
Appendices T1

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School One: First Focus Group: PRE-INTERVENTION 31st October 2017

Males B9, J9, M4, X1.
Females B8, J2, Z3.

Intro as before

IV: OK I am going to give you a little introduction to what we are doing, then I am going to give you ground rules. Thank you for participating in this and I just want to talk about your food choices at school, so we need to keep it to food at school. It is being recorded so I can write it up for a study I am doing. Please do not use each other’s names, if you do not want to answer just lift your hand, you do not have to answer anything you do not want to and if you are not happy with anything you can leave. OK so what I want to ask you first, what time do you like to eat here at school. Do you prefer breakfast time, mid-morning, or lunch?

11MX1: lunch

IV: why do you like lunch the most?

11MX1: urm it’s because when I don’t have any food, oh no it’s because I eat in the morning and I eat when I get back, so lunch is in the middle.

11MM4: lunch

IV: why do like lunch the most?

11MM4: because I am like the most hungriest at lunch

11FZ3: lunch because it’s I don’t know, it’s the routine I am used to

11MB9: erm the hot meal

IV: OK so lunch time

11MJ9: lunch because that is when the best food is

IV: the best food is lunchtime, what makes you say that?

11MJ9: because that’s when there is normally hot meals and there are roast dinners sometimes like every day

11FB8: lunch because it is nearly in the middle of the school day so you kind of want to eat at that time.

11FJ2: lunch because I never have breakfast or anything else here.

IV: you don’t have breakfast. OK. I am going to give you sheets and these have a list of theoretical factors about, so what do you want to be called, some people want to be called teenagers, others want adolescents, the studies I read call you adolescents, but what do you want me to call you?

11MJ9: pupils

IV: OK so the studies I look at with pupils have a list of what they feel affects them most of all, so can I ask you to take one of these and write 1-10 which ones affect you the most, which factors affect
your food choice the most here at school is the most influential factor that affects your food choice
the most.
11MJ9: my top three are hunger, appearance, and price.
11MB9: health and nutrition, appearance, and hunger
11FB8: hunger, familiarity, and appearance
11FJ2: appearance, convenience, and culture
11FZ3: health and nutrition, price, and culture
11MM4: hunger, price, and taste
11MX1: taste, health and nutrition and appearance
IV: OK looking at some of these, the most one's people have spoken about is appearance. What does
it mean to you when a food looks good? What type of food looks good to you?
11FB8: well, I like meats and fruits because erm I am just familiar to them because I know they are
going to be nice.
IV: so, you know they taste good?
11FB8: yes
IV: so, what does a food that appeals to you look like?
11MJ9: it has normally got to have some meat on it, like pizza, like I like pizza because it is kind of
colourful.
11MM4: it if is like hot.
IV: so, you like hot food?
11MM4: yeah, and then like colourful so not just the same sorts of food like lots of different colours
IV: can you give me an example?
11MM4: so, like bread yeah you can have lettuce that is green, then like a burger which is brown.
IV: 11MB9 what does a food that look good?
11MB9: erm pineapple and watermelon because it is colourful.
IV: so, what does a food that appeals to you look like?
11MX1: colourful and it is not just bland and all the same colours.
11FZ3: it is just in the border around the plate.
IV: so, you don't like messy food?
11FZ3: no
IV: most of the pupils put taste at the beginning and I noticed that none of you have.
11MX1: I put taste.
IV: OK so I have one of you that has. So, what does a food that taste good mean to you? We have
had appearance, we have had colourful, we have had the way it looks on the plate, or we have had
that it is nice to be hot, what does the word taste good mean to you and what is your favourite food at school?

11MX1: dunno just food

IV: there must be something that tastes good to you in the canteen and something that doesn’t taste good to you. So, give me something you do like and then something that you do not like?

11MX1: I usually have the hot meals or like a baguette or something.

IV: OK and why do they taste good to you?

11MX1: because they are sort of healthy and just the flavours, I don’t know.

IV: OK 11MM4 what tastes good to you and what doesn’t taste good to you?

11MM4: I have like hot meals and baguettes, but I wouldn’t have like a sandwich or a wrap or something. I like them but I don’t really like them at school.

IV: and why wouldn’t you have them at school, if you like baguettes, what is the difference between a sandwich and a baguette? Keep it to taste.

11MX1: the bread is crunchy in a baguette.

11MM4: there’s more to a baguette and it is like better to eat.

IV: OK 11MB9 what tastes good to you?

11MB9: I like crisps and popcorn.

IV: and what don’t you like?

11MB9: what I don’t like is pizza.

IV: and why don’t you like pizza?

11MB9: the cheese isn’t that nice, and the dough is really thick it should be thin.

11MJ9: I like the pizza, baguette, and main meals and what I don’t like is the sandwiches because most of the sandwiches are covered in mayonnaise and I don’t like mayonnaise.

IV: OK great answer and 11FB8 what tastes good to you?

11FB8: well, I like a lot of things, but what I don’t like is salad because what I don’t like is it is all mixed together, I like it separately

IV: OK that’s interesting. 11FJ2 what tastes good to you?

11FJ2: well, I like everything.

IV: and what don’t you like?

11FJ2: apart from the sandwiches because the bread is quite dry.

IV: OK and 11FZ3 what do you like?

11FZ3: I like the hot meals and the pizza and the burritos.

IV: and what don’t you like?

11FZ3: I am not a big fan of the sandwiches, but I don’t really like sandwiches.
IV: so, a lot of you have put hunger, so if you are really hungry what food would you eat?

11MX1: a hot meal
11MB9: a hot meal
11MX1: a lot.
IV: and what would you eat a lot of?
11MX1: I would always have health in mind, but I would just eat something that’s filling.
IV: and what fills you here?
11MX1: what fills me here is, one thing on its own doesn’t usually fill me up, like I have to have another thing as well. Like if I get a hot meal, I have to have something else too.
IV: right. 11MM4?
11MM4: a hot meal
11MJ9: pizza, baguette, or hot meal
11FB8: hot meal and desert
11FJ2: pasta
IV: why would you get pasta?
11FJ2: because I love pasta.
IV: OK and 11FZ3?
11FZ3: burrito and baguette
IV: do you think genders eat differently?
11MX1: yeah, women do weight watchers. Boys don’t do weight watchers.
11FZ3: not necessarily
IV: 11FZ3 disagree with 11MX1, women don’t necessarily choose food on their weight. What do you think 11FZ3?
11FZ3: erm just depends on what the person is feeling on what they will eat it doesn’t matter what gender they are.
IV: that is interesting what do you think 11FB8?
11FB8: well when females are depressed, they usually eat deserts, I don’t know why.
IV: OK 11FJ2 what do you think?
11FJ2: only on some things and it also depends on the person, I think.
11MJ9: no, I think genders eat the same because they are same people but different genders.
IV: OK and 11MB9 what do you think?
11MB9: yeah, I think they eat differently.
IV: and what do you think is different?
11MB9: they eat more salac and stuff.
11MX1: so, are you saying women are healthier?
IV: that is an interesting one, so who do you think eat more portions of fruit and vegetables out of genders?
11MJ9: girls
11MM4: boys
11MX1: equal, there is not much difference.
11FJ2: not much difference
11MJ9: I don’t think boys care as much about their weight as girls.
IV: OK interesting, in fact boys eat more fruits and vegetables than girls
11MX1: I knew it.
11MM4: yes, that’s what I said.
IV: one of the things that none of you have chosen is they have talked about peer pressure particularly when you are in that situation when you want to be with your friends, and you want to eat the same as your friends. So, what is your opinion about eating the same as your friends? Let’s start with 11MJ9. Do you think you eat the same types of food as your social circle?
11MJ9: not really because if my friends are eating something, I will try it once and if I don’t like it, I don’t have to eat it because it is my choice at the end of the day.
IV: that’s an interesting one. 11MB9 what do you think? Do you think you are influenced by what your friends eat?
11MB9: not really, sometimes yeah because as soon as I see someone else eat it, I have a craving for it.
IV: OK and what type of foods if your friends were eating it would make you want it?
11MB9: burrito
IV: OK and why would that make you want to do that
11MB9: because they are nice.
IV: so, do all your friends eat burritos at the same time?
11MB9: no
IV: do your friends ask you to try different foods?
11MB9: no
IV: 11FJ2 do you think what you friends eat affect what you choose?
11FJ2: no because I don’t really care what they eat to be honest, as long as I like it, I don’t really care what they think of it.
IV: OK what about you 11FB8?
11FB8: well, I just take what I want because erm because most of my friends don’t actually really like what I like so erm it is really their problem.

IV: OK 11FZ3 do you feel peer pressured to eat or fit in with your social circle?

11FZ3: no because we just, like if you do that to eat the same foods as your friends, basically you are showing like you just want to be like them and not just friends with them, so I don’t, and my friends don’t like sharing food.

IV: and 11MX1 what do you think?

11MX1: no, you don’t to eat the same foods to be like friends with someone you can eat what you want.

IV: OK 11MM4 what do you think?

11MM4: I just eat what I want, like if I see my friends eating something yeah and it looks nice, I’d be like I want to eat that.

IV: OK that is fair enough. OK one of the things that I want to talk about is convenience. So, I noticed that this school here doesn’t have knives and forks and plates. How do you feel about it?

11MM4: there is nothing else here that needs plates except hot meals, like hot meals you have a takeaway box.

IV: does that make a difference with what you choose?

11MX1: nah not really, it is smaller than what it would be on a plate.

IV: what I am trying to find out do you as a generation, do you prefer food that you can hold in your hand, or do you want food that you eat with a knife or fork?

11FJ2: hand

11FB8: food with knife and fork

11MJ9: it depends, because as I would rather have food that I can hold in my hands as I like to go out to the courts but then some people sit down and eat it.

IV: are you allowed to take food out from here

All: yeah

IV: Oh, right OK you are the only school I have known that to happen with. 11MB9 what do you prefer?

11MB9: Erm food I can pick it up and go.

11MX1: it doesn’t matter to me; it depends on what I want to do. If I want to sit down I’d use a knife and fork but if I wanted to go outside, I would have it in my hands

11MM4: same as 11MX1.

11FZ3: I don’t actually care it just depends on like what type of food, you get as to whether you use your hands or cutlery.
IV: do you think you have enough time to eat your food here?
11FZ3: yeah
11MM4: yeah
IV: OK, 11MX1 do you think you have enough to get in get your food, eat your food and do what you need to do then get back to class?
11MX1: yeah
11MB9: no.
IV: why not, how much more time do you need?
11MB9: I think you should have 30 minutes at break.
11MX1: I think we should have an hour at lunch.
IV: and how long do you have?
11MX1: we have 40 minutes.
IV: that’s a lot of people to get through in 40 minutes.
11MX1: yeah, we should have more time.
IV: 11MM4 what do you think? Do you have enough time at lunch?
11MM4: yeah
11FB8: well, erm it kind of depends on how long the line is, because if it is a really long line, you wish you have more time to get in and like talk to your friends and meet. But if it is a short line, you have enough time because urm.
IV: OK cool. 11FJ2 do you have enough time to eat?
11FJ2: not really because by the time I get there, because most of my classes they get let out late, so by the time I get there the line is so long and sometimes I just don’t have time so I just skip it because I can’t be bothered to wait so long.
11MJ9: I would say not really because by the time you are in the line and queued up you get only 10 minutes, so you don’t really get any time to socialise with friends.
IV: OK so with your age group it is very important you look after yourself and you eat well. Do any of you skip meals?
11MX1: no because if you did you would struggle in the first lesson as you wouldn’t have any energy or food.
11FJ2: yes
11FZ3: yes
11MM4: no
11MJ9: yeah sometimes, like a couple of times I don’t want one
IV: and how does that make you feel in class?
11MJ9: still feel just a little bit hungry, but sometimes I feel the pricing is too much.

IV: OK interesting, 11MB9 do you ever miss meals?

11MB9: yeah. Sometimes I do but not most of the time.

IV: how does that make you feel in class?

11MB9: exhausted and hungry

IV: so why do you miss your meal then?

11MB9: because I don’t have enough time to eat it. The teachers tell you to throw it in the bin.

IV: OK so it comes down to time?

11MM4: you’ve spent money yeah.

11MX1: as you bring food into a lesson because you didn’t have enough time to finish it at lunch, and then you take it to the next lesson the teacher tells you to throw it in the bin.

11MM4: some teachers say like eat it outside coz if you don’t have much left, they let you stand outside and finish it off, but some teachers tell you to throw it in the bin.

IV: OK. 11FB8 do you skip meals?

11FB8: never

IV: OK so what do you think of the prices here? 3 of you have mentioned price. Do you think the school food here you have for lunch is value for money?

11MM4: no

IV: so why do you think M4 it isn’t value for money?

11MM4: a baguette is like £2.00 that is so expensive.

11MX1: but what if you went out to town for a baguette it would not be £2, so I think it is alright.

11MM4: I could go to Tesco and get a meal deal and get three things for £3. They should do a meal deal here.

IV: OK, 11MB9 what did you say?

11MB9: you get a baguette that is much cheaper.

IV: do they do a meal deal here?

11MM4: no

11MX1: I swear they do, they do a hot meal and a pudding

IV: how much is that?

11MX1: £2.30 £2.20

11MB9: that is stupid.

IV: do you think that is expensive?

11MB9: yeah

11MX1: but that is not that expensive.
well at school I think that is quite expensive as it is not the best quality food really, like most
of the time the pasta is all like soggy, like over cooked and it makes it all squishy. That’s why I don’t
really have it here so most of the time I have packed lunch as the things as its better I like are in it.
IV: 11FB8 what do you think about the prices here?
11FB8: I actually never look coz I am kind of, in my family, we think that it is more important to
actually like have good foods and be full rather than how much it costs
IV: 11FZ3 what do you think? Is it expensive?
11FZ3: erm it is not too expensive, it is a little bit more than like sometimes, the prices can vary
depending on what type of food it is.
IV: OK and last thing culture. OK so two people said culture was important to them, could you give
me an example of how culture affects your food choice?
11FZ3: just erm food that I have grown up on and I have become accustomed to it.
IV: can you give me an example?
11FZ3: erm coz I have to go on special diet thing urm it’s just more like I have gluten free food. So, I
can eat it here, but I have to be more careful.
IV: OK and 11FJ2 you said culture affects your food choice
11FJ2: well, it is just food that I have at home, like I have pasta, its food I have almost every night so.
IV: so, is that more familiarity that culture? Or do you think it is more culture?
11FJ2: mmm I’m not really sure.
IV: I am going to be doing an intervention where I apply numbers to your food. The food you are
going to see in your canteen, so we are going to be doing an intervention. So, what I would like to
ask you if you could come back and spare me another half an hour and share you views about
nutrition. Thank you for your time and I appreciate what you have said.
IV: To introduce myself my name is Jo Tucker, and I am doing a study about adolescents, what would you like to be called? Teenagers, pupils, or students? OK pupils. A few ground rules you are free to go if you want, please can you not call each other by your real names, what you say stays confidential and if you are not happy with answering a question just lift your hand. OK so please respect each other’s voices. So, can I ask you what time of day do you prefer to eat at school? Do you like breakfast, mid-morning or do you like lunch?

12MA1: lunch

IV: and why do you like best here at school?

12MA1: dunno because I just like the food.

12FT4: lunch because I eat breakfast at home, I don’t want a mid-morning break.

IV: do you like the taste of the food, the look of the food, the variety of the food?

12MA1: it doesn’t really change much; Fridays are the best fish and chips.

IV: 12FT8?

12FT8: lunch

IV: OK so 12FT8 you said lunch too. Why do you like lunch the best?

12FT8: because I eat breakfast at home and when it is mid-morning, I am not really hungry, and lunch is usually the time I like to eat.

IV: OK and 12ML8?

12ML8: lunch

IV: and why do you like lunch the best?

12ML8: erm dunno I just like I just have a good time.

IV: OK and 12FZ5 when do you like to eat?

12FZ5: lunch

IV: and why do you like to each lunch?

12FZ5: because that’s the time, I am usually hungry.

IV: OK alright. 12FZ8?

12FZ8: probably lunch because it is when you get more time to eat.

IV: OK thank you. What about you 12FK5?

12FK5: lunch as well, because you usually have breakfast at home and dinner at home, so you have your lunch at school.

IV: OK 12MB7?
12MB7: break

IV: mid-morning break?

12MB7: yeah

IV: and why do you like mid-morning break the most?

12MB7: because I dunno just do, you get the sausage rolls.

IV: alright and 12FE2

12FE2: probably lunch because that's when I am hungry.

IV: OK thank you. In front of you I have given you some lists, I wanted you to mark down from 1-10 which are the factors that are the most influential to you when you choose your food at lunch time.

1 would be the one that influences you the most. 12FE2 tell me about the top three you have chosen?

12FE3: hunger, appearance, and price

12MD7: price, hunger, and health

12FK5: price, health, and hunger

12FZ8: appearance, taste, and hunger

12FZ5: health and nutrition, 3 hunger, 2 convenience

12MA1: taste, appearance, price

12ML8: price, appearance, and taste

12FT4: taste, appearance, and price

IV: OK so a lot of you have talked about appearance, so what do you feel of food looks good to you? What does a food that appears to look nice mean to you? And give me an example of that type of food?

12MA1: chicken

IV: what type of chicken?

12MA1: Jerk chicken and rice

IV: 12ML8 what food appears nice to you?

12ML8: urm, I don't know, stir fry.

12FT4: if something has got colour in it and the smell.

IV: OK so colour

12FT4: yeah, and also the smell. Like if you can smell it when you are lining up it is going to persuade you or influence you to buy it

IV: OK can you give me an example of the food that looks good to you?

12FT4: urm all of them like things with colour so if it is brown and sludgy you are not going to eat it

IV: OK. 12FE2 what food appears good to you? What does it look like?
12FE2: neat and not messy I guess, like it looks like it has had time put into it.

IV: OK so it needs to be something whole on the plate and not spread out?

12FE2: yeah, like neat.

IV: what food looks good to you?

12MD7: something that is well made.

IV: what do you mean by well made?

12MD7: like if my dad makes something yeah that takes him 10 minutes, he has rushed it

12MA1: what about pasta though?

12MD7: yeah, but if you make your own pasta, it is even better.

12MA1: yeah, but that is just long.

12FT4: yeah OK. 12FK5 what looks good to you? And give me an example?

