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The application of an experimental food label applied to food served in the selected secondary schools in Greater London and its influence on adolescent food choice

**Tucker, Joanne (2022) The application of an experimental food label applied to food served in the selected secondary schools in Greater London and its influence on adolescent food choice. Doctoral thesis, University of West London.**

**This is the Supplemental Material of the final output.**

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Appendices for: The Application of an Experimental  
Food Label Applied to Food Served in the Selected  
Secondary Schools in Greater London and its influence  
on Adolescent Food Choice.

## Appendices T2

Joanne Tucker

March 2022

2810 School One: First Focus Group: POST-INTERVENTION 15<sup>th</sup> of June 2018

2811 Males R4, M4, J7.

2812 Females A1, C6, L2, T5, Z3.

2813 IV: hi I am Jo; I did study a group before this. I am studying how you eat or what you eat, and the

2814 focus is at school. You can leave at any time; your names are not used, and you can read the

2815 transcript if you would like to. I did a little experiment here and you should have had a post card

2816 read out to you in tutor that explained how I was scoring the food you were going to eat. Firstly, did

2817 you get your post card?

2818 13FT5: no

2819 13MR4: no

2820 13MM4: no

2821 13FC6: no

2822 13MJ7: no

2823 13FL2: no

2824 IV: so, none of you got your post cards at all. So, the second question I am going to ask is did you see

2825 there was a food score, there were posters up?

2826 13FT5: yes

2827 13MR4: yes

2828 13MJ7: yes

2829 13FC6: yes

2830 13MM4: no

2831 13FL2: yes

2832 IV: OK, we had posters up - the higher the score the better the food was for you. 2 new pupils arrive.

2833 Nearly everybody saw the score, did you understand it?

2834 13FT5: yes

2835 13MR4: yes

2836 IV: so, did anybody not understand it?

2837 13FC6: it was 50/50 as it was a drastic change as we could only have certain foods at some point.

2838 The higher the number made you feel weird buying it; it was a bit confusing at the start. But I guess

2839 we have had it for a while now, so we have got used to it.

2840 IV: so, if it got confusing at the beginning, did it make you feel guilty for eating things at the

2841 beginning that you knew had a lower score? Did it make you go oh whatever I'm going to eat it

2842 anyway? How did that make you feel 13FC6?

2843 13FC6: it kinda of made me feel like I should like eat kinda of eat healthier, it did kinda work, but it  
2844 did make me feel like I should be eating something a little more healthier.

2845 IV: that is brilliant news for me. Did anybody else feel the same about this food score? Did it make  
2846 you think you shouldn't be eating a sausage roll? Did it have any effect on your food choices?

2847 13FT5: no

2848 13MR4: I don't really buy stuff from the canteen so when I do it is more of a treat

2849 13FT5: and my mum is like if you have stuff in moderation, you don't just have something bad, like if  
2850 you had a biscuit with like an apple.

2851 IV: 13FZ3 and 13FA1 did you see the food score at all?

2852 13FA1: no

2853 13FZ3: no

2854 IV: 13MJ7 did you notice the score?

2855 13MJ7: yeah

2856 IV: did it affect your food choices?

2857 13MJ7: not really because I usually just have the sandwiches

2858 IV: OK 13MM4 you said you didn't see it. Why didn't you see it?

2859 13MM4: I don't know I am not very observant I guess

2860 IV: OK, so I'm trying to look at how to get you to eat healthier. There are several studies that show  
2861 that if students design their own food label its more effective. In front of you (*explains systems*). Out  
2862 of these that are currently available what would guide you to eat more healthily. A simple tick, cross  
2863 or heart then traffic lights etc.

2864 13FT5: the physical activity one, it shows that if you eat it how far it would go until you burn it off.

2865 IV: so, you think that one? So, if I put that on your food, I think putting calories can have a negative  
2866 impact on groups of you, what do you think of that? How would you feel about calories on your  
2867 food?

2868 13FC6: I kinda of feel like it's your own opinion on what calories you eat, because you could have in  
2869 moderation things would be a lot better, so like I don't know how many calories I eat a day, but I  
2870 think I am healthy with the amount I eat so it doesn't really come to my head

2871 IV: does anyone else have any views on putting physical activity symbols on your food? How would it  
2872 make you react?

2873 13FT5: I am very sporty, and I like doing a lot of sport, so it shows like erm if you eat this, because I  
2874 go on a run once a week so I can see here if I have a ham sandwich and go on a 23-minute run I can  
2875 burn it off.

