, which is the blue one, the choice, the healthy choices.
That’s interesting why wouldn’t you care 43FE3?
43FE3: because I am so used to seeing the traffic lights, so I would read the traffic lights when I am buying my food, but if someone just put healthy choice, I wouldn’t really go into depth about it so I would just buy it anyway.
IV: yes 43FT4?
43FT4: when do you like, let say this sticker or symbols isn’t like on the thing it gives everyone an excuse to say we didn’t know whether it was healthy or not, but let’s say you did put it on that they have one less excuse so that may push them
43FS8: hm so what I think it is better than the traffic lights, because we are at this age we are like teenagers and we are growing, so I don’t think we are going to look at the traffic lights and read them and if we just look at these we will see that yes this is healthy and I think because of our age we are not really concerned about going that deep into how healthy it is and what about it is healthy
IV: thank you 43FS8 and we are talking about the healthy choice blue one. So, on the second page there are things called the guiding stars (explains guiding stars). So again, it goes with 43FT4 about wanting a little bit more information but doesn’t go quite with 43FT4 wanting the specifics and details, but it gives better more information that the healthy choice one. What do we think of the guiding stars?
4477 43FH2: I think I would actually go with 43FT4 because some people will be like at least this is the first time I am trying to have healthy food and to say oh that’s good, they wouldn’t actually be bothered to go into depth, it might be really unhealthy but it better than more unhealthy like usual, but they would be like oh it’s coz I am having some healthy food but it could be better and it could be worse than best though, so it’s not that encouraging it is more of a negative phase for people
4482 IV: so out of these which one, if any, would you choose?
4483 43FS2: healthy blue symbol
4484 43FH7: healthy blue symbol
4485 43FS9: healthy choice
4486 43FS8: healthy choice
4487 43FE3: guiding stars
4488 43FH2: I prefer the healthy choice and the bar the serving thing like traffic light
4489 43FS8: the symbol and guiding stars are quite good
4490 43FH7: the traffic light is all said in that one symbol, healthy choice
4491 IV: OK so let’s look at nutrition. 51% of you said nutrition was important to you, so that is half of the pupils that filled in this survey said nutrition was important to you, 60% said it keeps me healthy is very important. So, we look at all of this and yet you all go it’s all about taste. How do you come out with such high figures but then go meh? Yes 43FE3?
4495 43FE3: it is because we know it is really important for us, but when it comes to it, we don’t really do it.
4497 43FS8: I agree
4498 43FH7: I’ve seen a lot of people chuck their food away because of taste and because they don’t like it
4500 IV: so, taste is a key driver
4501 43FS2: I was going to say that as well
4502 IV: OK so 43FS2 agrees with 43FH7.
4503 43FH2: people in the canteen look at how it is organised and stuff, coz one of my friends yeah said this looks nice but then when they had it they said this is disgusting and I don’t really like it but then I was like that’s healthy and they were like I don’t care I was like how can you it looks nice but then if it looks nice there’s going to be a negative part for it. But people do care about the appearance and the taste, but they don’t really care if it is healthy, but they do know it because 43FE3 said but they do know it but they are trying to bend the rules once or twice, but it carries on forever
4509 43FS8: I think this school cares about taste more, like I think the school looks at taste and appearance more of the food
43FE3: I think it is because we are sort of used to eating certain types of foods, so we have grown to like and the foods we don’t eat we don’t like
IV: OK so we need to be a bit more adventures. Yes 43FH2?
43FH2: I think it’s not exactly our fault, because the canteen needs to get profit so they do sell unhealthy stuff and unhealthy stuff is what students like and they can’t control their tongue in a way, so the canteen wants profit right, so they sell stuff like chocolate milk and muffins, and they say it’s healthy, but it is still chocolate
43FS8: it is made as healthy as possible though
43FH2: yeah, but it is still chocolate though
43FS8: and you look at the food label you still need some of the dairies and the sugars and the oils, so they do try to make it as healthy as possible. I have spoken to the cooks once and they say they use more water than they actually use the chocolate.
43FS2: I think it is the canteens part of their fault as they get us used to specific types of food, coz when we come from primary, it is more healthy than secondary, we didn’t have stuff like baguettes and they train us in such a way from year 7 and that’s how I became addicted to baguettes any way and then they start putting it on at break time and that just puts emphasis on it and it used to have lettuce in it and they have taken that out now and now it is just chicken in a baguette
43FS8: and they have mint sauce that is really thick and chilli sauce they put on
43FT4: we keep talking about healthy food, but I feel like a balanced diet is more important so we can’t blame the canteen, and what 43FS2 said about them getting us used to eating these certain foods, but there are three main meals a day and we only have one main meal at school, so I don’t think the canteen is wholly responsible for our food choices.
43FH2: I disagree with 43FT4 because we spend more than 200 days at school and people do have something at break and some people do have breakfast at school yeah and our school serves pastries and croissants which are unhealthy, and breakfast is very important, and you don’t get many nutrients in croissants or pastries
43FH7: at the end of the day, I wouldn’t say it is the schools fault coz it’s like the supermarkets they give all this food as well, but you choose to buy it, so what is the point of blaming the canteen. You could walk into ASDA right now and pick up doughnuts but at the end of the day you are doing it from your own free will, and you are choosing to do it so it’s kinda our fault as well.
IV: 34% of you said that if something included lots of vegetables it was not important at all, but 53% of you said foods containing lots of vitamins and minerals was very important they gave that 5. But this does not make any sense, you say I don’t care about vegetables, but I want my vitamins and minerals. So how do I get you to like your vegetables, so we had a little chat and you said get
samples and education with what 43FT4 said about not knowing or noticing different vegetables so this might come through to education. What do you think? How do I get you to like vegetables?