12FK5: I don’t know I just like something that isn’t all over the place and something that is easy to

eat.

IV: OK easy to eat. 12FZ8 what looks good to you, food wise?

12FZ8: like if you are hungry, it is something big but if you are not hungry then something small to

eat so like if you are not that hungry small then just like a snack like a sandwich or something.

IV: 12FZ5 what looks good to you in food?

12FZ5: well, it should look appealing, so like imagine if there is this cake if it looks disgusting and

then there’s this other cake that looks good.

IV: give me a food that doesn’t look good a food that makes you go yuk

12MA1: like black pudding and stuff

12ML8: marmite

12FT4: marmite looks disgusting.

12FE2: paella

IV: why paella?

12FE2: I just don’t like it; it just doesn’t look nice.

12ML8: it doesn’t look nice, but it tastes good.

IV: 12MD7 what looks horrible to you

12MD7: mushrooms and courgettes, they look mushy and sloppy.

IV: 12FK5 what looks horrible?

12FK5: mushy peas.

IV: yes, they have a certain texture and a specific colour. 12FZ8 what looks horrible to you?

12FZ8: rice pudding.

12FZ5: olives
Okay when you are talking of food that looks good or that doesn’t look good not many of you have spoken about taste of food. Can you tell me a dish that tastes the best to you?

12ML8: if a dish doesn’t look good you aren’t going to go and buy it even if it tastes good.

IV: what if it doesn’t look nice but tastes nice.

12ML8: a stew looks nice though and soup and stuff.

IV: so, give me a food that tastes nice to you?

12FT4: fajitas

12FE2: curry

12MA1: steak pie

12MD7: pasty

12ML8: roast dinner

12FK5: pizza

12FZ8: maybe a burger

12FZ5: don’t know

12ML8: Chinese food

IV: do you have a particular favourite?

12ML8: OK sweet and sour Hong Kong style chicken balls and erm maybe a special fried rice

IV: you know your Chinese food. OK when you go into the canteen and you’re really hungry, and a lot of you have spoken about hungry, and you are really hungry does that affect what you would normally choose?

12FT4: depends on what the main meal is as that’s what I normally go for

IV: do you normally go for a main meal?

12FT4: yeah, I usually got for the hot one, especially now as its cold now and the meal is usually warm, so it is nice to have. The baguettes are more summery.

IV: OK 12FE2 is there something when you’re really hungry you are driven for or is it the same as when you’re not really hungry?

12FE2: it is the same.

IV: 12MA1 if you’re really hungry does that make a difference to what kind of food you are going to choose?

12MA1: nah I will go for anything, because, we go there every day, we are used to what is there. Like it is the same thing every break time like pizza sausage rolls etc and it gets boring.

IV: 12MD7 do you have a difference with what you eat when you are really hungry?

12MD7: when I am really hungry, I just get a sausage roll and if I’m not that hungry I will get watermelon.
IV: OK and 12FK5 is there a difference K5 when you are really hungry?
12FK5: it is the same. The normal main meals you get on different days.
IV: OK and 12FZ8 is there a difference with what you choose?
12FZ8: no not really, I usually just eat the same thing.
IV: OK and what do you choose?
12FZ8: maybe a sausage roll, or like a baguette
IV: OK 12FZ5 any difference when you are really hungry?
12FZ5: no difference
IV: OK and what about you 12ML8?
12ML8: no
IV: OK 12MA1 you mentioned something to do with it being the same. What would you want to see if you could change something in mid-morning break what would you want to see on?
12MA1: I want the subway back.
IV: like a sandwich bar?
12MA1: yeah
IV: why did it go?
12MA1: they changed catering companies.
IV: have you put that forward to student council?
12MA1: yeah, but nothing really changes, and it has never come back. And they used to have chicken and chips but that went.
IV: that's the new regulations.
12MA1: all to do with healthy stuff.
12ML8 and 12FT4 leaves the discussion
IV: do you think genders eat differently?
12MA1: I don't know really, maybe portions sizes like men would normally go for bigger portion sizes. Normally if you go in restaurants, you see men with bigger portions.
12FE2: just think it is the same and it depends on what they like to eat, it doesn't really matter what gender they are.
IV: OK so it is still food choice for you?
12FE2: yeah
IV: OK 12MD7 do you think genders eat differently?
12MD7: a bit.
IV: what do you think is different?
12MD7: like 12MA1 like men eat more.
IV: do you think there is a difference when genders eat?
12FK5: not really it is like 12FE2 said.
12FZ8: men might eat more but it really matters on what it is like if you really like it, you will eat more of it. Like if it is just something you always have you might want less of it, like men might eat more of the same thing because they like it.
IV: do you think men eat a particular type of food more and women eat a particular type of food more?
12FK5: yeah
IV: and what do you think men eat more of?
12FK5: men eat more like meat stuff like sometimes they eat more meat than salads and stuff
12MA1: yeah, I guess I agree with that I guess, like men do eat more.
IV: who do you think eats the most fruit and vegetables do you think men do or women do?
12MA1: it depends on how healthy they are and what kind of diet they are on. Like if they are working out the muscles and stuff, they will eat healthier but if they don’t care about their body, they will go for junk food.
IV: 12FE2 what do you think?
12FE2 I agree with 12MA1.
IV: OK and 12MD7 what do you think?
12MD7: it depends on the person.
12FK5: it depends on the person.
12FZ8: like men mostly want to be all muscly and stuff, so it depends, if they do want to be muscly or they just don’t care.
IV: have you ever skipped meals here at school?
12FT4: yes
12MA1: yes
12FE2: yes
12MD7: I don’t know. What do you mean by skip meals?
IV: like miss a meal do you miss lunch
12MD7: I normally like have my lunch at break and my break at lunch
IV: 12FK5 do you ever miss a meal?
12FK5: yeah occasionally
IV: and how does that make you feel when you are in class?
12FK5: fine
IV: 12FZ8 do you ever miss a meal?
12FZ8: yeah, because I’m not usually hungry until I am home.
IV: and how does that make you feel in the classroom? Does it affect your learning?
12FZ8: no
IV: OK and 12FZ5 do you miss a meal?
12FZ5: yeah
IV: how does that make you feel in the classroom?
12FZ5: normal
IV: OK 12FE2 how does it make you feel?
12FE2: it doesn’t affect me.
IV: what about you 12MA1?
12MA1: I change if I miss a meal, I would go home miserable like the other day I didn’t eat all day
and I was really angry. Like my mood changes and when I eat, I am back to normal.
K8: yeah, I get hungry
IV: that’s what most people do. OK when I look at foods here at this canteen, I have seen that you
have a container, and you don’t have a plate and knife and fork?
12MA1: we used to have that, but they stopped it.
IV: do you like foods you hold in your hands and walk out with or do you like foods you eat with a
knife and fork?
12FE2: I like them so you can walk around with them.
12MA1: yeah
IV: so, you like something you can hold?
12FE2: yeah, like I don’t want to have to walk around with a plate as it is hard to hold when you are
walking around but if it is in a container, you can walk around and go where you want
12FZ5: they come with plastic knives and forks
IV: so, you still feel like it’s a knife and fork and plate meal even though it’s a main meal and it
doesn’t affect you whether you eat it?
12MA1: no
12MD7: I like food to walk around with otherwise you just have to hold it all
12FZ8: If you have a plate, you probably have to stay in the canteen until you have eaten it all but
with a container you can walk around where you want which I think is better
12FZ5: I agree with 12FZ8
IV: so, you like to be able to walk around?
12FZ5: and also, when there's not enough seats for everyone or you don't want to sit next to that person you won't be able to have your seat so you would have to sit somewhere else and there's not enough seats for everyone

12FZ5: OK and do you think your affected when you come in with your group of friends does this affect what you choose to eat or select?

12FZ5: no

12MA1: no

12FE2: no

12FZ8: no

12FK5: no

12MD7: if I see them with something really nice, I would probably get that

12MD7: just because I see them have it and I am just like I want it

12MD7: and do you think you have enough time to eat here?

12FE2: yes

12MA1: yes

12FZ8: yes

12FK5: yes

12MD7: yes

12FZ5: yes

12FZ5: what do you think of the price of the food here?

12MA1: expensive

12FT4: expensive

12MD7: expensive. It used to be really cheap and now it's really expensive

12MA1: the prices have gone up

12FZ8: like the popcorn is £1.10 but you can go to the shop and get it for 50p.

12FZ8: so, you think it is too pricey here?

All: yes

12FZ8: so, price is a big driver for how much you eat here. If the food was cheaper here, would you eat more?

12FE2: yeah probably

12MA1: I eat loads normally, like I am back and forward to the canteen money just goes too quick.

12FZ5: how much do you spend per day?
12MA1: £6, yeah but it depends, what it is. If it is really good, I will go back and get it again, but the limit here to spend is £6.
12FE2: I don’t know depends how hungry I am as sometimes I bring my own food.
IV: how much on average do you spend though?
12FE2: like £2 a day.
12MA1: I wouldn’t spend £6 every day just sometimes if I’m really hungry
IV: 12MD7 how much do you spend a day?
12MD7: normally I don’t buy anything but if I do it might be like £1.50
12FK5: about £2 or something
12FZ8: I don’t usually buy stuff but if I do it’s like £3.
12FZ5: because my mum gives me £2, I just spend all my money
IV: I just want to say thank you very much for being so focused. I am going to be doing this study and come back and ask you if you would come and talk to me again about how the government can change what you eat.
INTRODUCTION AND GROUND RULES

IV: OK, before we begin, I just need to set some ground rules, this is because I want you to all join in, I would like all of you to contribute. I’m using voice recorder, so please speak loudly so that I can hear you. When one person’s talking, please listen and don’t try and butt in because I need your views on things. Everybody’s going to give their views and everyone’s answer is personal, so please respect each other’s comments and listen to them. Please don’t use your names when you’re talking to each other - just say, you know the third one in from left or whatever we’re going to be doing. I want to try and give you all an opportunity to speak. If you’re not comfortable with the question, just lift your hand, and I just won’t ask you that question. Does that make sense to you?

OK, in front of you, you’ve got a little piece of paper. What I’d like you to do for me, is- you can do it that way if you like, or this way, either way- just write, a letter of the alphabet, on this piece of paper.

Next to that, then, if you can choose a number, please, between 1 and 9, please add that next to it. (And let’s pray, now, that in this room nobody now has the same one- I bet you there will be). OK let me have a quick look... fantastic, lovely, interesting one. Fantastic, nobody is. OK, happy to start?

So, if you just put those up in front of you, you will all be referred to as that letter and number, so if you could just turn it round for me, please... that’s fantastic, thank you so much.

OK, so, I’m just going to go around the room and I’m just going to ask you... obviously, at school here, there’s a breakfast, there’s a mid-morning and there’s a lunch service. 21MT8, can you tell me which one you prefer to eat, breakfast, mid-morning, or lunch?

21MT8: lunch

IV: lunch, OK interesting. 21FZ7?

21FZ7: I like midday

IV: midday. 21FE1?

21FE1: midday

IV: midday. 21MV1?

21MV1: lunch. 21FC4?

21FC4: lunch,

21MT8: lunch

21FG8: lunch.
IV: OK, that's very interesting. I wasn't expecting those at all. OK, so what is it that makes you prefer that particular time? None of you have mentioned breakfast. So, breakfast, very traditional, you've got sausages, bacon, eggs... is that your type of food? 21FG8?

21FG8: Yeah? You like that type of food?

IV: OK. 21FC4, do you like that type of food? Very traditional?

21FC4: Yeh, but I'm not in early enough

IV: OK, interesting so it's a time thing. 21MV1, do you like breakfast?

21MV1: not that much

IV: not that much, do you eat breakfast here or do you eat breakfast at home?

21MV1: at home

IV: at home. 21FE1, do you like breakfast service here?

21FE1: a little bit

IV: a little bit, alright, why only a little bit?

21FE1: because I eat most of the times at home, so...

IV: OK, so you eat mainly at home. 21FZ7, do you like breakfast here?

21FZ7: err, yeah

IV: you do. OK, so what do you like about it?

21FZ7: I like the bacon

IV: ahh, the bacon, very popular type of food yes. OK, 21MT8 do you like breakfast here?

21MT8: yeah

IV: OK, what do you like about breakfast service here?

21MT8: because its free

IV: [laughs] OK it's free

21MT8: and I like beans on toast.

IV: OK, alright 21FN4, what do you like about breakfast service here?

21FN4: well, it's good but I do just tend to eat at home

IV: OK, alright so you eat at home. So, most of you have talked about lunch, so I'm going to come onto your lunch service in a minute. One of you, I can't remember which one said you liked mid-morning. Which one was it I can't remember?

IV: 21FE1 and 21FZ7, did you say you prefer mid-morning? what do you like about mid-morning service?

21FE1: it's just that, there's different food there [inaudible]... there is different food there at lunchtime, and when its lunchtime you don't find the same food that you found there at mid-morning.
IV: OK, what's the difference in the food on offer?

21FE1: cheaper

IV: cheaper. OK alright, 21FZ7, why do you like mid-morning most?

21FZ7: hmm it's because, like, there's a variety of snacks. And when it's like lunch time, you just get
the one you just get the one course, it's the same for everyone else.

IV: OK, alright interesting thank you guys so far. In front of you a lunch menu. Now, I know it says
School, One, but you will be operating on the same menu, and I haven't had the menu given to me
from School Two, but this is the menu one of the weeks. And I've given you a pen. Could I ask you,
just to put your number that you chose, so 21FN4 at the top, 21FG8, 21FC4, 21MV1, 21FE1, 21FZ7
and 21MT8 just on the top of your menu, and just tick, what you choose out of these ranges on your
day to day please.

21FE1: can it be more than one, or do you just want one

IV: I'd prefer one, because it makes you specifically must think about it, so that when you give me
your answers back, you're going to be able to tell me which ones they are. That would be great
thank you. Just tell me when you've finished.

Unknown: miss, could you do like a food and a dessert? (female)

IV: oh yes, yes. Of course. So, when you asked 21FE1 if you could choose more than one, yes you can
choose more than one e.g., but I wasn't asking for a jacket potato, a pasta pot and a main. So I was,
just like seeing which one you preferred, but yes you can put a pudding with a main.

21MT8: The selection of hot and cold desserts, like fruits and...

IV: yes, like crumble, pies, whatever

21MT8: so, is it like fruit?

IV: yes... ooo I'm going to like asking you that question.

OK, when you're ready, if I'm not rushing you. First, has everybody finished? Yes? OK. Alright, so, can
I just ask, what type of things did you go for? Did you go mainly for the main meals? Did you go for
the pastas? Did you go for the jacket potatoes? So, I'm going to start off with 21MV1, what did you
go for?

21MV1: main meal

IV: main meals first of all, vegetarian or main?

21MV1: mains

IV: mains. OK, 21FE1, what did you go for?

21FE1: mains

IV: mains. OK, vegetarian or main 1 - we'll call main 1 the meat one and main 2 the vegetarian one.

21FE1: main 1.
21FZ7: I got main 2, but I'm a vegetarian so...

IV: OK, thank you. 21MT8?

21MT8: main 1

IV: main 1. 21FG8?

21FG8: main 1.

IV: main 1. 21FN4?

21FN4: main 1

IV: main 1. OK, so can you tell me, in this typical day at school, out of this list I've given you a list of headings. Now this is going to take a little bit of thinking, so some of you may find it quite... so some of you may want to cross it out or change them round. Could you tell me, what are the top... could you list in order what things most affect your food choice at school in either breakfast, mid-morning, or lunch service. So just put them in order, don't forget you might want to change them around, just take your time. Just give them a number and then we're going to look at the top 3 that you've chosen.

21FG8: So, if its free school meals, can you write price?

IV: yes, but that would be interesting to see if that price would still affect you if it wasn't.

21MT8: miss, is price and cost the same thing?

IV: yes, I suppose so, stop being so clever [laughs]. But thank you for pointing it out to me. OK, tell me when you've finished. Finished? I'm not rushing you, if you need a bit more time, just let me know and that's fine.

21FN4: Miss, can we put a number on two things? Like the same number

IV: Ooo, give me an example

Unknown: like, for the top, like familiarity and taste? (female)

IV: yes, you could put those together. OK so, what are your top 3? 21FC4, what are your top 3?

21FC4: cost, appearance, and price.

IV: OK. 21FG8?

21FG8: appearance, taste and familiarity

IV: OK. 21FN4?

21FN4: familiarity, taste, appearance, and hunger.

IV: Ohh OK, 21MT8? What are your top 3?

21MT8: hunger, health and nutrition and price

IV: ohh unusual. 21FZ7?