2876 IV: OK so that appeals to you.

2877 13FT5: yeah

2878 IV: OK does anyone else have any views of calories?

2879 13FZ3: I feel like people around our age should be more aware of what calories they are in taking

2880 and how they are going to burn them off to make sure they get the right things into their body and

2881 out of their body

2882 IV: OK so you like that one?

2883 13FZ3: yeah

2884 IV: OK what do we think of the traffic lights? Does anybody like the traffic lights? Would you like a

2885 single symbol on your food like red, amber, or green?

2886 13FT5: yeah, that sounds quite easy to understand

2887 13FC6: I just think I would like the numbers

2888 IV: on the number score 13FC6, some people thought these numbers were calories and then

2889 somebody said they don't want to see 1-100 they want to see 1-10 what do you think?

2890 13FC6: 1-10 would be a bit easier to understand because there are younger people at school so like

2891 yeah, I feel that would be appropriate.

2892 IV: so, you think several 1-10 would work better. If something scored a 10 or a 7 or a 9 that would

2893 work?

2894 13MR4: yes

2895 13FC6: yes

2896 13FA1: yes

2897 IV: OK so, looking at the questionnaire you could fill in, I wanted to find out where you fit nutrition,

2898 peer groups, sensory aspects of food and I've got several questions about this. 42% of the 400 I got

2899 back said nutrition was important and 54% said it keeps you healthy are very important you gave

2900 that 5. So, you seem to say you want good nutrition, you say it's important to you but then you are

2901 saying things are in moderation. So how do I get your generation to eat healthier?

2902 13FZ3: have healthier options available and so they would be easier to get and a better price so you

2903 can say this is cheaper now so I can get that, and it is healthy.

2904 IV: so, guidance by price. So, if I had changed and switched and made things that are unhealthy

2905 double the price and made things that were healthy, would that affect your choices?

2906 13FC6: yeah, because I don't think people would buy from the canteen if that happened

2907 IV: so why would they not get healthier food if they were cheaper?

2908 13FC6: because I feel like at home, I can't speak for everyone here, but my parents give me healthy

2909 food when I am at home so when I am out, I like treat myself in a way to have something unhealthy

2910 as I feel like I am quite a healthy person and I like my sports and stuff.

2911 IV: 13FT5 what were you going to say?

2912 13FT5: like 13FC6 my family are very healthy so sometimes I treat myself a bit but rarely. Like if I am

2913 at a sleepover, I would get some unhealthy food like really unhealthy food but the next day I would

2914 get some salad for lunch and do some sports

2915 IV: OK 40% of you said lots of vegetables was not important to you, you gave it a score of 1, but 26%

2916 of you said containing lots of minerals and vitamins was number 5 very important to you, giving it a

2917 number 5. These two contradict themselves as fruit and vegetables have these in them. So how do I

2918 get you to eat your fruits and vegetables?

2919 13FC6: I think it comes from a place of misinformation on both of our parts, because some people

2920 don't understand where they can get vitamins and minerals from.

2921 IV: very good point. Anybody else how do I get you to eat fruit and vegetables?

2922 13FL2: I think if you put vegetables into more unhealthy foods then people would still want the

2923 unhealthy foods and they would buy it, so it still has vegetables in it so they would be eating it with

2924 their food.

2925 IV: so, you mean sneaky?

2926 13FL2: like give it as an option, like I don't know like put more vegetables into like the unhealthy

2927 food.

2928 IV: so, if I give you beetroot cake?

2929 13FC6: that's nice.

2930 13FL2: if you give it as an option, because people are still having something, they like but then they

2931 are being healthy at the same time

2932 IV: so, make two types of cake?

2933 13FL2: I don't know

2934 IV: would they know if I made a parsnip cake?

2935 13FC6: my mum often gets a vegetables curry, so if you still put healthy food into unhealthy food, it

2936 still makes its unhealthy. Because chicken is healthy but as soon as you put it into creams and all that

2937 sort of thing it makes it not healthy and that sort of thing

2938 13FT5: my dad he recently got a big slow cooker so what he will do is put everything in together so

2939 puts lots of fruit, vegetables, and meat in all together and the dinner is really nice, but it has pork but

2940 also spinach and carrots and stuff

2941 13MR4: as well like going back to putting healthy foods into unhealthy food, in the canteen you can

2942 often get sweetcorn and mushrooms on pizza, so they are healthy in themselves but if you put them