43FH7: pick the nice ones

43FH7: what are the nice ones 43FH7?

43FH7: I think people would eat mushrooms and broccoli

43FS8: I hate mushrooms

43FH7: but if they do it in the right way, if they use it in the right way. If they just put it on raw then obviously, people won’t eat it.

Unknown: cucumbers, lettuce. Loads of people like cucumbers

43FS8: I think it’s because they taste nice when they are cold and then they have a lot of water in it as well

43FH7: yes, they keep you refreshed

43FT4: then again, each vegetable and fruit contain its own vitamins and minerals that everyone needs, so oranges have vitamin C, basically every fruit and vegetable gives us different types of minerals and vitamins that we need

43FH7: right so very interesting I did 7 questions on where you get your nutritional information from and how much do you know about nutritional information.

Unknown: what are the statistics

43FH7: hideous. I will tell you a little bit about what did you and didn’t know about this school. So, where do you get your nutritional information from and how do you know it is true?

43FS8: school

43FH7: what year and how?

43FS8: I think maybe around year 5 to year 6 to year 7 to year 8 because that is the time when we are actually growing and that is the time when we start concentrating

43FH7: so, you are saying late primary early high school

43FS8: yeah

43FH7: does everyone agree with that?

All: yeah

43FT4: no, I think it is mostly primary because in primary we were taught those types of things and they are not being, so in secondary the main goal is GCSEs obviously and that is not pushed in GCSE much, but in primary the goal is for us to grow up and learn stuff, so they push that more in primary school than in secondary school

43FH7: so, do you think 43FS2 that we need to bring this more into secondary school?
43FS2: yeah, a bit because it is the nature of teenagers to rebel and forget what they kinda learn in primary, especially in primary as it is such a young age and when you walk into secondary it all goes in the bin and it's all kinda gone

43FH7: and everybody tries to act older in secondary and they don't think so it's that time of your life when you're like I know it all and you become more argumentative.

43FH2: coz you know like I agree with what 43FS2 said because in primary all the options we got were healthy and they were like more than 90% healthy but then in secondary there are healthy choice, but a few unhealthy choices and you can't control yourself in your life. Like in primary yeah, they didn't allow us to pour any of the foods away especially the carrots and they were disgusting, they were properly disgusting, I was like how do you steam carrots in this school, mash potatoes are disgusting and they wouldn't let us throw it and we had to eat it, but we were proud of our school for making us have it and making us eat it

Unknown: but they can't force a student to eat a type of food that they wouldn't like, because if they become sick it is technically the teacher's fault for forcing them to feed on that food.

IV: OK so its primary school you get your information from and very little from high school, do we agree?

Students: yes

IV: is there anywhere else you get your information from? Anything else influence what you eat?

43FS8: depends on what kind of family you come from, so if you come from a healthy family they will explain to you, and if you come from an educated family, they will explain to you even more

IV: so, family and education and status of that family.