21FZ7: price, health and nutrition and time
IV: and?
21FZ7: time
IV: time. OK, now these are all not very similar, are they? 21FE1?
21FE1: price, health and nutrition and appearance.
IV: OK. And 21FC4?
21FC4: you already asked me.
IV: Oh, sorry, there, no you’re here, already written that. OK, so, these are all so different
21MV1: [inaudible]
IV: have I forgotten you, I’m sorry 21MV1, you tell me yours.
21MV1: health and nutrition, appearance, and taste.
IV: OK, thank you very much. OK, thank you very much so some very different ones here all coming
through. So, looking at it, I’ve got taste that appears, taste and appearance and they tend to come
under one type of banner if you like. So, let’s talk about taste, and appearance and textures of food.
What does taste-good food mean to you, if I asked you to describe, 3 typical foods that you see
around that you eat at school what is taste-good and look-good to you mean? Right, let’s start with
21MV1 as I missed you off last time
21MV1: [inaudible] taste is like......fresh not frozen [inaudible]
IV: OK, so fresh is important to your taste. OK that’s interesting. What about appearance, what do
you like the look of with food, what does it have to look like to you?
21MV1: it doesn’t have to look good, as long as it tastes good.
IV: OK, so appearance is not necessarily important to you. OK alright 21FE1, what does the word
taste-good food mean to you?
21FE1: something that hasn’t been like, been cooked for long and like, put away and then Monday
evening you cook it and then just give it to me.
IV: OK, so taste-good means fresh food? Or does taste-good mean that it’s not held in a container for
a long time. I’m not quite sure I understand this one.
21FE1: I’ll say both of them.
IV: both of them, OK, alright freshness OK. Do you think you get fresh food downstairs?
21FE1: yes
IV: yes. OK, OK, 21FZ7, what does taste-good mean to you?
21FZ7: urm it has to be fresh, and like, if, coz if it’s not fresh you really wouldn’t get that taste that
you’re meant to get. So, if you had frozen food, it would be like watery... [inaudible] 14:13
IV: OK, alright. 21MT8, what does taste-good mean to you? What foods taste good to you? So, give
me some ideas of items that taste good?
21MT8: mango
IV: mango
21MT8: coconut
IV: goodness me, what exotic taste you have.
21MT8: um Passion fruit
IV: wow
21MT8: chocolate
IV: [laughs] ahh, now we're talking. OK, alright. Why do they taste good to you? What makes them taste nice to you?
21MT8: they stand out, they're not just like, there's not food like it in Britain
IV: OK. Interesting. What about appearance, do they have to look nice?
21MT8: no
IV: alright, so appearance is not important to you.
21MT8: I watched this thing, of like, Jamie Oliver, he was saying, like, food should be the way it is, like, if you have a carrot, its round, it's still a carrot.
IV: right, OK, interesting. I think you should go into food tech I do. 21FN4, what tastes good to you?
21FN4: [inaudible] or just like in general?
IV: well, what is sold downstairs, and in general. You can do either.
21FN4: I like pasta.
IV: pasta. OK, why do you like pasta?
21FN4: I dunno, I just really like pasta [laughs]
IV: OK, but there must be a reason...
21FN4: I think it's just nice, like it looks good, tastes good, it's something quick and easy to get
IV: OK.
21FN4: it's not like too messy
IV: OK, so it's easy to eat. OK. Interesting. 21FG8, what items of food do you really like?
21FG8: [inaudible], or the fish and chips, or the chicken rice. I think it has that, I can enjoy it while I'm eating it rather than eating it and like not really caring about it.
IV: OK, alright. So, does it matter what it looks like?
21FG8: I think yeah it does, because like for example when you're in line you have to make a quick decision like, like, if you don't like it, you can't give it back, so I think it needs it catch your attention when you first see it.
IV: so, do you think that goes against, that’s in line with familiarity. You have to know that you like it
to choose it or... so, would you try something new if something appears on the menu if it comes out
and you’ve not seen it before?
21FG8: I would as long as it looks nice
IV: OK, OK so appearance is important. OK. 21FC4, what do you think tastes good?
21FC4: inaudible, chicken...
IV: chicken
21FC4: things that are easy
IV: why do you say that food has to be easy?
21FC4: because sometimes you have to go to a teacher, and like you have to wait in the line and
then you don’t really have that much time.
IV: OK so times quite an issue. What do you like about chicken? What makes you like it?
21FC4: I dunno, I have it a lot.
IV: [laughs] you have it a lot but you’re not sure. OK, so 21MV1, let’s go back to you. So, we talked
about taste and being fresh. Give me some food items that you say taste nice.
21MV1: like erm, vegetables
IV: you are a very unusual group [laughs]. OK Why do you like vegetables?
21MV1: because they are fresh
IV: OK, alright, what else do you like? Is there anything else?
21MV1: I like chicken as well
IV: chicken? OK, why do you like chicken?
21MV1: because they’re a finger-licking good
IV: [laughs] that goes against everything you’ve said, that’s not fresh though really, is it? So, you eat
fast food. OK so 21FE1 lets go back to your taste good. Give me some idea of the foods that you say
all that really tastes good, to me that’s really taste.
21FE1: lasagne and pasta
IV: OK, why do you like these?
21FE1: because I eat it at home as I’m Italian
IV: alright, so they’re familiar, OK. 21FZ7, you talked about fresh food. Let’s give me some food items
that you really like that you say they’re mine because I like the taste of them.
21FZ7: umm waffles with fresh syrup
IV: now we’re talking.
21FZ7: doughnuts with sugar on, Swiss buns
IV: wow, OK. Right interesting, so, 21FZ7 those food items are really interesting, they don’t reflect any others of the group but that’s cool. That’s good. But you say the freshness is really important yet waffles doughnuts and icing are not necessarily fresh foods so that’s a little contradictory so which would you prefer out of those two groups?
21FZ7: um like out of the doughnuts?
IV: yeah, well do you want fresh food... do you still think doughnuts are classified as fresh food?
21FZ7: yeah, like if they’re freshly baked then yeah
IV: OK that’s fine, that’s cool, thank you very much. Let’s go onto some more. OK, so are there foods that you don’t like the taste of that you say you wouldn’t eat, you don’t like them on the menu, and they’re not your thing. So, let’s start with, who did I start off with last time? Let’s start with 21MV1.
So, let’s go backwards. 21FC4, what would you not like, what does not taste good to you?
21FC4: sometimes the chicken is pink, so then it puts me off
IV: oh right, OK. Anything else that you don’t like? Whether it’s the texture, the smell, the taste 21FC4: sometimes, it has made me sick before
IV: oh, OK. Alright anything else apart from pink chicken?
21FC4: no
IV: no. OK, 21FG8, what don’t you like? What foods on this menu, or not on this menu, that you see at service mid-morning that you go ‘oh I just really couldn’t eat that’?
21FG8: sometimes, things just aren’t as cooked as they could be. So, for example with peas, they are a bit hard, the jacket potato is a bit like raw.
IV: OK. Alright 21FN4? What don’t you like the taste of?
21FN4: I’d say some of the desserts because I’m a very picky eater. So, there’s like stuff like er, peach crumbles and I just don’t like the appearance of it and the way it looks
IV: why?
21FN4: it just puts me .. I don’t know, it looks a bit messy
IV: OK, so what do you want? What would you like?
21FN4: I kind of prefer sweet things
IV: OK So it has a definitive shape or...?
21FN4: yeah, it just [fake wretches] I don’t like things messy, so
IV: [laughs] OK, 21MT8, what don’t you like?
21MT8: I don’t really know, I like everything
IV: you like everything?
21MT8: yeah, I’m not fussy eater
IV: so, there’s nothing I could give you that you would go oh no please don’t give me that smells...or
21MT8: no
IV: so... stilton cheese
21MT8: stilton cheese? Give me a bit of crackers
[laughter]
IV: OK, what about ... what about spiced piccalilli or?
21MT8: what's that?
IV: Oh, it's like a pickled cauliflower in bright yellow sauce it's
21MT8: Umm arrr I'll try anything like my mum my mum like on Sunday my mum gives me like this
like you know like cabbage, you know like the purple cabbage
IV: oh yes red cabbage
21MT8: red cabbage with red like- I don't know what it is- it's like purple sauce. And we have
cauliflower with like cheese
IV: I like your mum she sounds great.
21MT8 I eat, I eat a lot
IV: that's fantastic. OK thank you 21FZ7? So, what don't you like wouldn't you eat, what would make
you go no I couldn't face that?
21FZ7: beetroot
21MT8: I love beetroot
IV: how interesting, why?
21FZ7: because once you put it on its just weird and when ... then like once you drink something the
purple affects the drink runs into each other
IV: is it the colour
21FZ7: the colour OK it's just the taste that puts me off
IV: interesting
21MT8: I eat beetroot with every meal
IV: how do you eat it? How is it cooked?
21FZ7: my mum buys it fresh from Marks and Spencer's and cuts it up. If it is fresh beetroot, it is
sweet and has a fresh taste
IV: It does have a sweet taste OK interesting. 21FE1 what don't you like the taste of?
21FE1: in general, or in school?
IV: in school not at home please or we will be here all day
21FE1: I like everything in school.
IV: what about 21MV1?
21MV1: I don't like pepper
IV: why don’t you like peppers?

21MV1: they have a weird taste of peppers

IV: taste or texture?

21MV1: taste

IV: why don’t you like the taste of peppers? They are quite sweet

21MV1: I don’t know I just don’t like the taste of them

IV: OK fair enough. Alright so, yes 21FN4?

21FN4: I used to eat mac and cheese and there have been times when I have found onions hidden in the mac and cheese and it wasn’t cut properly which put me off.

IV: there shouldn’t be onions in mac and cheese...maybe it is a way to get more vegetables into you.

So really surprisingly none of you mentioned your friends or peer pressure. A lot of young people like yourself talk about their friends having an effect on what they eat. Do you feel as though you should eat what your friends are eating? Do you feel as though your friends influence what you eat?

21FC4?

21FC4: no not really

IV: so, they don’t influence you at all? So, if you’re standing in the queue and you choose all healthy stuff and they all choose pizza, does that make you think you should eat pizza with them?

21FC4: no.

IV: no OK.

21FC4: [unclear]

IV: I like that 21FC4. 21MV1 do your friends have an influence on what you eat.

21MV1: no

IV: no OK interesting. Just because they don’t for 21MV1 and 21FC4 you can say yes by the way guys.

21FE1: if you’re standing in a queue and your friends choose something that is unhealthy, but you choose something that is healthy, does that affect what you choose to eat?

21FE1: no because my friends have their own taste and I have my own taste.

IV: guys I like this. 21FZ7 any peer pressure to eat the same as your friends?

21FZ7: eermmm I mean not really but sometimes I get what I feel like but when I can’t choose, I ask my friends.

IV: and what would they choose for you?

21FZ7: I don’t know, maybe waffles.

IV: OK so we have come back to the sweet taste. OK 21MT8 how influential are your friends?

21MT8: not really, I am very healthy, so I eat more healthy things. I see my friends go to MacDonald’s, but I eat fish, I won’t eat MacDonald’s.
IV: OK, 21FG8 friendships or peer groups?

21FG8: not overall, for example my friends might eat healthy, but I choose something unhealthy. But it can tie in with time sometimes. So, for example if my friends want to go and do something, I may choose something more quick so we can be together.

IV: OK that is interesting. 21FN4?

21FN4: you could say over the years my independence of what I choose has got better, but when I was younger, I did tend to kinda choose more unhealthy options because my friends would choose pizzas or something but now, I tend to bring in my own vegetables and stuff to eat myself.

IV: OK interesting. Alright so generally speaking some of you have said in the group peer pressure has got less as you have got older and more independent, but most of you have said that they are your own thoughts, and you are independent. One of you mentioned how hungry you are affects what you choose. So, what foods do you choose when you are really hungry at school? When you don’t really want to think about it you want food that will fill you up and you just want food because you are hungry. Let’s start with 21FZ7, what foods do you choose when you are really hungry?

21FZ7: so, it depends on how hungry you are.

IV: I just said you are really hungry.

21FZ7: I would like to get a jacket potato because it is a simple meal, but it is also something that will fill me up.

IV: OK jacket potato. 21MT8?

21MT8: this is hard, if I’m really hungry I will get a main meal and maybe a pudding, but I wouldn’t get anything at break.

IV: why would you go for a main meal?

21MT8: when I think of it, I believe that break is like a treat, so it should be on a Friday because Friday is a treat day.

IV: so, main meal if you’re hungry and jacket potato if you’re hungry. 21FE1?

21FE1: I would say if I have a certain amount of money to spend at school and I am hungry, I wouldn’t eat at break time- I would save my money for lunch time so I could buy something that would really fill me up.

IV: OK interesting. 21MV1?

21MV1: I would eat the first meal that I see when I was hungry.

IV: which would be what? breakfast, lunch?

21MV1: lunch

IV: what would be the first thing you see at lunch?

21MV1: I don’t know.
IV: so, where the canteen is laid out, in my head where you queue up what do you get first?

21MV1: main meal.

IV: OK so main meal. 21FC4 you’re hungry what are you going to eat?

21FC4: probably the main.

IV: what about you 21FG8?

21FG8: either a main meal or a jacket potato.

IV: 21FN4, what about you?

21FN4: (laughs) I would go for a sandwich

IV: OK great, none of you have spoken about most my findings. Most of my findings are when young people are hungry, they go for things that fill you up and the things that are cheap, like the pastas and pizzas or ice buns and cookies because they are easy to eat. None of you have mentioned that.

Only one of you have mentioned something sweet. So, do any of you, apart for 21FN4 who has mentioned crumbles and sponges, do any of you eat sort of cookies or doughnuts? Yes, so just 21FG8- you eat cookies and doughnuts? And 21FZ7 you eat cookies and doughnuts. 21MT8?

21MT8: I have to restrict myself a lot because I play football at a club level.

IV: why would you restrict those?

21MT8: because they are not healthy for you. If you have a big game on the weekend, you’re not going to have a Mac Donald’s or a Mac Donald’s breakfast. You’re going to have fruit, maybe toast.

IV: OK, so do you classify foods into groups? Because you mentioned healthy, what do you classify the other foods as? 21FN4 what words come into your head when I say there’s a healthy food group and there’s a... what do you young people call these foods?

21FN4: fast foods

IV: OK, G8?

21FG8: fast foods. Treats.

IV: 21FC4?

21FC4: fast foods or finger foods

IV: OK, 21MV1 what do you call them?

21MV1: normal foods.

IV: OK so there is no difference, food is food?

21MV1: mmm

IV: 21FE1 what do you classify that group as?

21FE1: sweets.

IV: OK so there are healthy foods and then there are sweet foods. Can you have unhealthy sweet foods?
IV: what would be an unhealthy sweet food?

21FZ7: I would classify them as greasy food.

IV: greasy food that is interesting. What greasy food would you say is unhealthy and you don’t like?

21FZ7: um I would say burgers, coz when people cook burgers, they put oil into them and that is greasy.

IV: OK so burgers. 21MT8, what do you classify them as?

21MT8: just unhealthy food. A treat coz, you’re not going to have it every day, so you won’t have healthy food every day of the week, so you have got to restrict yourself from having it every day.

IV: OK, 21FN4?

21FN4: what we said about the greasy foods, when you have pizza sometimes at break time, me and my friends have noticed when you put the napkin underneath or on top a lot of grease comes off and that’s one of the problems my friends have told me about.

IV: OK would that put you off?

21FN4: (laughs) Erm no

IV: OK one of you mentioned sugar, some of you said that sugar is bad. The government are trying to talk about our sugar intake and how to decrease our sugar intake. I am sure you have heard it; Jamie is always talking about sugar. Is this important for you to decrease your sugar intake? 21FC4?

21FC4: erm I don’t know because sometimes it can lift you up if you feel sick or if you are having problems (unclear).

IV: OK interesting- so you’ve got emotional ones or about how you feel. Anyone else like to tell me about how they feel about sugar? 21MT8?

21MT8: it depends as some sugar is natural sugar, so if you’re feeling down or in the morning- you know like teachers have coffee in the morning, to get them up for it, maybe have orange instead because it has a lot of natural sugar.

IV: OK 21MT8 you are quite knowledgeable aren’t you. OK so get you through the day. OK anyone else want to say what they think about sugar.

21FN4: as I am getting older, I am getting older I am kind of learning how to control sugar intake, but there are certain times of the month, you know, when you want something more sugary and not natural, so like we would go for a doughnut or chocolate or something. So, it’s necessary sometimes.

IV: so, you see them as an emotional or physiological pick me up. 21FZ7, do you like sugar or do you think it is a bad thing? Do you think you would restrict your sugar?
21FZ7: no
IV: why not?
21FZ7: because I like sugar, not by itself as it would hurt your throat. But if you were like hungry or if
you didn’t have access to the lunch hall you could just go in your bag and just eat a snicker.
IV: OK so it goes down to convenience of having that food there.
21FZ7: yes.
IV: OK - 21FN4?
21FN4: I don’t really like sugar, but I tend to not put it into my meals. For example- chocolate, I like
dark chocolate, so I go for the darker chocolates like the 85% but they are the ones with less sugar in
them. But I think one of the main problems is sugary foods and what you call unhealthy foods tend
to be cheaper than actually what is considered healthy foods whether it is outside of school or inside
of schools. So, I think that’s why a lot of people go and eat unhealthy sugary food rather than what
the school is trying to sell as healthy food.
IV: OK so a lot of you have spoken about convenience would any of you choose a food/meal when
you would use a knife or fork? Any of you eat with a knife and fork at school? 21MT8?
21MT8: it depends what type of food it is, coz if it is like cheese and crackers you would eat with
your hands. But if it is jerk chicken you would eat with your hands. But if it is lasagne, you wouldn’t
eat that with your hands.
IV: OK and do you like foods where you sit down and eat with knife and fork on a plate?
21MT8: yes
IV: do they do plates here?
All: yeah
IV: So that’s normal for you guys to sit down with a knife and fork and eat?
All: yeah
IV: OK so do you like food that you can take away? 21FG8 you mentioned something about your
friends and going quickly. Is that important for you?
21FG8: yes, so if you’re in the older years, and you have exams and revision and stuff I will know I
will have to go somewhere at lunchtime, I will probably get a salad or sandwich or something I can
take away because I know that I can go to the place I need to go but also still have lunch
IV: OK interesting. Anybody else want to talk about convenience and eating, yes 21FC4
21FC4: I am a prefect, so for the first time I only get 15 minutes to eat, like I may need to talk to a
teacher, and I don’t get much time because the lines are long.
IV: OK so does time then affect your choice of food?
21FC4: yes, I would want to pick something quick so I have time but then I would rather sit down and have something.

IV: OK interesting, so do you think the school should have longer for their break?

Most: yes

IV: anyone not think the school should have longer for their breaks?

21MT8: no- what is more important, you are having 45 minutes break and playing with your friends or whatever sixth formers do, or you for your GCSEs missing out on something really important that will get you 5 marks.

IV: wow T8 you have some enemies now .. why do the people with their hands raised disagree with 21MT8, yes 21FN4?

21FN4: when you start getting to the older years, and you start to realize how important your exams are, I will grab a salad and sandwich pot and take it into the sixth form room because I have to catch up on work or do something- so I feel like now I don’t have much time to eat and sit down with a knife and fork and eat like year 7s and 8s do. So, I have put my exams first before my food, because I don’t really have enough time. So, for example if people need to talk to a teacher or get held back in classes and you can get to the canteen, and they are already cleaning and packing up so there won’t be any time to eat.

IV: OK 21FN4- limited time. 21MT8 is saying schoolwork is very important, but 21FN4 you are also saying the same that schoolwork is important rather than extending the break time that learning is important. So, what foods would you like to see to pick up and take to the sixth form and eat, what would you choose to eat?

21FN4: well, I really like the salads in school, but more of the teachers opt for the salad and they only put certain thing inside salads. So, a lot of the time students want to go and get the salad but there isn’t enough variety. I think a lot of people see that because a lot of the teachers and sixth formers have to run in and out of places to do things, they tend to go for the salad options but there is either not enough quantity of food there or there is not enough to pick out from.