2943 on a pizza it detracts from the

2944 IV: the pizzas came out very healthy coz they make their own tomato sauce and they put aubergines  
2945 into it and tomato. So 13FC6 says it is about miscommunication, so where do you get your  
2946 nutritional knowledge from? Who guides you? How do you find things out?  
2947 13FT5: parents  
2948 13MR4: parents  
2949 13FC6: mixture as you get information from your parents, and you get information from school as  
2950 well. Like from the lower years you get your information especially from primary school  
2951 IV: OK so how do they teach you at school? How do we get this to you at school for you to  
2952 understand?  
2953 13FT5: 13FC6 said like primary schools. My little sister is doing stuff when she has got to fill in a chart  
2954 and she is telling us basically what they have done. They told her green is good and red is bad. So,  
2955 they know when they buy food in the bottom corner it says sugars and it says 5 and its orange and  
2956 fat and it is 0 and it is green, so my little sister is checking.  
2957 IV: and how are you taught? How do you get your information? You've got social media, your  
2958 parents, but how do I know because you don't know, as a school you don't know your stuff, which  
2959 bothers me.  
2960 13FC6: I am quite active in the gym, and I have trainers and things, so I get told by them what to eat  
2961 and things like that  
2962 IV: how would you want to be told? I have had different viewpoints on how you guys want to be  
2963 informed about nutrition, I am not talking about healthy eating I am talking about nutrition, for you  
2964 to make informed choices about what you want to eat. How do we go about it? What have you  
2965 learnt at school?  
2966 13FC6: the big pie chart  
2967 IV: what's the pie chart  
2968 13FC6: oh no it's not the pie chart it's the big triangle thing that says carbs, vegetables and proteins  
2969 and things like that  
2970 13FT5: It's like the food pyramid, it's a big pyramid and it's broken into sections. So, at the top you  
2971 have sugars which is a small section and then below it it's like carbohydrates and fruit and veg so it's  
2972 kind of like a triangle.  
2973 IV: the one I know about was published with the carbohydrates at the bottom but that is so old it's  
2974 like 1980.  
2975 13FT5: there are pie charts as well, with a big section broken up  
2976 IV: oh, the eat well guide  
2977 13FT5: yeah

2978 IV: 13MJ7 where do you get your nutritional information from?  
2979 13MJ7: erm from food tech probably in year 7 and 8  
2980 IV: what do you learn in food tech?  
2981 13MJ7: we did have some food plate diagram things  
2982 IV: did it affect you? Did it make you understand what to eat?  
2983 13MJ7: erm a bit more than it used to yeah  
2984 IV: OK. So, in your questionnaire about what foods have high and low sugar you guys did well, all  
2985 schools did well, and you all know about your sugar. You knew what had added sugar in and you  
2986 knew what didn't. Where do you get your sugar information from?  
2987 13FZ3: going to the shops you see information things on the product that you're buying and from  
2988 society as a whole  
2989 IV: so, the sugar tax did you know about that and understand it?  
2990 13FA1: no  
2991 13FZ3: yes  
2992 13FC6: yes  
2993 13FT5: yes  
2994 13MM4: yes  
2995 13MR4: no  
2996 IV: protein, everyone knows chicken has protein in it, like 93% got this right but nobody knew cheese  
2997 was high in protein. When I am looking at this, do you think different genders know more about  
2998 protein - do you think men know more about protein or do you think women know more about  
2999 protein? And why?  
3000 13FC6: men  
3001 IV: why 13FC6  
3002 13FC6: because there is a stereotype that men usually go to the gym a lot more, which I hate that  
3003 stereotype and erm like protein helps you build muscle mass so things like that  
3004 13FT5: like 13FC6 said the big stereotype is on men and protein, they get big and go out and fight  
3005 which is a big stereotype which I do not like.  
3006 13MR4: men tend to care a lot more and have all the pressure from their friends and stuff especially  
3007 at our age, that they need to go and lift weights and stuff to try and make themselves look bigger, so  
3008 they probably think that taking protein is a good way to do that  
3009 IV: from the study women know more than protein than men which is interesting.

3010 13FT5: because we are all at this age now and we are starting to hit puberty and we are all different  
3011 shapes and stuff so there will be some that have more muscle and doing lots of sport and others that  
3012 aren't but then they see the more muscle ones and they want to be more like that.