43FS2: I agree on home coz that's where your teaching happens there as well and it's what your family teach you and it is your culture where you eat your background comes to you obviously and you get taught what to eat

43FH2: it depends on your diet as a vegetarian I don't get any meat options, so I get more nutrients than anybody because I eat the product without using any of the energy, so it is quite coz my parents to teach me that eating a plant you get more energy than eating a cow or another product or

Many students: I disagree with that it doesn't make any sense.

43FH2: because it loses energy after it has some of it

43FS8: but it depends on how you eat the vegetable, if you were to cook the vegetable it wouldn't be that healthy would it like if you cook the vegetable in oil

IV: OK so I said is there is enough nutritional education done in school or do you want more?

43FH7: yes
43FS2: yeah, it is not encouraged for every single person, and I don’t think anyone can do anything about that because there is only one goal in secondary, not one goal but we are all here for GCSEs and we are not going to focus
43FT4: OK so you were really good about knowing about your sugars, you knew which foods contained sugars and which sugars had naturally occurring sugars. So how did you know about your sugar?
43FT4: when we think about sugar, we think sweet so anything that is sweet must contain sugar
43FS8: as for fruit when you can taste a fruit you know its sweet, so you know it’s more of a natural sugar because you know fruits are natural
43FS2: again, when you go to secondary school you learn about that more instead, coz even when you go out of school there are corner shops and there are full of students, and they learn more about that in school because they are more obviously to have a rebellious attitude to things
IV: protein that was an interesting one. Everybody in all schools gets chicken, very few people got cheese was high in protein and very few people realised fruit has very little protein.
43FH2: it’s got acidity
43FH2: but that’s not protein
43FH2: yes, but it is acidity.
IV: so, the question I want to ask you, where do you find out about protein? And do you think genders differ with their knowledge of protein?
43FS9: I think the gender one because you know how boys are more active than girls, you must agree on that, and then like they will be so strict with their diet coming after the gym like oh I need my protein now, but then girls are like no its kind of not important and they are busy doing other things which may be a priority for them
IV: and where do you find out about your protein?
43FS9: I don’t know just school I think
43FT4: I agree with 43FS9. OK I feel like gender yes for example more boys are encouraged to do sports than girls so I think when she talks about active that means boys are more active so in my school, boys do a lot of body building and going to the gym and stuff and to do that you need a lot of protein and energy and stuff so I think boys will have a lot more knowledge than girls
43FS2: I think it is a bit of a mix match because studies show girls care about things more which then brings it back to girls, coz if you start talking about proteins and stuff maybe more girls would actually care more and listen and boys would wander off because studies do show that
4646  43FS8: I agree with 43FS2, obviously boys may be more active, I actually disagree with that but
4647  obviously, many people think that, so even though they are more active girls are well the girls are
4648  kind of smarter than the boys - they are more intelligent, I have read that in studies and stuff, so
4649  they pay more attention to the study so they would know more about the proteins
4650  43FH2: actually like I agree with 43FS2 and 43FS8 coz we do food tech and in this school we start in
4651  year 7, and in food tech and most boys are like I don't care about this I don't want to do this and
4652  they don't care about the safety hazards and stuff and the girls yeah we did the eating well guide
4653  and we covered that and I actually learnt that from my mum, the way that they say gender does
4654  effect and that coz as a mother you would want your child to have the best protein so they would
4655  have all the knowledge about the protein and all the nutrients that your child would need so they
4656  need to be aware of it
4657  43FE3: I think 43FS8 means that girls mature faster.
4658  IV: OK fat was an interesting one most of you knew that pepperoni was high in fat, but we sell a lot
4659  of pepperoni stuff on pizza in the canteen
4660  Students: no, they don't put pepperoni on the pizza it is just plain cheese and sometimes tuna
4661  IV: OK that must be my other 4 schools. Now you didn't know cottage cheese, everybody said
4662  cottage cheese is high fat which surprised me. Do you know what cottage cheese is?
4663  Lots of students chattering: (hard to hear) it's a healthier version of cheese, where does it come
4664  from? The cottage (laughs)
4665  IV: so, salt everybody in every school has told me red meat is high in salt
4666  Students: yeah, is it?
4667  IV: no
4668  Student: it is cholesterol, its high in that. That is what we have learnt.
4669  Student: so, what is a high salt food?