IV: OK interesting, so what would you like to see there? What would be your ideal salad?

21FN4: I quite like when they have vegetables like actual lettuce and pasta and cucumbers.

IV: OK interesting. 21FG8 you wanted to talk about time, and longer and shorter lunch breaks and what foods would you like to see?

21FG8: I think that making lunch times longer is a kinda a priority for certain groups, I know it may not be able to happen, but I think that a lot of time for example sixth formers they prioritize their lunchtime or their work between. So, I think one resolution would be to have their main meals which fill you up, we could take away the main meals, like with salads you can take them away because
they come in a takeaway container. If we could also take away main meals that would be more
helpful. For example: I could still take away the main meal which will be able to fill me up, but I
would still be able to do my work. Because you can’t go in the dining hall and put your folders on the
tables and eat, so if I could take my main meal as well as my salad to the common room that would
be a lot more useful rather than going through the process of extending lunch time.

IV: that is a very interesting comment, thank you 21FG8. 21FC4?

21FC4: I feel like lunchtime should be extended because I feel like a lot of the time a lot of people do
not have enough time, because sometimes when it comes towards the end of lunch people are
being rushed and then people are trying to come in and get this and that but at that time people are
packing away. So then if for instance someone has been in detention for half of the lunchtime, they
do not really have enough time to get to the canteen to get sandwiches because they have already
started packing up.

IV: OK so what is the answer? Is it to extend the lunchtime? Or is it to have a different way of serving
the food?

21FC4: I think both because especially now the GCSEs are getting harder, I feel like it should be set
that people get called down a tiny bit earlier, so in period 4. So maybe year 7’s goes ten minutes
early, year 8 five minutes early then whatever. But I feel time should be set for lunch and then time
for revision and homework and whatever.

IV: OK interesting, thank you 21FC4. Does anyone else have anything they think on time they wanted
to talk about. Yes, 21FE1 what did you want to say about time?

21FE1: I wanted to say that lunch time should be longer because by the time that you have queued
up and got into the hall and finished packing up so it should be longer. But at the same time, it
affects the hours of my learning because if the lunchtime becomes longer that means I will come out
of school later.

IV: OK so are you saying it’s the lunch queue is the problem? So, what are you saying is the answer
to the school queue, so what’s the answer for school food to reduce the problem of the queue?

21FE1: I think that erm, all of the years should be 5 minutes earlier to lunchtime, so there will be less
traffic in the queues.

IV: OK so stagger it. OK, 21MV1 time for you and eating?

21MV1: I don’t think lunch should be extended but because are in detention they can get more time
after their detention to eat.

IV: so, you think that teachers could make it a longer detention for you guys if the lunch is longer?

B1: yes

IV: that’s interesting. 21MT8?
21MT8: it's your fault for being in detention, so it should be your lunchtime that you get take up.

IV: OK so it's a penalty. We need to keep this on food. 21FN4?

21FN4: I think with the whole thing about some people not getting enough time to eat and being rushed, is because as the years go by the school must accept more people. And I have noticed, especially this year, when I come out from getting my food I go outside and I see a huge queue with year 7 and 8 and younger years, and I think by the time they get in and get their food how are they going to have time. So, there has been a problem with people not getting enough time to get the food and being rushed.

IV: so, what is the answer 21FN4?

21FN4: I think I agree with 21FC4 saying that some of the years should go earlier, so they can finish earlier, and another person comes, so they each have their own time to eat.

IV: in a few weeks' time we will be doing something to change the food and I want to see what you think about this. We haven’t had a chance to talk about health and nutrition, which some of you have mentioned which is very pleasing for me. So, I am going to be talking to you about how we can make food choices healthier, and I would like your views on this. We have covered taste, what tastes good to you, what looks good, we gave covered hunger, time, convenience. Do you ever miss a food ever miss a meal? 21FC4 yes?

21FC4: I have had to as I have to prioritize work, or there have been times where I have been on duty and have to see a teacher so when I go to the canteen, I have missed it.

IV: interesting, anyone else missed a meal? No 21MT8, 21FZ7?

21FZ7: no, I don’t eat at break time so I can save money to eat at lunchtime.

IV: interesting. 21FE1 ever missed a meal?

21FE1: no. I just missed break time to save money.

21MV1: no

21FG8: yeah- I skip a meal so I can do more work as I can’t do both at the same time.

IV: OK interesting 21FN4?

21FN4: not on a regular basis, but the same as 21FC4 I have this year. Same reasons as G8

IV: just in sixth form?

21FN4: no since year 10 and 11.

IV: so, workload makes a difference.

IV: thank you so much for your time, you have been very helpful. I hope you come back for the second interview after we have done our experiment, thank you so much.
School Two: Second Focus Group: PRE-INTERVENTION 27th September 2017

Males J7, Y7, X3.
Females A8, I2, Z3, Z4

Intro as before

IV: OK if you can just put these up this is how you will be referred to throughout this OK so let me check I don’t have anyone that is the same

Someone: like this?

IV: yes, that’s perfect 22MJ7: 22FI2, 22FZ4, 22MY7, 22FZ3, 22MX3, and 22FA8:

IV: before we begin I need to go over a few ground rules with you I will refer to you as these numbers and letters together and that is how You will be identified through what you say there is nothing else to record that can identify you as a person that number one everybody may have different viewpoints that’s fine so let everyone express their few points and don’t over ride then when you do have something to say that’s fine if you don’t want to answer the question just raise your hand and I will say things like 22MJ7: does not want to answer this question or 22FA8: whoever it is, there is nothing else apart from that it will last about 45 minutes if you are not comfortable and do not want to stay I respect that and you are free to leave at any time are you happy with that so far?

OK alright so looking at your school food obviously there is a breakfast there is a mid-morning and there is a lunch break out of these three breaks they all serve very different foods what breaks do you like and why. Let’s start with 22FZ4: so, said for what break do you like and why

22FZ4: lunchbreak

IV: why do you like lunchbreak?

22FZ4: because there are more options

IV: right 22MY7: what do you like best?

22MY7: I actually don’t know

IV: ok if you’re pushed a little bit could you make a suggestion as to which one was your most preferred one?

22MY7: if I’m pushed to make a suggestion, I’d probably say mid-morning

IV: what’s on mid-morning that you like of these choices so much?

22MY7: urn mid-morning has the pizzas and panini..... and the panini are hot not cold, and I think that’s good

IV: that’s interesting OK 22FZ3: what do you like the most

22FZ3: the lunch

IV: why do you like the lunch menu best?
22FZ3: I can bring a packed lunch instead of having to eat the school food
IV: so, you don’t eat school meals here OK interesting
22MX3: what do you like best out of the school food breakfast mid-morning or lunch?
22MX3: I’m the same as her to be honest 22FZ3: I don’t really eat school dinners to be honest
IV: OK that’s fine I will come back to you two in a moment I will probably have some different
questions, 22FA8: what do you like best out of your breakfast mid-morning or lunch?
22FA8: well lunch because same as 22FZ4: like more choice more
IV: alright thank you and 22MJ7: which one do you like best?
22MJ7: mid-morning because there is a variety of food snacks and drink
IV: so more snack ones like 22MY7: and 22MJ7: you both prefer the hotter snacks more than the
main meal - 22Fi2 which do you prefer?
22Fi2: I prefer lunch too same 22FZ4: because there are lots of options you can choose from
IV: OK alright in front of you - you have the menu from the caterer what type of food could you just
write say 22FZ3: or 22FA8: and just tick which one you want to go for obviously the choice of jacket
potato covers a range and the pasta pots cover a range and for 22MX3: and 22FZ3: if you were to
have school lunches just identify which food you would go for please. Just give them a tick and right
at the top your chosen letter and number please. OK when you have finished - if I’m rushing you let
me know. When you have finished that then on a piece of paper, I have given you some choices
about what affects your food choices the most. Price and cost or similar so keep those together. You
have the sheet here and it’s got peers, friends, media, taste appearance and time. Could you put
these in some form of order as to which affects your food choice at lunch the most please?
22MY7: like a number?
IV: yes just go down and put, so say you put taste first you put one by the side, if you feel time is the
first you put one by the side of that and then what I will do is ask you your top three reasons and
choices. I’m so sorry I have forgotten your number could you just let me know which one you are oh
yes I see it now thank you OK when you have finished that just let me know on your menu you will
have ticked certain foods whether they be a main, a pudding, I know some of you prefer mid-
morning but can I go round and ask you which sorts of foods you’ve ticked let’s start with you 22FA8:
what did you choose?
22FA8: well for Monday I chose pasta, noodle, or rice with freshly made sauces because I quite like
pasta
IV: OK and for the rest of the days have you gone for vegetarians or the main one?
22FA8: kind of like mixed because Tuesday that’s roasted vegetable lasagne and for example from
Friday there is a roasted vegetable ratatouille.
IV: Ok what makes you choose these main courses particularly?
22FA8: well because kind of like I’ve tasted them before, so I know they taste good
IV: so that they are familiar to you - 22MJ7 what did you choose on the menu roughly as an idea?
22MJ7: on Monday I choose chicken with rice and mango and for dessert I have peach crumble and custard sauce, Tuesday I choose roast vegetable lasagne with green beans and bread and butter pudding and custard sauce and on Wednesday roast chicken with seasonal vegetables, Thursday Thai chicken noodles and Friday fish and chips
IV: why do you go for the mains rather than the pastas and jacket potatoes or the salads?
22MJ7: I mostly get the mains because they have protein in it.
IV: OK thank you that’s interesting 22FI2 what did you choose mainly?
22FI2: on Monday I chose chicken Balti because it’s hot
IV: OK you like hot food?
22FI2: yes, Tuesday roasted vegetable lasagne with green beans bread and butter pudding with custard sauce, Wednesday, roast chicken seasonal potatoes and vegetables, Thursday Thai style chicken noodles and on Friday the seasonal fish with chips and beans because I like fish
IV: OK thank you so you like hot food 22FZ4: what did you choose - do you go for the mains or the mains 2 which is vegetarian or the pastas or jacket potatoes?
22FZ4: it’s kind of like between the vegetarian options and pasta
IV: OK so are you vegetarian?
22FZ4: yes
IV: OK alright do you like the pasta choices do you think they’re fairly good?
22FZ4: I think they’re OK I mean but I wouldn’t use them if they were better vegetarian options
IV: OK thank you 22FZ4, 22MY7: what do you chose?
22MY7: well for a starter, I didn’t know the vegetarian options were so varied until now - this school does not advertise its menu well enough and based on that reason what I normally do I picked Pasta for the first three days and then on a Thursday I would have picked the stir fry noodles the vegetarian noodles because they are vegetarian meals and on Friday I would have gone for the fish of the day
IV: alright what why would you go for the pastas on for the first three days?
22MY7: well again I didn’t know what the vegetarian options were so I would go for the pasta as it’s familiar and a safe choice
IV: alright
22MY7: even if it’s not the best tasting thing it’s definitely not going to be something, I can’t eat
IV: 22FZ3 if you chose these if you did have lunch here what would you choose and why?
22FZ3: I'd choose either pasta or fish throughout the week because they're familiar to me and I think the pasta will be less pricey than the main meal and I'd also have deserts because I like sweet foods

IV: thank you and 22MX3: what would you have?

22MX3: I'd have things that are more kind of exotic

IV: right, what's your definition of exotic?

22MX3: things I wouldn't normally eat like kind of stir-fry and things like that I'm not a big fan of things that are too healthy which is why on Tuesday I put the pudding because you know I'm a big fan of that

IV: thank you, given the list I asked you to identify the top 3 that are important to you when choosing your food - what are the top three that you have that are important to you?

22Fl2: price then health and nutrition and taste

IV: thank you 22FA8: what are the top three choices for you?

22FA8: taste then health and nutrition and then appearance

22MJ7: I picked hunger, taste, and time

IV: OK thank you and 22FZ3:

22FZ3: I chose appearance taste and price

IV: OK thank you and 22MY7:

22MY7: I picked culture, familiarity, and taste

22MX3: urn taste, hunger, and price

IV: OK

22FZ4: I chose convenience, hunger, and familiarity

IV: thank you a lot of you have mentioned taste so if I asked you what foods taste good to you what does taste mean to you and why do these foods taste good 22FZ3: can I start with you if you don't mind?

22FZ3: I like sweet foods I don't know why but I really do and food that have a lot of seasoning in them because there's lots of different flavours you can taste

IV: OK so give me an example of seasoning and flavours you give me an example of foods you like the taste of?

22FZ3: I like stir-fries because you can add sweet flavours to it and soy sauce as well vegetables and salt and pepper

IV: OK and something very sweet what would you choose then

22FZ3: peach cake

IV: and 22MY7: what does taste mean to you what's the word great taste mean to you?

22MY7: anything that comes out of my mum's kitchen
IV: OK bring it to school
22MY7: I don't know as a kid I've sort of adapted to eating food from my mum's kitchen and it's sort of it's the nicest food ever because when my mum makes a desert it wouldn't be like sweet or it will have a bit of sourness to it which will make it really good when my mum makes a main course it always seasoned to the best it can be I'm used to food with a lot of spice and lots of flavours going in
IV: do you think there is a lot of spices and flavours in the food on offer here?
22MY7: no generally
IV: would you like to see more spices and seasoning in your food here?
22MY7: definitely
IV: thank you 22MY7, 22FZ4: what does it taste great mean to you?
22FZ4: probably the food that you'd want to eat over and over again is something that tastes good for me personally a vegetarian lasagne I really like stuff like that
IV: OK thank you 22FI2 what tastes good to you?
22FI2: taste good to me is something I really really like, like what I'm used to eating I don't like trying new stuff I tend to go for more of the sponges, custard
IV: thank you and 22MJ7 what does the word "taste good" mean to you and give me some foods?
22MJ7: taste means to me something I look forward to eating something that I would go again to eat something that I would pay more to eat something I would eat again and again so taste to me personally I've got a sweet tooth so when I eat something I like sweet foods I like something sweet I don't like sour food I like chicken
IV: what's the sour food to you?
22MJ7: on some occasions I think fish can be sour
IV: OK alright and 22FA8: what does it taste great mean to you what foods do you think it taste great?
22FA8: well sometimes I like to have fast foods from time to time but not very much I like vegetables because I just like a lot of variety because I don't like eating the same things over and over again from time to time, I can have the same thing but then if it's to repetitive I kind of lose my appetite
IV: so a lot of people around this table have talked about food is having to be familiar - do you feel you're the opposite to them do you feel that you like to try new foods and if these new foods were on the menu would you try them?
22FA8: yes, but if for example if my mum made like chicken, I mean I eat that repetitively because I really like it and I'm so familiar with it but for example if it was like a school dish, I probably wouldn't eat it repetitively
IV: and 22MX3 give me some foods that taste great to you?
22MX3: I like meaty scrumptious juicy food

IV: give me some examples?

22MX3: you know like a nice big burger; you can dig into that over and over again I love them

IV: that's interesting we all have very different views about food some of you around this table have
got a sweet tooth you say so the government are suggesting that we decrease our sugar intake do
you think this is of interest to you to decrease your sugar consumption let's start with 22Fl2

22Fl2: yes of course for your health and second of all they are trying to help and if there was too
much sugar in like everyday food, we would get fat

IV: OK interesting 22FZ4 what do you think about sugar intake and is it of interest to you to reduce your
sugars?

22FZ4: I think personally it is personal choice and by doing so you can decrease the risk of heart
disease, diabetes and these things that are affected by sugar intake

IV: OK thank you 22MY7 are you interested in reducing your sugar?

22MY7: I was interested in reducing my sugar intake but not anymore because I have already done
that a long time ago so I am fairly happy with my sugar intake because again I've been adapted just
generally yeah, I've been adapted to eat foods with less sugar so sometimes I have a desert and it's
too sweet and I can't eat it I can't eat it if it's too sweet

IV: how have you adapted?

22MY7: well, I never really ate as many sweets and crisps and stuff as other kids from a very young
age and as time went on when I would eventually have more like deserts, but they are ones my mum
makes, and my mum is very concerned about her sugar intake and everyone's sugar intake in the
family so it's sort of past down the line so it's second nature to me

IV: OK and 22MJ7

22MJ7: to me personally I think I should reduce my sugar intake but certain other people the sugar
intake the government can but that's not going to make a lot of people unhappy because some
people need more sugar in their food or less in their food so I think they should suggest it but
shouldn't encourage it some of the people they are free to if I were to eat personally if I saw a lot of
sugar in the pudding I would eat it less than if there was less sugar because as much as I like sugar if
there is too much sugar I would there's a certain amount of sugar I can take

IV: thank you 22FA8 what do you think?