3013 IV: fat this was interesting 71% of you knew that pepperoni was high in fat, you also knew that 47%  
3014 scotch eggs are high in fat. So, you know pepperoni is high in fat and you know it is unhealthy but  
3015 then pizza sales are really high with pepperoni on them.

3016 13FC6: it tastes good

3017 13FT5: agreed

3018 13MJ7: nods and smiles

3019 13FT5: sometimes if you have had a stressful day like in the morning you have a couple of end of  
3020 year tests and you just want the greasiest fattiest thing I can find

3021 IV: 50% of you thought red meat was high in salt

3022 13FC6: not it's not

3023 13FT5: no, it is not

3024 IV: why do you think people think it is high in salt? Where do they get that from?

3025 13MR4: often meat is preserved in salt to keep it fresh and stuff

3026 IV: so, you are thinking bacon?

3027 13MR4: yeah

3028 13FC6: but also thinking about the way that people cook the meats

3029 IV: right OK, you know there's no salt allowed in the kitchens yeah?

3030 13FC6: you can taste that.

3031 IV: you think it needs to be saltier?

3032 13MM4: yeah

3033 13FC6: I appreciate some salt but not enough, because I have seen people pouring on salt

3034 IV: so, fibre this was the one most people were incorrect on. So, is fibre something that you  
3035 understand and are interested in?

3036 13FT5: every day I have bran flakes that have high fibre or fruit and fibre, and I have that in the  
3037 morning.

3038 IV: so, you think you know about fibre?

3039 13FT5: yeah

3040 13FZ3: I had a fibre bar in my lunchbox, and I was eating it and my friend said don't eat fibre it is full  
3041 of crushed tablets you shouldn't be eating that. So, I think people of our generation do not have a  
3042 proper understanding of it because I knew what I was eating, and I knew it didn't have crushed up  
3043 tablets in it, but my friends clearly don't.

3044 IV: do you think it is because fibre is one of those things people do not talk about very much? They  
3045 only talk about it when you get older?

3046 13FT5: more people talk about carbohydrates and fats, and someone would say don't eat that it has  
3047 too much fats in it, so you don't really point out the good stuff so you see someone eating a  
3048 vegetable pizza with lots of vegetables on, they would go it's got lots of vegetables on but people  
3049 would go its full of fat and stuff. So, people point out the bad stuff

3050 IV: that's interesting because some of the groups have told me they are fed up with negative  
3051 messages what they want are positive messages, what they want to be told something every week  
3052 there could be something on the windows like did you know these foods contain great B vitamin and  
3053 these foods will give you more energy. They want positive, short notices up on the wall week by  
3054 week. How would you feel about that?

3055 13FT5: very nice

3056 IV: 13FT5 likes that, 13MR4 likes that, 13FZ3 likes that, 13FA1 likes that

3057 13FC6: it could get very repetitive after a while

3058 IV: yes, there is only so much you could do. OK so looking at the sensory aspect, 50% of you said  
3059 food that keeps you full is very important you gave it 5 points. What foods keep you full?

3060 13MR4: macaroni and cheese

3061 13FT5: porridge

3062 13FC6: roast dinner

3063 13FA1: main meals

3064 13FT5: fish and chip Fridays

3065 13FL2: quite a lot so main meals really

3066 13FC6: I say it is more fatty foods that fill you up because they have so much bad stuff in them, they  
3067 just fill you up more quickly than healthy food

3068 IV: it is protein that fills you up the most funnily enough then carbs that expand so fibre foods. They  
3069 are the ones that fill you up. OK low fat - 37% said food that is low fat is very important, 35% said it  
3070 controls my weight which is important and 30% said if it is low in calories is very important. So, do  
3071 you think genders, if I break these down into low fat, controls my weight and low in calories will that  
3072 be a gender thing? Will more females say that, or will more males say that?