4670  IV: kippers, salted nuts, crisps, crackers, those are all high in salt, soy sauce
4671  Student: what about sea food?
4672  IV: not really unless it is dried or salted. So, no everybody got salt wrong. The one everybody got the
4673  worst result from was fibre. Nobody got this right, they were the most incorrect answers
4674  Student: fibre - milk
4675  IV: most people 60% of you said that you didn't know. Why doesn't anybody know?
4676  43FH2: fibre helps you to clean away rubbish, your waste products. It helps you to get rid of it.
4677  Weetabix and that. I learnt that in my sports day class. Weetabix even says on the box high on fibre
IV: do you think it was the choices of food that I gave you? So, if you had crunchy nut, bananas, eggs
don’t have any, red meat had non, broccoli high, nuts high, fish doesn’t have any baked potato is
high
Student: I thought eggs do
Student: we didn’t even do the survey
Student: we did I remember doing it
Student: fish has protein
Student: they gave it everyone, but our form didn’t do it
IV: 62% of you said food that keeps me full is a 5 graded yes, we need these. You said that was very
important. So, what foods keep you full?
43FE3: banana
43FS8: pasta. I love pasta
43FS9: jacket potato
43FS2: curry and chapatti
43FE3: rice
43FH2: noodles
43FH2: sandwiches and bread
43FH7: everything keeps you full up, it just depends on how much of it you eat of it.
43FH2: even water can keep you filled; it just depends how much you have of it
A4: let’s say a small portion of chocolate the number of calories that would have compared to 3
carrots, the three carrots will make you feel fuller but will have less calories than the chocolate
IV: well, done correct. 50% of you said food that keeps you awake is very important you gave it a 4
or 5. What foods keep you awake?
43FE3: coffee, cheese
43FS2: coffee
43FH7: fizzy drinks, things that make you hyper
IV: what type of fizzy drinks 43FH7?
43FH7: it depends, coco-cola
43FH2: dark chocolate
43FT4: all foods as all food gives you energy and energy keeps you awake
IV: but some foods keep you more awake.
43FH2: but some foods can make you sleepy
43FS9: a food that is more filling
IV: what types of foods are filling
43FT4: jacket potato
43FS9: a good meal like that can keep you awake with energy to do
43FS2: fried food, like deep fried makes you more tired
43FS8: sugary drinks will keep you more awake so things that are sugary that give you a lot more
energy. I personally become more like jittery when I am on sugar
43FH2: but it is loads of energy all at once and then it will run out quickly because if you have pasta
yeah, it wouldn’t give you the exact same power of energy at the same time, but it would last longer
than the sugary drink because it is only going to last for a short amount of time but give you a bigger
power
IV: you know these things, final question low fat 45% of you said it is important, controls my weight
50% said is important, low in calories 40% said it is important, do you think that genders are affected
by these three, low fat, controlling weight and low in calories are they more affected by these
topics?
43FH2: yes
43FS8: yes
43FH2: girls want to control their weight more than boys, but they both want to control their
weighs, but girls care more about their appearance
43FH7: not really
43FS9: I disagree
43FS2: media does influence girls for a specific weight amount but that links with exercising more
than food
43FT4: I think the main reason that would affect genders a separate thing would be our bodies are
different, so girls’ body the way it put together and functions slightly different.
IV: what is different?
Student: we get more hungry
Student: a lot
43FT4: my dad and mum don’t gym at the same time but for my dad it was a lot easier to exercise
and lose weight but for my mum it was slightly harder even though my mum is a lot more active
than my dad.
43FS2: but women as you get older obviously you get pregnant and you do get weaker, after you
give birth are you weaker
Student: no, you get stronger
IV: physically or mentally?
43FS2: physically. You can’t do many of the things you did before.
Student: you can it is just a short period of time
Student: you’re just tiered after giving birth.
43FE3: I think it is culture as well, coz when I went back home, to my country, it made me realize girls would have less protein that men because men would go out and do the work and women would stay at home, from Bangladesh
43FH2: it depends like who we are mature, girls are naturally more mature like they are like 3 steps ahead they look out for things so like some things like a mother she should care about her husband and her children so she would want the best for them, so it depends as some countries in Asia where they would say men work hard oh they are getting the money so they deserve more of the nutrients and stuff but some families are not educated and they don’t know but still get more fat but that fat has energy in it
43FS8: I think what 43FH2 is trying to say is that girls are more mature
43FT4: I disagree with that as I don’t think girls are that mature, I think it is the same
43FH2: I think that girls mature before boys, but I think the maturity levels are the same
IV: thank you so much for your time, I will send these to Heather