22FA8: well although I like sugar very much, I think it will be good for everyone's health like maybe I
don't know some people might not like it because some people for example they put sugar on their
Frosty's and I think that's not very healthy and it increases the chance of heart attacks and diabetes
and other diseases

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IV: OK thank you 22MX3?
22MX3: me personally I don't care how much sugar I consume like more sugar like to an extent you know like I'm not going to eat a bag of sugar, but I am going to eat something that has sugar in it but for the whole population like a school or something yeah, I think they should reduce it. Not too much to the point where it's like you know like there is no sugar in it at all but yeah just a little bit
IV: alright 22FZ3: what do you think you have a sweet tooth?
22FZ3: I have a sweet tooth, but I don't think the government should force these restrictions because what if someone has diabetes and their blood sugars are really sensitive and on top of that each person has a different amount of sugar intake that they need to have or prefer to have and it's their personal decision rather than have ...government
IV: so when I ask you all generally this is a healthy food and a lot of you have put health and nutrition in your top three that affects your food choice so if I classify this as healthy food what do you call the other type of food do you have a terminology for it what do you use the word of let's start with you
22FA8: are you clear what I'm asking?
22FA8: well for example if you had fast foods like some of them are really bad like but some of them are not bad for example really oily foods but not including fish and like they I don't know how you call it but for example in McDonald's, they do all the meat and the burgers on the same thing so its kinds of like all the fat spreads into the burgers and it's kinda like unhealthy for everyone
IV: so, you classify it as healthy food and fast food is that how you group them?
22FA8: yes, but only to a certain extent because some fast foods aren't as bad as others
IV: what would you call it 22MJ7?
22MJ7: I'd call it fast food so there is fast food and junk food
IV: junk food?
22F12: same as J2 junk food as its junk
22FZ4: probably like over the top food like food high in too much sugar and fat
IV: I've never heard of that before 22MY7 what do you call it?
22MY7: it depends, there's some food that is just so bad I just look at it and think it's a waste of ingredients
IV: give me an example?
22MY7: anything from MacDonald's I haven't eaten anything there I hate it I think Macdonald is the supreme King of junk food if you wish because of how bad it is
IV: what makes you think that? why do you think they are the leaders?
22MY7: a lot of reasons really their food is way cheaper than any other food chain and that in itself is concerning because you have to realise that there is a way that they are cutting corners in their
cooking in order to get food to us at such low prices this and I don't, or I can't really live with that I
wouldn't even if I was short of money I wouldn't
IV: interesting thank you 22FZ3?
22FZ3: there is healthy food and unhealthy food
IV: thank you
22MX3: food that you eat for the sake of eating
IV: so, you classify that as unhealthy so what do you eat for the sake of eating
22MX3: a bag of crisps that's unhealthy because you're not going to burn it off
IV: so, these foods bring me onto my next topic so if I said to you - you are really hungry you are
really hungry what do you choose when you're really hungry and what is this food type who would
like to start?
22FI2: apples
IV: I've never heard that one before why an apple? I keep them because it's easy just to take it out
and eat it
IV: what's hunger food to you?
22MY7: Weetabix and a banana and then I would head out to the gym
IV: can you keep this to school food?
22MY7: a sandwich
IV: why would you choose that?
22MY7: because you can pick it up and take it wherever you want especially if you're short of time
IV: thank you I need to come back to that
22MI7: I would go for rice and chicken if I'm outside and I've got 3 pounds on me I go to subway I
genuinely hate McDonald's, I go to KFC or Subway is healthy they have a salad section which I find is
the best bit
IV: interesting
22FZ4: fruit or sandwich, fruit because I like fruit and sandwich which for the convenience you can
walk with it
22MX3: probably my half a sandwich that's been left in my bag for a few days
22MY7: are you not concerned about mould?
IV: 22FA8: what about you?
22FA8: well I'd grab just a popcorn or fruit because if I'm that hungry I need like a quick snack
22FZ3: when you are starving or hungry
IV: that's a very good question let's keep it to hungry starving is food for a very long period of time
22FZ3: I would eat rice or pasta that's filling like carbohydrates as that fills you up
IV: so thank you that’s a really interesting mix of opinions foods but what’s come across to me that you want something to eat and go so how would you all feel about sitting I’m very surprised in this school that you have knives forks and plates?
22MY7: really
IV: very surprised
22MY7: we are very surprised that you are surprised
IV: it’s because I’ve been in many schools and a lot of it talks about convince and you like to pick your food up and go which is why you chose some of these foods. So how do you feel about the word convenience and what’s a convenience food to you at school - anyone want to start that off?
22MX3: how fast you can eat it there is no fuss there is no mess and when you’re done you can do whatever
IV: so would you if they served your main course food which generally have a high nutritious content would you be interested if that could be in a takeaway container you could walk off and eat
22MX3: yeah, like chicken curry in a bag?
IV: well, it won’t be in a bag
22MX3: but you see those meals that you can be ready to eat like in the army chicken in a bag.
IV: What else does everybody think about the word convenience and food without a knife and fork yes 22FZ4?
22FZ4: personally, I buy something I can eat whilst I can do my work whilst I’m studying, I might have a test the next lesson so eat, and move and revise at the same time
IV: so, would you eat a main meal if it was available in a take away container?
22FZ4: probably not because I have to use something like a fork to eat it
22FA8: I’d take something that easy to carry easy to hold and transport so you can't take rice in your hand unless your 22MX3: but you can take an apple or a banana
IV: what about a spoon and container
22FA8: maybe but I'd rather go for compact small like something
IV: how is your pasta served here is it in a tub, so it is it takeaway?
22MY7: it’s takeaway-ish something like everyone said something you can grab and go
IV: is this the way forward for your age group
22MY7: we are quite restrained for time especially as you go up to year groups you will find you have less and less time so yeah definitely if you can save 10 or 15 minutes that would be amazing
IV: OK so 22MY7: if I asked you how you save time as providing food “time” is a big issue I understand that. You are all studying to get higher grades you tend to spend longer at school how
can school food be made nutritious be able for you to select it and be quick for you there are all
these factors how do you combine this time that you have?
22FZ4: probably like may be like pasta pots or something
IV: but they do pasta pots downstairs so is that the answer?
22FZ4: yeah, but they don't really have like ... lids so you can close it up and shove it in your bag and
you have to move somewhere with it
IV: ok so possibly lids 22MJ7: what do you think?
22MJ7: they don't really let you take food outside the canteen
IV: they do let you?
22MJ7: they don't
22MY7: they only let 6th formers take stuff out maybe year 11 on the lucky day if you beg them or
you have a reason
IV: so, 22MJ7 would that make a difference to the food you chose to eat if you were allowed to take
it away?
22MJ7: yes, because if I was having peach crumble with custard sauce and that's probably hot I'm
probably not likely to buy that because that will turn cold in the school you'd think they let us take
food outside so you can multitask and do something else
IV: what would you choose to take outside?
22MJ7: pasta, rice
IV: but you still need a utensil for this something to eat it with and ethical sustainable utensil would
that be of interest to you, and would you eat more healthily if it was on offer?
22MJ7: yes
IV: would you eat more healthily if that was on offer?
22MY7: I've come up with an alternative idea and I realised that a lot of the time when you are in
the dining room there is actually not that much space for you to eat even if you're staying inside so
for a lot of people it's not really that you have to be somewhere specifically in order to do what they
do whilst eating it's more that they don't have the space to do it so if we had bigger tables at the
dining room for us to eat on then maybe there will be less of demand for people taking food out
IV: would anybody like to add anything about the time you have and the convenience? One thing I
missed out one thing I wanted to know is I'm sorry I should have done this earlier, but we were all
chatting so much - what food do you not like the taste of do you not like the look of what is a
horrible tasting food to you and horrible looking food to you?
22F12: I wouldn't really say horrible because it's not its appearance that's not important it's, it's the
taste I don't sometimes like the taste of sometimes the meat we have it looks kind of red inside
IV: OK so you don’t like red meat or uncooked meat?
22MY7: meat is a big problem for me as well I would say I don’t really eat the meat much here but
then again, I can’t eat anything that’s pink or not cooked, medium is the lower limit
IV: yes 22FA8:
22FA8: I don’t really like porridge because when you put it in your mouth it kind of tastes like mushy
and I don’t really like the texture of it
22FZ4: the cheese they put in their sandwiches and stuff I remember having that last time
IV: what doesn’t taste normal about it?
2FZ4: I don’t know it I guess it’s like artificial for some reason I don’t know why
22FZ3: expired foods I just won’t touch that
IV: but you would not see those in the school canteen
22FZ3: and bland food like jacket potato
22MY7: bland food anything with a lack of seasoning is a big no for me
IV: do you think that’s because of your culture?
22MY7: yes partly
IV: give me some foods that are your culture foods
22MY7: well kebab is a big culture food kebab that’s Donna, but they don’t cook it well here
sometimes when you are cooking this it has to be marinated in yogurt and spices a good couple of
days before you cook it and also kebab and other shishas have to be packed with herbs and spices as
well so yes definitely
IV: OK thank you, does anyone else want to add food they don’t like, and I’ve got two more
questions and then we were finished. The literature says that young people young adults get very
influenced by their friendships, do you feel any pressure when you go to select your foods if you
choose healthier foods and all your other friends were choosing a Panini or whatever, do you feel
pressured to stay with them or to just stay with your choices?
22MX3: no, I won’t have peer pressure on the food I eat that comment seems ridiculous if you have
selected something to eat, I don’t see why you would even think of choosing anything that you
would not want just because of your friends
IV: anyone else?
22FZ3: no
22MY7: I really don’t care what my friends eat at all
22FZ4: no
22FI2: me neither because it’s basically your opinion whatever you want is what you want is not
what your friends want, just be you
IV: I've looked at convenience, I've looked at time, I've looked at hunger, food that tastes good but
there is one question I need to ask you. I do want to talk to you again about nutrition it's a very big
and interesting part of my study about what you know about what you like and what factors that
affect you and nutrition but one more question - do you ever miss a meal and is it on a regular basis?
I mean on a regular basis.

IV: no, I mean a specific meal like breakfast, or lunch that you miss on a regular basis?

22FA8: no

22MJ7: no but yes, I would not miss a meal then I might go after school I would miss it at home but I
would not have

22FJ2: no there was this one time it might have missed breakfast, but this would be at the weekend

IV: but that’s the weekend

22FZ4: sometimes I miss the lunch because I have snacked on a granola bar because it’s easy to carry
around

22MY7: never ever in my life

22MX3: breakfast and lunch I wake up too late to eat breakfast then at lunch it’s too noisy to go to
the canteen so there is no point and if I go to the playground, I get a week in G2 for it and yes so, I go
home and eat dinner

IV: so how do you feel during the day do you feel listless or tired?

22MX3: I’m not really concerned about that I’m more interested or concerned about the noises in
my stomach it’s all quiet and then like my stomach makes a noise

IV: so, doesn't that make you want to eat something?

22MX3: no, I don’t really care

IV: thank you very much you have all been really interesting I do hope I can see you again in a few
months and we can chat a bit of more enjoy your lunch break and I'm really grateful for your
thoughts thank you
School Three: First Focus Group: PRE-INTERVENTION 18<sup>th</sup> October 2017

Males Z8.

Females H6, J5, L4, Q7, US.

Good morning just to introduce myself and to give you a few rules my name is Jo Tucker and what
we are going to talk about is some of the food choices adolescence like to eat.
I don't know if you like to be called adolescence, I think it's a very old-fashioned word - what would
you like to be called?

31MZ8: teens

IV: OK teens. I want to look at what teens eat I think you are a fascinating group where you have
your independence and I just want to keep this to the food you chose at school it is nothing personal
outside the rules of the school it does not involve your home and your family. It is not anything
personal about you it is voice recorded and it will last about 45 minutes. There are some ground
rules, and the ground rules are that we are here to listen to people, so please when I talk to you,
please refer to yourself as your number, I do not want any names recorded. If you do not want to
answer that question that's not a problem, if you are not comfortable to answer we will just move
on and if you are not happy during the interview you are free to leave at any point, you do not have
to stay. Are you comfortable with the ground rules?

IV: in front of you I have given you a sheet of paper and what I would like you to do is put them in an
order as to which heading affects your food choices the most and there are 10 of them, please put
number one as the one that affects your choice the most what do you call it a restaurant or a
canteen?

DK: canteen

IV: OK thank you, I have a lot to learn. If you can take a quick look, I will ask you for your answers.

IV: Oh, hello yes come on then that's fine. Are you here for the canteen discussion about foods? Yes?
you are in this group please do come in and make yourself comfortable please choose a letter from
the alphabet and a number between one and nine like S4 or T2 and then we will refer to you as this
you also have a sheet in front of you please just take a moment to look at this and write from one to
10 as to which of these factors affect your food choices at school.

New lady: OK thank you

IV: after you're finished (I know the lady that came later will need to take some more time) but we
can come back.

New lady: so, do I just number this as to what I think is the most important?

IV: yes please, that's right so the number is which affects your food choice the most
IV: so, can I ask you first what time of day do you prefer to eat here at school do you prefer breakfast or the midday break or do you prefer the main meal of the day 31FJ5: what do you prefer?

31FJ5: breakfast 

IV: breakfast OK

31FU5: I prefer lunch

IV: OK you prefer lunch H6?

31FH6: can you repeat the question?

IV: yes, what time of day do you prefer to eat here at school breakfast mid-morning or lunch

31FH6: urn midday

IV: midday

31MZ8: break

IV: is that the mid-morning break

31FQ7: lunch

31FL4: lunch

IV: so, one if you here like breakfast the most I think that was you 31FJ5: why do you like breakfast most here at school the most

31FJ5: because I don't normally have breakfast at home, and it lets me have something to eat before I learn

IV: why don't you have breakfast at home

31FJ5: because I don't have enough time

IV: that's fair enough and for the two that prefer mid-morning why do you like the foods at mid-morning, why do they appeal to you?

31MZ8: because there is more variety at break it's like the sort of stuff, I prefer

IV: OK alright and who else just mentioned mid-morning? why do you prefer mid-morning

31FH6: because in the break there is more...

31FJ5: because I think it's the most convenient time to eat because you are normally hungry by lunch

IV: OK what about your food choices at lunch do you like those best

31FU5: yes, I like those better because there's more food but less snacks

IV: that's interesting and 31FQ7 why do like lunch the most?

31FQ7: I find it practical if I forget to bring something for lunch, I find it just as filling as what I normally bring. So, it's fine if I eat it and it tastes alright
IV: 31FL4: what did you say - lunch
31FL4: yes, it is really filling, and you can get fruit as well it has a good variety
IV: thank you
IV: looking at your preferences what are your top three that's most affects your food choice at school 31MZ8 what did you choose first
31MZ8: price, taste, health, and nutrition
31FQ7: taste, friends, and familiarity
31FJ5: taste, price, and hunger
31FU5: price, health, and hunger
31FL4: taste, healthy - how healthy it is for you and appearance
IV: interesting have I asked everybody?
Looking at these tastes appears a lot and so does price if I asked you what tastes good what is the food that tastes good to you what would you say? What in your head is a good tasting food with regards to the food that you get at school?
31FU5: I prefer something simple to more than more than posh I think tasted how are you how are you yeah, I just prefer something simple
IV: give me an example of something simple
31FU5: maybe chips
IV: 31FJ5 what does taste good mean to you?
31FJ5: you really need something tasty for you or you won't want to eat - it I like simple as well
IV: and what is a simple food to you?
31FJ5: something like pizza
IV: OK and 31FQ7 what does it taste good mean to you?
31FQ7: taste means it has a lot of taste it has a lot of flavours and textures I like a lots of things so I can't say much but maybe like something with a broad variety of textures and taste
IV: give me an example
31FQ7: I don't really eat there at the school canteen but I'm not sure - I liked the pasta with tomato sauce
IV: OK and 31MZ8
31MZ8: I like stuff that I am used to eating I don't like trying new stuff because if I don't like it. I'm just wasting my money and simple stuff too
IV: and what is simple to you what's the food that you always know you will like - first of all what is a simple food to you?
31MZ8: something like a sandwich like a cheese sandwich
IV: what about these foods that you're familiar with?

31MZ8: I'm familiar with the cheese sandwich I'm not going to go for something like tuna and cucumber because I've never really eaten them

IV: 31FL4: what does taste mean to you?

31FL4: well apart from appearance when you actually taste it, it actually tastes so if you don't like the taste of it, you won't have it and if you do you like the taste then you will

IV: what does it mean give me an example of foods that you think taste good to you?

31FL4: I'm not sure, I like pasta, I like pizza, I like a range of stuff

IV: OK is there a food that you really don't like that you dislike because it doesn't look nice or because it doesn't taste nice is there a food that you really can't and to eat?

31FQ7: butternut squash

IV: it's delicious why don't you like butternut squash?

31FQ7: I don't like looking at it I don't like the texture of it, it is just not nice

IV: fair enough 31MZ8 is there a food that you do not like?

31MZ8: those sun-dried tomatoes and pickles you know those ones with the lid on in liquid

IV: why don't you like those?

31MZ8: They just look weird

IV: OK – 31FL4?

31FL4: chicken pie

IV: that's very specific why do you not like chicken pie?

31FL4: because I used to like it and then I just ate a lot, so I don't like it anymore

IV: OK I see do you think you were bored probably?

31FU5: I like most vegetables, but I really don't like broccoli

IV: you don't like broccoli - little trees they are gorgeous why don't you like broccoli?

31FU5: it doesn't taste very nice, and I got sick once when I was eating it

IV: are I see the association 31FJ5: what food don't you like? Give me some examples?

31FJ5: um probably broccoli as well I don't like vegetables at all

IV: you don't like vegetables I think I need to speak to you OK looking back on your list it's very interesting a lot of you have spoken about price when we talk about price how much do you spend on your food roughly how much do you spend at school?

31FL4: I don't really go to the canteen but when I do say for break about £4

31MZ8: no more than £2.50

31FU5: I don't go to the canteen much but if I did are usually spend about 50p each

time I go
IV: what do you get for 50p?
31FU5: really a snack
31FJ5: £3
31FQ7: A maximum of £3

IV: so, looking back at some of the other things we have been talking about some of you have mentioned friends this is an interesting one friends just a minute let me check and find this question 14 do you feel your friends influence you when you are queueing up in the canteen. If they say - oh I'm going to eat something - does that make you feel you should eat it too - 31FU5: what do you think?
31FU5: I don't normally get food from the canteen but if I do go, I don't normally go with my friends, so it doesn't really affect me that much
IV: OK but if you did go with your friends do you think it will have an influence on you?
31FU5: no because I don't really think it matters what you choose
IV: what about you 31FJ5: what do you think about friends do they influence you?
31FJ5: yes, because me and my friends are really similar in like what we like and what we dislike so if I say you really like this, and I like and then I will really try and like it
IV: give me some examples of the foods that they all said they like and that you try, or you all eat this?
31FJ5: they started me off on pizza when I was younger, I didn't like pizza
IV: OK. 31FL4: do your friends influence your foods?
31FL4: I listen to their recommendations but if the appearance of it like I don't like it then I'll know I don't like it
31M28: no no no influence at all
31FQ7: like if I'm queueing up with all my friends and they want to try something, and I think it looks nice then yes, I'll have that because if they're taking it then it must taste good so yes I will I'll go for it
IV: so, it's a yes for you?
IV: so, we have done price and we done taste you now need to mention hunger so. Hunger affects you in a very different way, so what food do you choose when you're really hungry? so you're really hungry - you feel a bit low what foods would you go for?
31FU5: I do usually go for a food like pasta as it will give me a lot of energy
IV: OK that's interesting so 31FL4 what would you choose from anything breakfast mid-morning or lunch when you're really hungry?
31FL4: I'd probably say pizza
IV: why would you choose pizza?
31FL4: because it's like my favourite food and it's something that I like
IV: and 31MZ8?
31MZ8: honestly, I have something small and then water because water fills me up
IV: what type of small is small what would you choose?
31MZ8: maybe brownie or nachos
31FQ7: urn when I'm really hungry hunger doesn't really affect me so I would also go for something small
IV: so, what does small mean for you?
31FQ7: I don't know a bag of grapes or something nothing that will fill me up too much
IV: why would you choose something that would not fill you up very much if you're really hungry?
31FQ7: it depends on what time of the day I'm eating it when I'm really hungry it doesn't affect the way I behave or something I can just feel hungry like and when I eat a lot and the rota of my mealtime it screws up my food cycle
IV: OK I understand that one
31FJ5: I'd go for probably like a large pizza
IV: you lot like your pizzas, don't you?
IV: so, do you think genders eat differently do you think males eat differently to females do you think they choose different types of food and if so why 31MZ8?
31MZ8: if I'm honest I think girls eat more than boys like they take - I've seen like in front of me I was taking something small well I thought I was getting something quite big and it's not the girl in front of me got twice as much as me
IV: so, you think they take bigger portions well 31FL4 what do you think?
31FL4: well, I do eat quite a lot like I dunno it depends who it is
IV: it's a generalisation males and females in the canteen is there a difference on of the food on the plate does one go for soups and salads and fruits and one go for pizza and pasta and burger's and chips is there any gender difference do you think?
31FL4: I'd say the same
31FJ5: I don't think it depends on gender, but I think it depends on how big they are they might need to eat more food if they're bigger
IV: do you think it's about the size that's interesting 31FJ5 what do you say?
31FJ5: I think boys eat more in my opinion but then I don't eat much and like I see like other people like especially boys, and they have like a whole plate full and I like hmmm
IV: and what do they have on their plate? Is there something specific that they would choose?
31FJ5: no, it's just big
IV: so again, it's down to portion?