3073 13FC6: females

3074 13FT5: females

3075 13MR4: females

3076 13FL2: females

3077 IV: OK interesting. 45% of you said it makes me feel good is really important in choosing food. What  
3078 foods make you feel good?  
3079 13MR4: macaroni cheese  
3080 13FT5: foods that are tasty like something that is really nice, and it is your favourite meal will make  
3081 you feel good  
3082 IV: give me an example?  
3083 13FT5: pizza  
3084 IV: why does pizza make you feel good?  
3085 13FT5: because it is nice and tasty  
3086 IV: 13FZ3 what foods make you feel really good?  
3087 13FZ3: I really like strawberries they make me feel really good and I know loads of my friends love  
3088 strawberries too and other sweeter fruit that make you feel better.  
3089 13FC6; I would say anything that my mum cooks  
3090 IV: could we keep it to school?  
3091 13FC6: basically, I would say a roast dinner coz it's still healthy with the vegetables in it, the only  
3092 thing that makes it unhealthy is the gravy coz it's got the meat juices and the seasoning and all that  
3093 stuff really  
3094 13MR4: I like the freshwater melon pots you can get, because if you have just had PE or something  
3095 and you need cooling down and you need something like sweet and fresh you can just get  
3096 watermelon  
3097 13MM4: not a lot to be honest. I don't think the food is up to par in my opinion  
3098 IV: OK so what would you like to see?  
3099 13MM4: I don't know, I think it is low quality and it needs to be way better than it is now  
3100 IV: in what way, in terms of taste? Presentation? Variety?  
3101 13FC6: all aspects  
3102 IV: what would you want to see for sale here 13FC6? What would you change?  
3103 13FC6: I would change the way it looks as sometimes it doesn't look the most appealing thing in the  
3104 world, and sometimes it doesn't taste amazing either  
3105 IV: how would you get it to taste better?  
3106 13FC6: I don't know as I don't know what they do to actually cook the food here.  
3107 13MM4: add salt  
3108 IV: but you're not allowed to add salt  
3109 13FC6: what about some seasoning like normal chicken seasoning or something like that  
3110 13MM4: the chips so dry

3111 13FC6: they are either dry or floppy  
3112 IV: they do oven chips  
3113 13FT5: so, you need loads of ketchup to actually make them taste nice  
3114 IV: that's the problem, it's not the chips are unhealthy, it is what everyone puts on it so the ketchup  
3115 the mayonnaise and if there was salt. So, chips on their own are quite healthy. What would you say  
3116 13MR4?  
3117 13MR4: sometimes the burgers you can get are just a bit of chicken inside two pieces of bread, it  
3118 doesn't have any like tomato or lettuce or anything like that so it could be healthier  
3119 IV: so, the burgers with salad in it would make a difference?  
3120 13FC6: I feel like some people would just have that and chuck all that stuff away  
3121 IV: so, it needs to be an option from a salad bar?  
3122 13FC6: we used to have a subway bar here before this like got built and that was really good, but  
3123 that was before, and they got rid of it. And that's what would make most people use the canteen  
3124 IV: OK so what is it that in subway, the concept, so if I went into subway what is the core principle of  
3125 a subway? Is it you choose what you put in?  
3126 13FT5: yeah, you go up and say can I have that type of bread that type of sauce that type of meat  
3127 and that type of salad.  
3128 IV: OK so if this means you would all eat really healthy, you get what you want, you get the quality,  
3129 you can save what you want which saves the planet as there is less wastage, thinking with my  
3130 practical hat on how do I get all of you through that counter quickly enough for your lunch?  
3131 13FC6: have two counters because you have the kiosk now  
3132 13FT5: you have one person taking the orders and one person taking the money and 2 people  
3133 making it. So, if someone said can I have...then someone starts making it as someone puts their  
3134 finger to buy it.  
3135 IV: so, you are saying technology, you go up you key in what you want the person makes it,  
3136 technically this might take you 4 minutes that a big queue.  
3137 13FC6: so, you use two counters, since you have a kiosk there that sells the same thing the only  
3138 difference is that they sell slushies, that's the only difference. So, if you put that there and then put  
3139 one there where it used to be. Since the canteen is a lot bigger now it would work a lot better now,  
3140 because before the canteen only went to about here, I would say, and this bit wasn't massive like it  
3141 is now so the canteen can hold a lot more people so that would be more cost effective  
3142 IV: interesting you are not the only people who have said that  
3143 13FC6: we want it back  
3144 IV: do you say that in your food council

3145 13FC6: yeah, I am part of school council and I say it often  
3146 IV: so, I have done this across 4 different schools across different places, do you have anything else  
3147 you want to say?  
3148 13MR4: I think the novelty of subway is you can choose from a lot of things but if we had a little  
3149 subway bar, I don't think it would be as amazing as the actual thing, because you can get things like  
3150 meatballs to put in a baguette so.  
3151 13FZ3: I think three options should be available in the canteen. I think the subway bar would make  
3152 people choose more options and the sandwich bar doesn't sound as good  
3153 IV: OK so if there are options and there are choices?  
3154 13FZ3: yeah  
3155 IV: so, it's all about choices. Yes 13FC6?  
3156 13FC6: I think my year was the last year to fully have the subway bar and most people enjoyed it and  
3157 it was a really big hit and the school was making a lot of money and there was a lot of people having  
3158 it every single day. I know myself and 13MM4 probably had it quite a few times. Then the year we  
3159 came back it was quite upsetting. Also, with the sugar free options that could benefit as there are a  
3160 few people at our school with diabetes and blood problems and stuff, so I feel that would be good as  
3161 well.