31FQ7: I don't think it really depends on gender I think it depends on the person because if you're to look around you see boys with small portions and boys with big portion and girls with large portions girls with small portions

IV: so, do you feel like if we keeping on portions let's keep to the main meal at lunchtime do you feel it's a big enough portion what age group that goes to anybody?

31FU5: yes, I definitely think they're big enough portions for the people at lunch

31FJS: I think they're big enough, but I think some people need more food I think they should make small portions and big portions of the same food, so it depends if they're hungry or not

IV: do you think more people would eat it if that were the case

31FJS: yes, probably so if they did a half price one on a small side plate with that be of interest

31FU5: yes, I agree

31MZ8: it also comes down to price because if you are really hungry it's a lot you can't afford it if you don't have the money in your balance or you don't have the money in your pocket either

IV: so, do you think a smaller plate would be a good idea here?

31MZ8: a smaller plate for a smaller price yes

31FL4: I think that they cannot here because they do, they fill me up so and it's not too much, so I think it's alright

IV: OK thank you

31FQ7: I think they're big enough for the younger part of the school when I was in the canteen people I always saw going back and getting seconds whether people at the upper end of the school like the year 11's

IV: so, they go back and get seconds

31FQ7: yes, but they have to pay for it

IV: OK that was an interesting one thank you so when I look at the types of foods that you teens like to eat you want to have a lot of convenience and by convenience I mean foods you can hold in your hands. Does your service here have a knife and fork, do you have a plate and knife and fork?

All: yes

Someone: but they tend to be plastic

IV: plastic plates?

31MZ8: no plastic knives and forks

IV: OK so if your food was more in a pot like street food would you be more inclined to have school food?
IV: They do have street food—like the pasta, but it is not allowed past the street. You can’t eat them on the field you have to stay in the area, so hot foods are not allowed out. So, they do have the street foods but it’s just not past a certain area.

IV: OK but it is a big canteen that you have got here, isn’t it?
31MZ8: yes, we have a canteen in lower street
IV: so how many service points have you got here? 4?
31MZ8: 3
31FJ5: lower street is not as large as the canteen, because it’s for the 2 lower years so they get used to secondary school. But then the older years the canteen is a lot bigger as more years go in there.
IV: what do you think about the convenience and the way the food is on the plate? I have been to some schools where all the food is in a pot or a polystyrene container. Would that be of interest to you if they did that here or would it not?
Many: No

Someone: Not really
IV: would that affect your food choices?
Someone: No as long as it’s the same food
Someone: not really as I get stuff that isn’t on a plate or a pot. I just keep it in my pocket in a tissue
IV: Have you ever been on a diet, or do you ever skip your foods?
31MZ8: I try to
IV: OK do you feel hungry when you do that?
31MZ8: yes
IV: does that affect your learning at all?
31MZ8: no
IV: so, you manage your hunger, do you?
Someone: yeah
IV: OK 31FL4 do you ever skip any meals?
31FL4: no
IV: OK 31FQ7 do you skip meals?
31FQ7: sometimes if I am really not hungry, like if I have had a large breakfast.
IV: OK 31FU5?
31FU5: no, I don’t think I have done it much. I think I have done it a couple of times
31FJ5: No
IV: OK so looking at some of this we want to talk about time. Do you feel you have enough time to eat during your school day here?
31FQ7: yeah, I think we do have enough time

IV: are there any queues?

Many: yes

IV: OK 31MZ8 tell me about the queues?

31MZ8: it depends on if you get there early, and you sprint to the canteen you still don’t get there first as year eight go first on a Monday and last on a Thursday. It all depends on the day. So that’s usually the reason I skip meals a lot of the time as usually you don’t get enough time to eat and then enjoy yourself at break.

IV: so, if it was a choice, eat or go and have time with your friends, what would you do?

31MZ8: have time with your friends

IV: OK and how would the caterer have time to manage that?

31MZ8: I don’t think it’s the caterer’s fault. I think we need a bit of a longer lunch

31FL4: when I was eating in the canteen in year 7 there wasn’t enough time as you do have to get there first, and you do have to wait in the hall as it depends on who goes first.

IV: do you think the school needs to change this?

31FL4: I don’t know as it depends on how fast or slow you eat because if you eat fast you can go with your friends but in year 7, we could get a table together and sit all together, but sometimes it can be hard

31FU5: I think there is not enough time if you are going to be eating the school’s food as there are usually big queues that you have to wait for, one time I was waiting for half my lunch in the queue

IV: how do you think this should be solved? What do you think we should do as a school? how could we change it?

31FU5: maybe we could do something where the students can pay for their food without someone to pay for it like a self-checkout service

Someone: some schools have a fingerprint

IV: what do you have?

31MZU: Someone: we have a teacher or dinner lady on a computer, and we put in our pins of what we have bought but I think a better way it would be quite pricey is to scan your food somewhere and then put like your fingerprint.

IV: right OK

31MZ8: so therefore no one could take your fingerprint but here someone could take your pin

31FJS: I think we should have longer because I always go into the canteen with my friends, so we don’t lose each other because it is a big school. And erm we are always waiting in the queue for all of
break and lunch and as soon as we get onto the field the whistle goes, so we never really get enough
time.
IV: thank you. So, I would like to ask you if there is a food, people phrase this differently like junk
food or unhealthy food. If I asked you what is healthy food or junk food is what would you give me
as an example of unhealthy food? 31FQ7 what do you think unhealthy food is and what do call it?
31FQ7: I call it and my family has always called it fatty foods – so I always so it's things like chicken
burgers and McDonalds and things like that
31MZ8: stuff like more than you need inside it, like more fat or more carbs, than you need. I just call
it unhealthy food
31FL4: snacking because sometimes when you eat it, it doesn't fill you up as a proper meal
IV: and do you feel that is unhealthy?
31FL4: yeah, the majority of junk food around are
31FU5: I don't usually give it a name; I just call it bad food. But its only usually bad if you eat too
much of it usually, so as long as you have small portions of this food it is fine
IV: and what would be an example of this food?
31FU5: I would give you an example if there was something with lots of fat on it and you ate lots of it
31FJ5: I call it junk food and an example is like pizza
IV: laughs like you eat?
IV: I would like to see you again. I am going to do an intervention. I am going to give you information
about the food you have eaten and see what you think of this intervention and if you think this
works. It will be a couple of months would you be happy to come back and talk to me about this?
All: yes
IV: OK thank you for your time I am very grateful.
School Three: Second Focus Group: PRE-INTERVENTION 18th October 2017

Males B4, R1
Females A1, B5, G3, Y6.

IV: this is about your school food in your canteen. I am researching students' feeding habits at school.

So, it's about what do you eat at school and why do you choose the foods you eat. I am going to set a few ground rules, you cannot use any names, you can see the transcript if you want you, if you do not want to answer a question raise your hands and you are free to leave if you want to at any time.

If you reconsider this, you can call me/email me Jenny has my contact, and I will remove any data from the transcript. Whatever is said stays in this room and let's be courteous and let others speak.

If I ask you, what time of day do you prefer to eat here at school, what would be the main time you choose to eat at school, would it be breakfast, mid-morning or would it be lunch time? Let's start with 32FY6

32FY6: I would normally eat at school during mid-time - during lunchtime

IV: and why would you go for lunchtime J6?

32FY6: because they normally sell better things, because they normally have fruit in the canteen and that's what I would go for.

IV: 32MB4 what do you prefer?

32MB4: lunch

IV: and why do you prefer lunch?

32MB4: urm because I am hungry

IV: 32FA1 what time of day would you like eat?

32FA1: lunchtime

IV: and why lunch?

32FA1: because I am hungry

IV: OK and 32FG3?

32FG3: lunch

IV: and why at lunchtime?

32FG3: because I get hungry

IV: and 32MR1?

32MR1: lunchtime

IV: and why do you eat your main meal at lunchtime?

32MR1: because they normally have fruit and stuff

IV: in front of you are a list of items and I would like you to tell me which ones are more important to you when you choose your food here at the school canteen. OK so 32MB4 what did you choose?
32MB4: appearance at one, hunger at two and taste at three
32FA1: appearance at one, taste at two and then price
32FG3: taste at one, hunger for two and appearance as three
32MR1: hunger, health, and nutrition at two and culture as three
32FY6: health and nutrition, taste, price

IV: so, all of you have put taste as very important, so what if I asked you what tastes good to you?
What does tastes good mean to you?
32FA1: just that I like it, it doesn’t have to be a certain taste I just must like it
IV: and what tastes good to you? What do you like to eat? What type of foods do you like?
32FA1: pizza and that, stuff that u think tastes nice it is not a certain thing.
IV: OK just because you like it. 32FG3 what tastes good to you?
32FG3: I kind of prefer sweet things
IV: can you give me an example?
32FG3: just anything that is sweet
IV: 32MR1, what tastes good to you? If I asked you what foods are your favourite foods?
32MR1: erm baguette and chicken burger
IV: OK. 32FY6?
32FY6: I am not really fussed on what I eat, I don’t normally eat in the canteen.
IV: OK and do you have a favourite food in the canteen?
32FY6: not really, I like most kind of foods, but I don’t like one in particular.
IV: OK 32MB4?
32MB4: just what I like really
IV: and what do you like?
32MB4: sweeter stuff just stuff I like
IV: give me an example of some sweet foods that you like?
32MB4: erm like a chicken burger
IV: that’s not sweet unless I am missing something here. OK, so a lot of you have mentioned appearance, what is a food that looks nice to you?
32FG3: if it looks unappetising, I will not want to eat it.
IV: give me an example?
32FG3: erm at school the pasta sauce always looks really watery
IV: OK 32MR1 what do you not like the look of? And what do you like the look of?
32MR1: I like the look of the pizza toppings in the school canteen, and what I don’t like the taste of is the cheese
IV: OK, 32FY6, what do you not like?

32FY6: In the canteen one thing I really hate is the brownies. They are stiff and crumbly, and they aren’t as soft as normal brownies should be.

IV: anything else you do not like the look of in the canteen? Or anything you do like the look of in the school canteen?

32FY6: sometimes I do buy the fruit, but that is it.

IV: 32MB4 what do you not like the look of in the school canteen?

32MB4: well, I don’t really get food from the canteen, but the stuff I don’t like the look of its like, I don’t really know what it is, but it looks like sick.

IV: give me a clue

32MB4: I don’t know what it is, I think it’s a curry. I don’t like the sauce. It may be a pie of something.

IV: OK I am not going to be able to do much with that one - 32FA1?

32FA1: things that I like the look of are the paninis, the stuff which you can tell has just been cooked.

But I don’t like the look of things that looks like they’ve been cooked for three weeks ago.

IV: give me an example?

32FA1: like the pizzas look like they have been crusting, it’s disgusting as it feels like it’s been made ages ago.

IV: let’s move on - how much do you spend in the canteen roughly?

New person comes in.

32MR1: erm sometimes I have 15 pounds

IV: a day? Can I have your card?

32MR1: no, a week. Sometimes I go up a bit and sometimes it goes down.

32FY6: I think it’s hard as sometimes I spend money in the canteen and sometimes I don’t but the most I’ve spent is about under a pound

32MB4: £1.50

IV: what do you spend it on?

32MB4: a drink and something to eat

32FA1: probably like 1-2 pounds, not a day but when I do go to the canteen

32FG3: just a pound

IV: OK, not big spenders are you guys! so is price important to you? Would price make you want to feel like that you want to go to the canteen, or would price put you off? Is it expensive or is it reasonable? Do you think the price of the canteen is good?
32FB5: for my family it is not good, because there are three of us. If all three of us buy a drink and
food, it is about a fiver for my mum.
32FY6: OK thank you. 32FY6 what do you think about the price of the food?
32FY6: I think they are quite cheap, as you can get a full cooked meal for like 2 to 3 pounds, which is
quite good. But I don’t really buy stuff from there. So, if I buy a drink, I see what the prices are, but I
don’t really look at them.
32MB4: OK thank you. 32MB4 what do you think about the prices?
32MB4: I think it’s quite expensive.
32MB4: is there anything you think is expensive?
32MB4: erm no not really.
32FA1: OK. 32FA1?
32FA1: I think it’s quite expensive compared to what it used to be. Like the brownie prices have gone
up quite a lot for just a brownie
32FG3: OK. 32FG3 do you think it’s expensive or cheap?
32FG3: I don’t really think about it to be honest, but it is a bit on the expensive side
32MR1?:
32MR1: I think it’s just cheap
32MR1: there are some very mixed views out there. OK if I said to you, you need to categories or call
something an unhealthy food what term do you call unhealthy food? If you put this all together and
call it a what food?
32MB4: butters
32FA1: to be honest the same as 32MB4, it is just a word we all call things it means like disgusting
and really bad
32FG3: unhealthy food
32MR1: I just think its revolting
32MB4: do you call it fast food, or junk food?
32FB5: junk food
32FY6: I would call it just unhealthy food
32FY6: right what foods, when you’re really hungry, what food would you eat when you’re hungry?
32FY6: What foods would you pick from the canteen when you’re hungry? I am so hungry I must have a ...
32FY6: what would you chose?
32FA1: must leave
32FY6: well, I would first look at the healthy options, like I would normally go to the lunch hall first because that’s where they sell the most healthy foods first but if they don’t and I would probably get a drink and then take something out of my pack lunch box.

IV: so, what does the word hungry mean to you 32MB4? And what foods would you go for if you’re hungry?

32MB4: well, I am not normally that hungry, so I get a brownie

IV: OK so something sweet. 32FG3?

32FG3: If I’m hungry I go for a sandwich, but that’s not very often

IV: 32MR1 if you get hungry what foods would you choose?

32MR1: I would go for a baguette

IV: 32FB5 what would you go for?

32FB5: a brownie as well

IV: if I talk to you about convenience, and I say to your convenience foods tend to be a lot of handheld foods. Do you agree with that?

Some: yes

IV: would you rather your school did less food on a plate and more hand-held food?

Some: yes

IV: does anyone disagree that they would like handheld food?

32FY6: I am in the middle

IV: OK, so all schools serve different types of food. Some schools sell them in take away boxes and not on a plate with a knife and fork. Would you eat more main courses if you could eat it not with a knife and fork?

32FB5: yes, cause then there would be more room in the canteen. You want to sit with your friends in a group so there is not enough room.

IV: you think if they had more spaces where you could stand and eat your hand-held food that would be better?

32FB5: outside the canteen there are benches, and everyone comes in from the different blocks and sit and eat. So, we can’t really sit and eat in the canteen unless we can leave with it

IV: does anyone agree with 32FB5

32FG3: if you want hot food, you can’t take it out the canteen and eat it, so that’s why there are space issues.

IV: right. Would you eat more hot food if you could, would you go for the hot foods which are more nutritious?

Some: yeah
IV: so, if you would be able to eat out of that environment you would eat the hot meal of the day?
32MR1: yeah
32FB5: yeah
32FG3: yeah
32MB4: probably not as I bring a sandwich
32FY6: yeah
IV: Thank you so much, I would like to meet you again and get more information on your views.
IV: Introduction and thank you. I am doing a study about what students/teenagers/adolescents eat and when I look at this it is what you eat at school not at home. Just a few ground rules. This must stay in this room, and you won’t agree with everyone but that makes my data more interesting. You don’t have to answer any questions if you don’t want to, just raise your hand and you are free to leave at any time, it is at your will. When I do ask you a question it will be to each one of you to ask your opinion. So, the first question is what time do you like to eat at school? You have 3 break times, a breakfast, mid-morning, and lunchtime? When I ask you which one you like best, I will probably also ask you why so that it gives you the idea of the type of things I am going to ask so let’s start with 41MR4.

41MR4: I like lunch.

IV: why do you like lunch the best 41MR4?

41MR4: because I think that all lessons that we do first we get tired, and we want to have a break and have lunch so that’s the most important part.

IV: good answer 41MD9 which do you like best and why?

41MD9: lunch because after all the lessons before it, after getting tired, that’s when I can get properly hungry. So that’s when I actually start eating the most.

41MJ2: breakfast. I just like it.

41MK3: I like breakfast because it gives me the energy to start my morning.

41MR9: breakfast for energy.

41FS7: lunch because you have breakfast at home, then when you come to school you eventually get hungry so it’s better

41FT4: breakfast because it is the best way to get you started ready to focus in class.

41MA1: lunch because after a certain amount of time you get hungry

41FR3: lunch because after lessons you eventually get hungry after a while.