3162 School Two: First Focus Group: POST-INTERVENTION 6<sup>th</sup> June 2018  
3163 Males A6, F6, K7, S1, T4.  
3164 Females A3, C6, E2, E3, P2.  
3165 IV: thank you for coming to have a chat about their opinions. Please can we not use names only. If  
3166 you are not happy with any questions you can leave at any time, and I can withdraw your data. His is  
3167 just used for my study and no names are involved and it is all about what we eat at school. So,  
3168 starting off we are looking at what people eat at school and trying to get young people to eat  
3169 healthier. I did a little experiment by scoring your food. So, first question I want to ask you is I did  
3170 these post cards that showed how I scored your food, and your food came out with a number, the  
3171 higher the number the more nutritious it was. Did everyone in this group get this post card handed  
3172 out?  
3173 23FC6: yes  
3174 23FA3: no  
3175 23MA6: yes  
3176 23MS1: no  
3177 23MK7: no  
3178 23MT4: yes  
3179 23MF6: no  
3180 23FA3: can't remember  
3181 23FE3: can't remember  
3182 23FP2: don't think so  
3183 IV: OK so when I got your results back 43% of you said that you didn't notice the score and 50% said  
3184 it did not affect their food choice. So, of the 43% who didn't notice the score, did anybody notice the  
3185 food score and did anyone understand it?  
3186 23MK7: yeah, but nobody cared about it  
3187 IV: did anybody else notice the food score  
3188 23MA6: yeah  
3189 IV: and did it affect your food choice?  
3190 23MA6: a little but not much  
3191 IV: what about 23FC6, did it affect your food choice?  
3192 23FC6: no  
3193 IV: OK  
3194 23FE3: I just wanted to ask was it 1-2-3-4-5

3195 IV: no, it was calculated on points for fruit vegetables, nuts and seeds, protein and it had points  
3196 taken away for sugars, fats, saturated fats, cholesterol so you came out with a main meal being  
3197 about 80 and a sausage roll about 30 so that was the range.

3198 23MT4: somethings I understood but some things it wasn't there. So, on the main dishes I didn't see  
3199 it but on like the little fruit pots I could see it

3200 IV: OK so it was clear on some parts of the counter, that's a really interesting point. So, looking at  
3201 this the general consensus was that you didn't really see it and those of you that did it didn't really  
3202 sway your food choice but from asking you I'm not clear whether you understood it, did everyone  
3203 understand this score and how it was calculated?

3204 23FA3: no

3205 23MF6: no

3206 IV: If I had come and explained what this food score meant would it change your picking of your food

3207 23MA6: yes

3208 23FP2: I didn't know this food score existed until now

3209 IV: I did it myself it's my design

3210 23FP2: so was it another school

3211 IV: I've done 4 big schools and see whether it affects food choices

3212 23FP2: as in the cafeteria?

3213 IV: yes, just the cafeteria

3214 23FP2: what was it on?

3215 IV: it was on the food, so the sandwiches and fruit pots

3216 23FP2: what 23MT4 said like I didn't see it at all.

3217 IV: OK so it needs to be more visible

3218 23FP2: yeah

3219 IV: but if I had explained this would it have worked? If I had educated, you on this?

3220 23MA6: yes

3221 23MT4: it depends if you bring a horse to water you can't make it drink.

3222 IV: OK I get that but I'm trying to work out if this was the right way or should I have done education  
3223 with it first

3224 23FE3: yes

3225 23FE3: but I don't think it would change what people would eat, like I only like specific things in the  
3226 canteen so if some of the food scores were low, I wouldn't change what I eat and what I like

3227 IV: OK alright so studies show that if students themselves design a way of educating what we eat,  
3228 students are much more likely to look for the signs and look for the symbols and its more successful.