IV: I have read a lot of journals that list factors or influences that affect what you choose or why you choose the foods you choose. In front of you are a list of different things, including taste, price, texture etc. Could you put those in order from what affects you the mood to what affects you the least? (Extra time given for students to finish this) 41MJ2 could you tell me the top three choices please?

41MJ2: taste, appearance, and convenience

41MD9: taste, health, appearance
41MR4: hunger, familiarity, and time
41MR9: taste, price, and appearance
41FS7: taste, appearance and health and nutrition
41FT4: hunger, familiarity, and health
41MA1: familiarity, culture, and price
41FR3: hunger, taste, and price

IV: interesting a lot of you have used the word taste. So, if I asked you what the word taste means to you, including what does “tastes good” mean to you and then give me an example of the type of food that tastes good. Let us start with 41FR3?

41FR3: things that are familiar or things that I have tasted before. I usually don’t try new things at school, I usually pick things that I have tried before. For example, tastes good is what I know. For example, a muffin I have tasted before so I know what it is like, so I wouldn’t take those risks at school.

IV: OK, why wouldn’t you take those risks at school?

41FR3: I just wouldn’t, I just don’t, I just pick what I know.

IV: Okay. 41MA1 what does food that tastes good to you mean? Give me an example?

41MA1: food that I am familiar with, and it is in my culture. So, the food that I eat at home that is also at school. A food that is at school that I am familiar with. Erm like the cheese and onion pasty at school that I am familiar with, so I like having it.

IV: Okay thank you. 41FT4?

41FT4: taste is something I enjoy eating more than once, for example you try it, and you might not like it so you wouldn’t eat it again, but if you like it, you will have it again. For example, I like pizza.

IV: 41FS7, what does the word taste good mean to you, and could you give me an example?

41FS7: mostly what I have tried before, because I don’t try things I do not like, like my parents make as well. So, if I’m not familiar to it I won’t try it. So, in school there is pizza and I have had that at home before, so I know that it tastes nice.

41MR9: pasta.

IV: what type of pasta do you like?

41MR9: Italian pasta.

IV: do you have anything on your pasta?

41MR9: mainly basil. Or something green on top.

41MR4: taste matters on appearance, familiarity, and culture because you need to look at the appearance and see the smell and the culture what you have at home might link to school foods.

IV: thank you. 41MD9?
41MD9: it is food that I am familiar with and that in my opinion is edible for me and I do not get any problems eating it. Or food that people have said that is worth trying out.

41MJ2: food that makes you feel good or happy, like pizza.

41MR9: Pizza makes me feel sad.

IV: why does it make you feel sad 41MR9?

41MR9: too much cheese on the pizza for me, that makes me feel sad.

41MA1: food that I have at home, or if I go out with my family. Safer foods.

IV: reversing this what food do you not like - what something do you not like?

41MR9: unseasoned food.

IV: what do you mean by unseasoned foods?

41MR9: no salt and pepper in it, so I won’t eat it.

4FS7: tuna sandwiches, I don’t like tuna. I tried it once and it didn’t taste nice, so I won’t eat it again.

41FT4: chicken sandwich.

IV: these are common foods that sell a lot of. Why do you not like chicken sandwiches? Do you like chicken?

41FT4: sometimes, it depends. I just tasted a chicken sandwich once and didn’t like the taste of it.

41MA1: food that has a lot of calories in it.

IV: how do you know how many calories a food has got?

41MA1: because I am familiar with foods that I pick, so I know how many calories it has.

IV: where do you get your information from?

41MA1: from home.

IV: do you talk about calories at home?

41MA1: yeah, my parents are very careful of how much food they eat.

41FR3: I am vegetarian, so it changes my perspective. I do not like any meat items at all.

41MK3: things that have a lot something.

IV: like what?

41MK3: say you have a pizza, and it has a lot of the same thing but everywhere. So, a lot of something.

IV: why do you not like a lot of something?

41MK3: it’s just like the taste is just the same there’s no flavour.

IV: thank you. 41MJ2 what do you not like?

41MJ2: bacon sandwich.

IV: what do you not like about bacon sandwiches?

41MJ2: no matter where I go, it’s never cooked properly. It is either too crispy or undercooked.
IV: are you fussy 41MJ2?

41MJ2: yes

41MD9: I think its food that is too mild, it doesn’t have any meaningful flavour or spice to it.

Generally, I like warm foods

IV: warm as in temperature or warm as in spices?

41MD9: temperature and spices and I don’t like just raw cheese. I vomit when I eat it as I don’t like the taste.

IV: If I said to you there are foods that are healthy foods and there are foods in a different category.

What do you call that other category?

41FS7: unhealthy

41FT4: food with lots of fats and oily food.

41MR9: maybe unhealthy as well

41MR4: junk food and unhealthy

41MD9: I call them healthy and unhealthy

IV J2 with your bacon sandwiches and unhealthy food I am going to enjoy looking at what you say!

41MJ2: good food. Healthy foods are bad foods and unhealthy are good foods.

41MK3: unhealthy

41MA1: unhealthy

41FR3: unhealthy.

IV: so, the government suggest we eat 5 portions of fruit and vegetables a day, do you think boys or girls eats more fruit and vegetables a day? Which gender?

41MK3: I would say boys because in my family me, my brother and dad mostly eat fruit but my sister and sometimes my mum don’t eat a lot.

IV: do you think genders eat differently at school?

41MK3: I think it’s just what people do and do not like.

41MJ2: boys because they just eat whatever they can find it doesn’t matter what or where it is.

IV: do you think genders eat differently at school?

41MJ2: yeah, because whenever I see them, boys don’t mind what they eat, but girls will fuss over it.

So, if a girl buys a pizza their friend may call them fat. So, they eat less.

IV: interesting. 41MD9?

41MD9: stereotypically I think it would seem girls eat more fruit and vegetables. But personally, I think it depends on your personal eating habits, truthfully speaking females are more cautious about their weight gaining.

IV: so, you think that affects the way they eat at school?
41MD9: just in general but mainly matters on your own taste.

IV: thank you. 41MR4 what do you think?

41MR4: I agree with 41MD9. As I think some people like it depends on taste, appearance, and culture. Some people might not like certain fruits because of the taste. Maybe in school there are only selection of fruit, like apples or pears and stuff, and they might not like that so do not eat it.

IV: do you think genders eat differently in the canteen?

41MR4: they eat the same

41MR9: I agree with 41MR4 and 41MD9, because it they are vegetarian’s boys or girls, they would eat more fruit and vegetables. But in school both eat fruit and vegetables.

41FS7: I can’t really choose as it depends on what they have, so they may be allergic to them and there’s some people that do eat a lot of fruit and vegetables.

IV: so, you think it’s more complicated than just genders eating differently. Do you think that is the same down in the canteen?

41FS7: no, I think it’s the same.

41FT4: I think that they both equally eat fruit and vegetables. It depends on hunger, if they are hungry, they would eat it.

IV: and do the genders eat differently downstairs?

41FT4: not really.

41MA1: I think it’s both, they are the same. They would eat them if they are hungry. And with vegetables it depends, what specific vegetable they like that is available in the canteen. So, the genders eat the same in the canteen.

IV: thank you, and 41FR3?

41FR3: I think that girls eat more in general than boys because in our school, boys they play football during lunch, so they eat at break instead, so they prioritise other things over food.

IV: so, 41MA1 said it’s about hunger, if you’re hungry and you go down to the canteen what would you choose to eat and why?

41MR9: maybe a sandwich and bottle of water as it would fill me up

IV: so, you want to be filled up?

41MR9: yes.

IV: why a sandwich?

41MR9: I am not sure

41FR3: it depends on the time you go to eat, if you go earlier there is more variety of food compared to the end where there are only a few food items.

IV: what would you eat, and you are very hungry and there is everything there?
41FR3: the hot food and I think they fill you up more.
41MA1: filling food so the hot food.
41FT4: hot food as well
IV: why does hot food fill you up more than cold food?
41MA1: because at lunch you would have something that would give you energy for the whole day up until dinner. The hot food has more calories than the cold food.
41FS7: hot dish.
IV: for what reason?
41FS7: don’t know.
IV: OK fair enough. 41MR4?
41MR4: hot food like pizza because I am used to it and usually have it in my school dinners and maybe a bottle of water. If you have might have a lesson you might be tired and if you have PE you will need a bottle of water.
IV: 41MD9?
41MD9: I would get fish and chips with beans with a side of coleslaw. Because I just like fish and chips.
41MJ2: depends on how much money I have on my account.
IV: lots of money on your account what would you go for?
41MJ2: beans on toast. It is good because they put a lot of butter on the bread. It is nice.
IV: 41MK3 what would you choose?
41MK3: hot food
IV: what is hot food to you 41MK3?
41MK3: something that will fill me up but not proper full me up, so I have some space left. Cos if I was full up, I won’t be able to do any sports. Cos then like ...
IV: so, the question I ask you, hot food to me means main meal of the day or does this include the mid-morning pizza, pastas, and jacket potatoes. Where are we on hot food?
All: main meal (apart from 41MR9 who thinks breakfast)
IV: how much do you spend on school food a day? 41MA1?
41MA1: £2 pound 10.
IV: is that enough?
41MA1: I think the food should be cheaper.
IV: if the food was cheaper would you eat better?
A lot of voices: yes
IV: 41FR3, 41MA1, 41MR9 all said yes. So, cheaper food you would eat more off and of better foods.

Does anyone disagree?

41MD9: I agree with the fact that it being cheaper as your money will last longer and you can buy more foods, but it depends on your personal taste and how hungry you are at the time because one day you are hungry and buy more food and the next day, you’re not the same amount of hungry so you will just buy a sandwich or something.

IV: OK interesting. And how much do you spend on your school food?

41MD9: in a week, it’s probably 12 pounds

41MJ2: I spend 50p a week on food, I do not eat at the canteen much

41MK3: 10 pounds a week.

41MR9: 15 pounds a week as I must have breakfast. It’s a bit cheaper than lunch as beans on toast is 1.50, so it is cheaper.

IV: one of the things I want to ask you, is that a lot of journals I have read have said a lot of people are influences by their friendships and they want to be considered a group when they eat. Do you think your friends influence what you select to eat school?

All: no

IV: OK so everyone around the table has said no. is there anyone that it would affect?

SILENCE

IV: OK so everyone around the table do you think you have enough time to eat? 41MD9, 41MR4 are both yes. 41MJ2, 41MR9 and 41MK3 No.

41MJ2: you only get 50 minutes and sometimes when you line up, that’s the longest bit which takes up about 20-30 minutes.

IV: so, do you think the time you have affects what you have and why does time affect what we have? 41MR9 said. Why is that the case?

41FR3: because sometimes I don’t eat at school because of how long it takes to line up and you line up outside for 15 minutes then line up again and then you must get your lunch and sit down and eat it and your lunch is over.

41MA1: you lose your appetite in that time. You’re hungry after 4 lessons and then in the line you wait 30 minutes, and you lose your appetite and go hungry for the rest of the day.

IV: how does that make you feel in class?

41MA1: moody.

IV: OK and how does it make you feel 41FR3?

41FR3: I don’t feel like participating and talking I just stay quiet.

IV: so, it is very important for you to eat at lunch time. 41FT4 do you think time is an issue?
41FT4: yes

IV: and how does that affect you in your food choices?
41FT4: when the line is long the time it takes to line up takes up the time I could spend outside with my friends.

IV: OK do you ever miss your food at lunchtime and if you do how does that make you feel?
41FT4: It doesn’t really make a difference, but I still try to focus in class, but you would still feel hungry you would still feel hungry if you didn’t eat.

IV: OK 41FS7 is time an issue for you?
41FS7: because of the lining up it can cause an issue towards what you want to eat, but if you’re early and get in quick enough time is not an issue.

IV: OK and do you ever miss a meal? No? Okay 41MR9 do you miss a meal?
41MR9: I miss lunch time a lot and today I didn’t have any lunch. It is because I am busy and must rehearse certain things, sometimes I give up my time to get things done but if I have water throughout the day, I am fine.

IV: so, you would keep full by using water?
41MR9: yes, I have bought 5 big bottles of water and I just drink that throughout the day.

IV: does that affect your concentration throughout the day? No? okay alright thank you 41MR9.
41MR4: is time an issue for you?
41MR4: I agree and disagree because year 7, 8 and 9 the queues are longer so that is a problem but in year 10 and 11 there are only two lines, so they are quicker, so they are done quickly. So, you do get your lunch there, but in year seven, eight and nine I think there is a problem.

IV: do you ever miss a lunch due to time issues?
41MR4: yes years 7, 8 and 9. But not in year 10 and 11.

IV: how does that make you feel in the classroom afterwards?
41MR4: I think I stayed concentrated but then it gets into you mind sometime while learning.

IV: OK 41MD9 time an issue for you?
41MD9: no

IV: you think you have enough?
41MD9: yeah 50 minutes is enough time for me, as I know getting into the lunch hall lining up it is long, but I have seen people buying just a drink or a sandwich and they are not managing their time very well as outside there is a little window that sells the exact same things. So, I go out there rather than inside wasting my time.

IV: do you think people do not know it’s there?
41MD9: a lot of people know, but I don't think they realise they sell the exact same things. But on Fridays because we have fish and chips that's the only time I go inside.

IV: thank you 41MD9, 41MJ2 do you think you have enough time for lunch?

41MJ2: yes.

IV: ever miss a meal?

41MJ2: yes

IV: how does it make you feel?

41MJ2: hungry.

IV: and when you are hungry how does that make you feel in class?

41MJ2: tiered

IV: can you concentrate?

41MJ2: no

IV: 41MK3?

41MK3: yeah, time is an issue because when I was in primary it was an hour so we would have time to eat and to play.

IV: thank you for that. Did you want to say something 41MR9?

41MR9: its only cold things outside, so its quicker but its only cold things really.

IV: so, some schools I go to they do not eat with a knife and fork, it is in a takeaway. A lot of studies I have read have all said that your generation does not like eating with a plate and a knife and fork and they want food on the go, to hold it in their hand so food they can take away that they can hold in their hands and move around. What do you feel about that comment, 41MD9?

41MD9: if it is a sandwich is a baguette or muffin that is edible in your hands as you would use a plate for that. It is made for on the go. But things like fish and chips you need a plate.

IV: in some school’s they give them a polystyrene container and give them a fork.

41MD9: that is weird. I think that foods that are made for on the go are fine but meals like main meals they should be eaten on plates with knife and forks.

41MR9: in the way I have grown up we always use knives and forks; we do not eat with our hands that much as it’s not that type of food you can eat with your hands.

IV: does anyone else agree or disagree with this?

41FR3: that isn’t an option in our school as you can’t go around with the food as there is only one area where we can have our food.

IV: but if it was an option to have it in a takeaway containers and plastic fork or disposable would you choose to eat like that?
41FR3: it depends on, like 41MR9 said he has other things he has to do during lunch so it would be convenient if you have other commitments. But if you have time, you can sit down so it's not really necessary.

41FT4: I wouldn't move around as its better to keep the environment clean, so if you were to eat around the school you might accidentally put the rubbish on the floor. So it would make the school dirty. So it is better to have one place that needs clearing up rather than making the school dirty.

41MA1: I would like to move around and eat so for example if they had benches outside or somewhere to sit down it would be really good as there is fresh air outside and it is really hot in the dining hall so you would get to sit outside and enjoy the fresh air.

IV: if that was the case 41MA1 would you go for a main meal or something you can eat in your hands?

41MA1: it is only based on hunger, if I'm hungry I would sit in the dining hall but if I wasn't that hungry, then I would just get a roll or a muffin. But there is nowhere to sit if you get a roll.

IV: but your school is massive

41MR9: it is much smaller than it used to be. There were two of them

41MD9: it is half the size of what it used to be

IV: I see- do you feel the lack of space is the problem?

All: yes

IV: so, if they staggered the times of the lunches

41MJ2: they do. They have KS3 and then KS4 otherwise it would be too crowded. But for us we have 5 lessons before we have our lunch which are 50 minutes each.

41MD9: I think that year 7, 8 and 9 they have their lunch at 1:20pm but year 10 and 11 have their lunch at 12:30pm. But this is fair as they do more complicated work and year 7, 8 and 9 they are doing lower graded work so we have more on our shoulders.

41FT4: I disagree with D9 as year 7s are younger than year 10 and 11 so they would get hungry before and year 10s can stay focused. So, the younger years should have their lunches before.

IV: D9 you are not popular now

41FS7: I also disagree as your hunger changes with age. So, if you're younger you are more hungry and less controllable of it. But when you're older in age you can control it. But it depends on what type of person you are but you can keep it.

41FR3: in our school the year 10 and 11 think they are better than us because they are doing their exams but at the end of the day, we all have to eat so it doesn't matter.

41MR4: I agree with 41MD9 because year 10 and 11 have GCSE so they are the priority, so they need to be learning.
IV: so what I am going to be doing is an experiment with the whole school and then I would like to talk to you about your health and how you feel about it including what can make you eat healthier.

Thank you for your time.
School Four: Second Focus Group: PRE-INTERVENTION 21st of November 2017

Males A7, H1, H6.

Females A5, H7, S5, S9.

IV: introduction to myself and the project. Ground rules and how to code yourself.

What you say is kept in the room and if you’re not comfortable raise your hand and I won’t ask you that question. Can we also keep this to school rather than outside of school or at home? It’s about you and you eating at school.

First question I want to ask you is what time of the day do you most like eating at school, breakfast, mid-morning or lunchtime?

42FH7: lunch

IV: why do you prefer lunch?

42FH7: because .. I don’t know

IV: OK. 42FS9 what do you prefer?

42FS9: lunch.

IV: OK and why do you prefer lunch?

42FS9: I just think it’s good to eat then I dunno its just my preference.

IV: 42FA5 what do you prefer?

42FA5: lunch

IV: and why do you prefer lunch?

42FA5: because you get more time to eat?

IV: good answer OK. 42FS5?

42FS5: lunch because that’s the time I usually get hungry

IV: and do you eat breakfast?

42FS5: yes

IV: 42MA7 what time?

42MA7: break time.

IV: why do you prefer break time?

42MA7: because you can eat more snacks at break time

IV: and what snacks do you eat at break time?

42MA7: maybe an apple or banana something like that

IV: OK great. 42MH1 what do you prefer?

42MH1: lunch because there are more food choices

IV: OK and 42MH6?

42MH6: lunch
IV: and why do you prefer lunch?