3229 In front if you are some ideas, there is the traffic light system, there's a single tick, others are green  
3230 light like single tick, there's a score in a supermarket, the guiding stars and on the second page are  
3231 calories you burn. Would any of these make you choose healthier food choices?  
3232 23FA3: no  
3233 23FC6: the physical activity one  
3234 23MK7: the physical activity one  
3235 23FE3: maybe the check mark because it shows if it is healthy or not so...inaudible  
3236 IV: so, a single tick or heart shape or a single symbol and nothing else? A system where you see it it's  
3237 a very easy one?  
3238 23FP2: the physical activity as a lot of kids engage more like doing stuff, they enjoy it and a good way  
3239 to portray that is through physical activity  
3240 IV: anyone else think the physical activity would work?  
3241 DK: sort of but I don't really understand it  
3242 IV: so, it shows you if you had a ham sandwich this is how far you would have to walk or run so it  
3243 gives you an idea of how many calories it has in it. Going back to the numbers and my score they  
3244 have said 1-100 is too complicated they might prefer 1-10. If I scored your foods 1-10 would that  
3245 make you eat better?  
3246 23MA6: yes  
3247 23FE3: yes  
3248 23FA3: yes  
3249 23MT4: yes  
3250 23MF6: I would think so because instead of 100 which sometimes can go into percentages then 1-10  
3251 it tells you straight forward how healthy the food is rather than 100  
3252 IV: OK some people have told me they don't see 10 as being the best number they see it as being the  
3253 worse number, but what do you think? 10 would be the best food or 1?  
3254 23MT4: I think 1, as in calorie wise 1 is the lowest and 10 would be the highest  
3255 23FE2: 10 should be the highest as it goes up anyway so it is easier to comprehend the lowest  
3256 number should be the least healthy. I think I would rather have 1-10 than 1-100. *Unclear audio*  
3257 23MA6: the scoring was it only number or was it also like colour coded too?  
3258 IV: I like that, but the company wouldn't let me do that, but do you think if we had numbers that  
3259 were colour coded that would work?  
3260 23MF6: yes  
3261 23MA6: yes  
3262 23FC6: yes

3263 IV: so, looking at your nutrition is one of the interesting things is 57% of you said that nutrition was  
3264 very important, you score it 5 on your ranking and 61% said food keeps me healthy are very  
3265 important to me. So, how do I get you to eat healthier food? 23FE3 said I will have that anyway so  
3266 how can I guide you?  
3267 23MF6: put more variation on what we have in the canteen, so different things. Like they may be  
3268 healthy, but we are more likely to eat them as they are tasty.  
3269 IV: give me an example of what you would like to see 23MF6? What would you like to see for lunch  
3270 down there that is healthy?  
3271 23MF6: erm maybe. I don't really know  
3272 23FP2: I can guarantee almost like 70% of people in my class don't like things like peas and carrots,  
3273 and I think you guys should do a survey of what vegetables people do like and I can guarantee  
3274 people would say they like cucumber and broccoli more than the rest of the vegetables.  
3275 IV: OK thank you, so if it was there and you like it you would eat it?  
3276 23FP2: yeah  
3277 IV: OK thank you. Anyone else got anything to add?  
3278 23MT4: urm yeah, I agree with that coz if you done a survey, you can voice people's opinions on  
3279 what fruit and vegetables you like the most, so then we can put that in the food to make the food  
3280 better  
3281 IV: 36% of you in your survey said if it included lots of vegetables is not important to you, you don't  
3282 care, and you are not interested. This does not make sense. So, 61% want to keep healthy but nearly  
3283 40% don't care about vegetables. Also 52% of you said if a food contains lots of vitamins and  
3284 minerals it would make me choose, which is a contradiction in terms. But that doesn't make sense as  
3285 fruit and vegetables have lots of vitamins and minerals in them. So, this is a question is how do I get  
3286 you guys to eat more fruit and vegetables? 23FP2 said maybe do a survey to see what fruit and  
3287 vegetables people like. How else can I get you to eat lots of fruit and vegetables as a generation?  
3288 23MS1: maybe make the vegetables like cheaper and the unhealthy food more expensive  
3289 IV: that is a very good answer, 23MS1 you will be a politician! So, we talked about price last time and  
3290 price was quite important for people. We could do a switch so swapping round the unhealthy foods  
3291 making them expensive and the very healthy foods making them cheaper would that work with you.  
3292 23FE3: nah, I think we would just boycott against the school  
3293 23FP2: I think yeah, we should take junk food that we already have and make them into a better  
3294 way. Like I think we should make more burgers, coz one I like burgers and two they have bread in  
3295 them which is fibre, they have meat in them which is protein and on top of that you have lettuce,