42MH6: I don’t know

IV: in front of you are headings, there are 10 of them. I would like you to put them in an order on what has the biggest influence and affects your food choices the most at school. So, if taste affects you the most put that as number one. So, put them in an order of what affects you the most to the least in an order keeping it to school. So, what is everyone’s top three choices or reasons that affects your food choices?

42MA7: taste, health, and hunger

42FA5: price, appearance, and health and nutrition

42FS5: hunger, time, and price

42FH7: appearance, taste, and price

42FS9: taste, price, and hunger

42MH1: appearance, taste and health and nutrition

42MH6: appearance, price and health and nutrition

IV: thank you, there are quite a lot that are similar and reoccur in your groups so if I asked you to think about the taste of food, what does food that tastes good mean to you?

42FH7: it has flavour

IV: OK and what kind of flavours do you like?

42FH7: spicy or I dunno

IV: what does taste good to you mean 42FS9?

42FS9: erm she kind of answered the question.

IV: OK so the same thing- flavours and spicy

42FS9: yeah

IV: OK and if I went back to 42FH7 and said give me an example of food that taste good to you what examples would you give me?

42FH7: urm lasagne

IV: lasagne is not spicy though

42FA5: if you are Asian then your mum would put spice in it.

IV: awesome what spices would she put into it A5?

42FA5: red chilies

IV: laughs S9 says why not OK so 42FA5 what does taste good to you mean?

42FA5: spicy same as H7

IV: so, is this a cultural thing?

42FA5: yeah
IV: so, is what you are used to?

42FA5: yeah

IV: so, when you go to school do, they put spices in your food here?

42FA5, 42FS9, 42FH7: no

IV: so, would you still eat it - do you still like the taste of it?

42FH7: no

42FS9: no

42FA5: yes

IV: so why do you like this here 42FA5

42FA5: I don't really eat the school meals, but I have had it not a lot, but it is OK I guess

IV: 42FS5 what does food that taste good mean to you?

42FS5: what they said

IV: what does taste good mean to you 42MA7 and can you give me an example?

42MA7: sometimes spice, sometimes it depends on the category like strawberry or vanilla,

sometimes it's spicy

IV: and 42MH1 what does taste good mean to you?

42MH1: when it's not cold it's hot and when it's ready.

IV: so, ready quickly or available food?

42FH7: yeah

IV: and when we are saying how do you mean hot spicy or hot temperature?

42FH7: hot temperature

IV: can you give me an example?

42FH7: when you get a jacket potato when it's when it's hot it does taste as good as when it is hot

IV: 42MH6 what does the word taste good mean to you?

42MH6: spice

IV: can you give me an example

42MH6: spaghetti

IV: is spaghetti spicy or is it when they add chili?

42MH6: when you add chilli

IV: what foods don't you like? What food makes you go yuck? What springs to your mind about a yuck food?

42FS5: broccoli

IV: why don’t you like broccoli?

42FS5: I just don’t like it and its green
IV: so why do you not like it, is it the look the smell the taste?
42FSS: it's the taste,
IV: it doesn't taste like anything unless you put chillies on it
IV: so, are you saying SS that vegetables don't taste good?
42FSS: yeah
IV: how would we get vegetables to taste good?
42FSS: I don't think you can
IV: laughs OK SS thank you so, 42MA7 what makes you go yuck?
42MA7: urmm I'm not sure
IV: 42MH1 do you have a yuck food?
42MH1: a combination of foods that do not go well together
IV: and what would that type of combination be?
42MH1: let us say you put fish and chicken together it doesn't taste nice
IV: would you ever eat fish and chicken together?
42MH1: no
IV: OK. 42MH6 what makes you go yuck?
42MH6: beans
IV: baked beans or green beans?
42MH6: yes, baked beans
IV: why don't you like beans H6?
42MH6: their appearance and their taste
IV: 42FA5 what makes you go yuck?
42FA5: erm I do not know.
42FH7: I know something about you. If she smells food and it doesn't smell good, she won't like it
(sisters)
IV: and what do you not like the smell of 42FA5?
42FA5: I don't know
42FH7: I don't know the type of food, but if she sees food, she would smell it and if it smells nice, she would eat it and if it doesn't smell nice she will leave it she won't touch it at all
IV: so, smell is important. 42FS9 what makes you go yuck?
42FS9: I don't have a food, but the same as her smell. If it doesn't smell good, I won't eat it.
IV: what does a food that doesn't smell good smell like?
42FS9: don't know just gross
IV: what smells gross? How am I going to know what these are?
42FS9: raw beef
IV: but raw beef can smell good if it is fresh, can’t it?
42MA7: when you’re around people who are cooking it, it smells disgusting. Everyone was saying it smells disgusting
42FA5: that’s because they probably don’t know how to cook
IV: OK alright. Now some of the things you talked about is the appearance, so the appearance of your food is important to a lot of you. So, what do you mean by the appearance of your food affects your choice?
42MH1: coz when you look at it, when you’re processing it you think that something else might be better than it
IV: so, you’re looking at it visually and you go through the line as to what looks nice. So, what looks nice to you?
42MH1: at school, at break time, you might get pizza because it looks nice
IV: OK thank you 42MH1. What foods look good to you?
42FSS: baguette
IV: you like the baguette? what do you like about them
42FSS: they put chili sauce in it at school.
42FS9: it’s the only chili they use in all their food
IV: would you like to see more chili in the food?
42FS9: yeah
42MH1: yeah
42FSS: yeah
IV: do you have a school council?
42FH7: yeah
All: yeah
IV: have you fed this into about what you want in school
42FA5: no because I don’t think they will allow us
IV: but surely that’s the point of a school council to get you to eat food that is good for you and nutritious that you want to eat that’s the whole point of the school council? Am I losing the plot?
42FSS: maybe we bring it up
IV: would you eat more food if you had your say and could apply more of your culture to it?
All: yeah
IV: unanimous yeas OK interesting. So, let’s go back to appearance so we like baguettes because
they have chilli in them did, I get that right? chili what? flakes?
42F5S: sauce
42MA7: the overall view of it
IV: OK what do you mean by that? What draws you to choose something?
42MA7: if I can see something like a pizza for example, I like the stuff like the tomatoes and all the
green stuff that’s included sometimes. So, that if I’m ordering a pizza from Papa Johns for example
it’s like I would check what’s in there and if I like what’s in there, I will check the ingredients.
IV: OK but you can’t check the ingredients at school, can you?
Unknown: No
IV: but you can visually see the ingredients?
42MA7: yeah
42FH7: I think if the food does look appealing then I would go for it but if it doesn’t look appealing
then it’s a no
IV: so, what does an appealing food look to you?
42FH7: it has to look nice
IV: and what does nice look like to you? Is it sloppy, is it a slice?
42FA5: it has to look like a cheese and onion pastry.
42FH7: it has to look neat and presentable.
42FA5: and it shouldn’t or doesn’t need to be green, non-vegetables
IV: don’t you like vegetables A5
42FAS: not really
IV: OK some of the things you have talked about is taste, appearance so one of the things I want to
talk to you about is being hunger, some of you say when you’re hungry this will affect and determine
what you choose. So, if you’re hungry and you’re in school and you go to your school canteen what
foods would you want to eat when you are really hungry?
42MH6: baguette
IV: why a baguette if you are really hungry?
42MH6: because it fills you up
IV: Is being full up important to you?
42MH6: yeah
IV: OK, what would you choose if you’re really hungry
42MA7: anything with a lot of chili in it, I’m being honest here
IV: how do you know if it has chili in it. If its school food and they don’t put chilli in it, we are back to
square one where we don’t have chilli in the food
42MA7: sometimes the smell of it you can smell it
IV: if you take the chili out, just for a moment, I know I am taking that away from your culture but if
you went into the school canteen and it was what was on display for either breakfast, breaktime or
lunch, and you’re hungry what would you choose and why?
42MA7: anything fattening
IV: how do you know its fattening?
42MA7: based on my opinion, so like I know chocolate is fattening
IV: so, would you go for something sweet?
42MA7: yeah
IV: give me an example
42MA7: starbursts, the sweets
42MH1: I would get a big meal
IV: so, a main meal?
42MH1: yeah, or a meal deal
IV: why would you go for that 42MH1?
42MH1: you can get a drink with it and a muffin
IV: so, a main meal, drink, and pudding
42MH1: yeah, we call it a desert
IV: OK check you. 42FSS what would you go for?
11MX1: a lot.
IV: and why would you go for a full meal 42FSS?
42FSS: because it is more filling than getting little snacks
IV: thank you what about you 42FA5?
42FA5: a full meal
IV: and why would you go for a full meal?
42FA5: because it’s delicious and fills me up
IV: OK and what about you 42FS9?
42FS9: a jacket potato coz its warm and fills me up
IV: OK thanks. And what about you 42FH7?
42FH7: I would go for something that I know will fill me up as there’s no point taking something that
you know won’t fill you up.
IV: OK thank you. Right, I want to talk to you about price. What do you think about the price of the school meals here?

42FA5: the price is too high, and the food isn’t that nice so what’s the points of putting the food up

IV: what do you call a high price A5?

42FA5: like food the baguette

42FS5: the baguette is 1.50

42FA5: take the 50 off

42FA5: more like a pound

IV: would you go to normal supermarkets (Waitrose, Lidl, Marks and Spencer, Coop and expect to pay that for a baguette?

42MA7: you can go to Lidl and get the vegetarian healthy pizza slices for 60p

IV: OK A7 how much is a pizza slice here?

42FA5: 1 pound

IV: but if its freshly made on site, with a homemade sauce and is that not better for your health is that not worth the extra 40p?

42FH7, 42FS9, 42FA5: no because it’s only tomato sauce and cheese and the slice is tiny, and the quality is not that good

42MH6: it’s more expensive, and the other shops its more better as it is giving it better quality, but the school prices are high, and the quality is not that high

IV: what do others have to say on the price?

42FH7: I would say that I understand why they would put the prices up but they give a less portion for a high portion, and sometimes it doesn’t actually fill you up and you get a smaller portion and you’re paying 2-3 pound for the whole meal together

42FA5: when you want a full meal and sometimes, they have samosa, and they only give you one samosa on the plate and you’re paying 2 pounds something for just a samosa.

IV: surly a samosa comes with something. What are you getting a samosa with?

42FA5: 4 or 5 chips on the plate

42FH7: so sometimes when my friends when they buy a school lunch, they get 3 or 4 potatoes and a samosa that’s it and a drink and they have to pay 2 or 3 pound something just for that which isn’t ideal

42FS9: that’s not right

42MA7: say if you were going to buy a muffin but not just a muffin the unhealthy stuff is very cheap, and the healthy stuff is very expensive

IV: OK 42MA7 so if it was the other way around would that make you eat better food through price?
42MA7: yeah, because you would be paying less for better food
IV: anyone else want to say anything on price?
42MH1: also, when there’s a price lift and you don’t have enough in your account, so you top it up for a month the food there is not always what you want and sometimes the food runs out really quickly so at break time everyone always really rushes to the queue
IV: so 42MH1 says the problem is price and time, so time affects what you eat?
42MH1: yeah
42MH6: if they put the price up, they should at least make the food nice
IV: let’s move onto time. Some of you have mentioned time affects what they choose to eat. How does time affect what you choose to eat?
42FH7: you might just go for something small, like just as a quick snack
IV: because of what?
42FH7: because of time
IV: OK and how long do you have?
42FH7: break we have 20 minutes so let’s say that’s 15 minutes as you have to line up and everything and at lunch, we do have a lot of time, but sometimes the food that you might want might be finished so you just have to pick what is left
IV: so, if that’s the case, when food has run out. What runs out? Is it the main meals?
42FH7: sometimes main meals and sometimes it could be the baguette or the pizza.
42FS5: our lunch has changed now, so when I has the old lunch at 1:20 I would sometimes come later after doing revision or homework or maybe detention, and when they do come late it is not their fault, so the main meal and the hot food has gone
IV: so, would you want to see more hot food S5 that’s a general consensus is yes, that’s interesting
42MA7: in the morning, sometimes I arrive at 12 past and the tea, and the coffee have run out
IV: so, the time affects what you choose. 42FH7 is saying it affects you because if there’s no main meals then you have to have a sandwich 42FS9 how does it affect you in relation to time?
42FS9: so, there’s this procedure where you have to line up that takes up the majority of our lunch time, which is really annoying, and the food runs out and it just whatever is left over you have to choose from which I believe is not right as if you are paying for your food, you should have the right to choose from all the food
IV: OK so 42FS9 what is the answer to the problem? So, you are all saying it is the queuing and then there’s no food left so a lack of choice. So, if I put you in charge of this school what would you do?
42FS9: make more portions so they do not run and perhaps I wouldn’t let everyone go in, but I wouldn’t take up their time
42FS5: I don’t really think the queue is the problem, as it is there for a reason and without it there would be chaos in my opinion. But if you just make more food or more hot food then even if they are late, they wouldn’t run out of food.

42MH1: there should be more food counters so like that there can be more places that you can go to, so it is more convenient, and everyone doesn’t go in one place.

IV: so, there are 2 service stations and a hatch outside, is that correct?

Everyone: yeah

IV: that means there are three service points, so you think there should be something else then?

42MH1: yeah

IV: serving hot food as well?

42MH1: yeah

42FH7: I think the whole point of us having queue is because if the children go in and there’s a lot of chaos as children rush for their food because the food runs out that is why everyone rushes. So, if they make extra food or more food then maybe no one would have to like rush in, and everyone would actually line up and go in and get their food.

IV: OK alright that’s interesting. So, do you think genders eat differently?

42FH7: yeah

IV: can you give me an example of what boys choose and can you give me an example of what women/girls choose?

42FH7: girls would go and pick a hot meal, so the big meal, and boys would get a quick snack like pizza, baguette, muffin or drink and then they will just walk out

IV: 42FS9 what do you think gender differences and food?

42FS9: I think they kind of eat the same thing as it is open to everyone in the school, so it is probably what they prefer to choose from the canteen, so all depends on them.

IV: OK so you think it is the same.

42FS9: yeah

IV: OK no gender difference. 42FA5?

42FA5: there is no gender difference

42FS5: I don’t think it’s a gender difference I think it’s more friends. What I might mean for friends is if most of your friends, so if you’re in a group of 5 people and most of them are getting pizza and baguettes, you’re not going to be the only one getting a main meal.

IV: OK can I come back to that one as it is on my list. 42MA7 gender differences in food is there any?

42MA7: yeah, so basically girls pick more healthier foods and boys pick more fatty foods.
IV: really, interesting do you think that is true, so who do you think eats more fruits and vegetables
girls or boys?
42FA5: girls
42FH7: boys
42MA7: girls
42FS5: both
42MH6: girls
42MH1: girls
IV: boys do eat more fruits and vegetables statistically. But very interesting that you think the
genders eat healthier 42MH1 and H6 gender differences?
42MH6 are there are gender differences in the food eaten by boys and girls?
42MH1: no difference
42MH6: no difference
IV: OK thank you. 42FS5 made an interesting comment about friends that if all her friends were
eating a pizza or baguette she wouldn’t go for a main meal. Does anyone else around this table think
that peers or friendships have an impact on what you eat.
42MH1: yes
IV: OK so what sort of impact does it have on you?
42MH1: peer pressure or something that like you don’t want to feel left out or awkward out of the
group
IV: OK so you want to fit in and be the same. 42FS9 are you agreeing with 42MH1?
42FS9: yeah, kind of. But then I would say uhm because they are all picking a snack, they might not
wait for you and that might like affect you so you might not pick a big meal
IV: thank you 42FS9. Anyone else agree with that?
42FS5: it’s not like they personally think it, it’s like they decide together, like say we are going to do
this so let’s just quickly grab a snack then tomorrow we will get a meal. It’s like togetherness.
IV: OK alright.
42FS5: it’s not you’re thinking separately.
IV: so, you decide and plan as a team?
42FS5: yeah, kind of
IV: OK interesting thank you 42FS5. 42MA7 do you think peer pressure affects what you eat?
42MA7: yeah
IV: how, do you agree with 42FS5 on what it does to you?
42MA7: yeah
IV: OK thank you. 42FA5 what do you think?

42FA5: I kind of disagree, because I have friends that if one person gets a hot meal and one gets a
snack, we all agree that we wait for each other

IV: OK, you have nice friends A unlike the rest of you (laughs). You are the only groups and I have
interviewed 8 groups who says friends influence their food choices everyone else say no - so meal
patterns do you ever miss a meal, breakfast lunch or dinner?

42FS9: yes

IV: on a regular basis?

42FS9: no not a regular basis. When I think I am running late from somewhere where I need to be
that I think is important I will just ...

IV: OK alright but it’s not a regular thing?

42FS9: no or it will affect my health

IV: 42MH1?

42MH1: sometimes when I am paying football, I just forget

IV: how do you forget it’s my highlight of the day

IV: 42FSS do you ever miss a meal?

42FSS: no

42MA7: no

42FH7: no

42FA5: never

42MH6: no

IV: culture and you want spices and flavours, does anyone around the table like the food here
because it is very different to what they serve at home?

42FSS: I wouldn’t want what my parents or my mum cooks at home, but I would like to try another
culture instead

IV: so, when I talk to other people, they don’t like spending their money on something they do not
like the taste of. So, if they bought in a new culture food here to try or have as lunch, would you buy
it because you wouldn’t know if you liked it?

42MH1: not always. Let’s say a friend had recommended it to you you, might get it, but you also
don’t know if it tastes nice or no:

42FSS: but that’s when appearance comes in

IV: so, what cultural foods would you like to see 42FSS?

42FSS: not sure

42FA5: you know how Chinese people eat ramen because it is nice and spicy.
IV: so 42MA7 what do you think about this, people going for food that they know, that they are familiar with, that fills them up?

42MA7: yeah, I think they should give samples, so if you’re going from the food, they have now which is general bulk food, to other food, for example something that is very posh. They should at least give a few samples.

IV: OK so have taster days, thank you

42MH1: back to different cultures, for example when I went to Morocco the food there, there was one popular food called tagine, when my mum bought a few and bought it home and occasionally we have it at home.

IV: and do you like it?

42MH1: yeah

IV: is it because you have tasted it and it has good flavour and you want to bring it into your family?

42MH1: yeah

IV: OK thank you for your time (explanation of the experiment and asking them to come back).