3296 pickles and onions which are vegetables, and they can provide you with vitamins and minerals so  
3297 burgers are in a way healthy, but we should not fry it we should bake it  
3298 IV: OK 23FP2 what about cauliflower burgers or vegan burgers?  
3299 IV: 23FP2 makes a sick noise so that wouldn't work. 23FE2 what do you think?  
3300 23FE2: in school when they have burgers, they only have the burger and bread they could add like  
3301 vegetables and stuff. Also, the unhealthy options you could try and make them healthy, like you  
3302 know the cookies you could have some chocolate, but you could have some with are like...  
3303 IV: with beetroot?  
3304 23FE2: but like less chocolate  
3305 IV: so, healthier versions, OK.  
3306 23FE2: or like carrot cake  
3307 IV: yeah, or zucchini cake or parsnip cake?  
3308 All: ewww just carrot cake  
3309 IV: that's because you know the one  
3310 23MT4: lemon drizzle cake?  
3311 IV: that is not quite the same as it has lots of sugar. OK guys so where do you get your nutritional  
3312 information from? Who tells you, guides you? 23FP2 mentioned about well breads got fibre, where  
3313 do you get your nutritional knowledge from?  
3314 23FP2: cos in science lessons they dedicated topics to learn all about food, like I remember this year  
3315 in science we learnt about like what foods are most important and even did this food pyramid which  
3316 said that carbohydrates are like important, so is protein, and we should have sugar less. They  
3317 basically teach us like, our science teachers basically become dieticians and they lead us as to what  
3318 we should be putting in our bodies and what is good for what will help us grow  
3319 IV: and do you listen to it 23FP2?  
3320 23FP2: yeah  
3321 IV: does it affect your choices?  
3322 23FP2: yeah  
3323 IV: and does it affect your choices long term or just your choices after the lesson?  
3324 23FP2: ermm  
3325 IV: two days. Where do you get your nutritional information from 23MF6?  
3326 23MF6: my mum  
3327 IV: and how do you know your mums right 23MF6?  
3328 23MF6: because she always right  
3329 IV: she's, always, right?

3330 23MF6: yeah, she always tells me if you eat too much sugar then people put on weight and like  
3331 something like that  
3332 IV: it's true  
3333 23MF6: she just looks out for my health and the only reason I know it is when I was younger, I  
3334 always learn about it in primary school and stuff, and they always tell us always stay away from  
3335 these certain foods and always eat these healthier foods.  
3336 IV: and does it affect you when you think about it? Do you do what you know?  
3337 23MF6: yeah, but I still eat sugar anyways  
3338 IV: OK right 23FA3 how do you get your nutritional knowledge?  
3339 23FA3: from the back of food, you know on the back of packaging.  
3340 IV: oh, so you read food labels? OK but if you don't have food labels in the cafeteria how do you get  
3341 your nutritional knowledge? How do you know?  
3342 23FA3: I don't  
3343 IV: OK fair enough. 23FE3 where do you get your nutritional knowledge from?  
3344 23FE3: the same as him, but in the canteen, I just know what is a protein and what is not protein and  
3345 what stuff to eat  
3346 23FE2: the internet, like you know when you hear stories like oh there's so many people dying from  
3347 being obese so it kind of scares you  
3348 IV: does it scare you long term?  
3349 23FE2: yes  
3350 IV: does it worry you? Your health conditions and would scary messages make you eat healthier?  
3351 23FE2: yeah  
3352 23MK7: yeah  
3353 IV: 23MK7 you think it would? All the other people said the government gives them too many  
3354 negative messages about food and they want positive messages. 23MS1 where do you get your  
3355 nutritional information from?  
3356 23MS1: I know how we can make people eat healthy food  
3357 IV: OK go on, how do you do it?  
3358 23MS1: if you let people know about the consequences that is going to come after eating not  
3359 healthy food, like in the canteen you should put little messages saying like if you eat too much of this  
3360 you could get heart attack  
3361 IV: would that work, or do you think it would just make you paranoid?  
3362 23FA3: yes  
3363 23FE3: I don't think people would see them as the queues are quite long and people are just hungry

3364 23FP2: I think it could have a bad effect on people, because I remember in my primary school they  
3365 used to force us like to eat, they introduced this new thing year, think it was cos of Jamie Oliver, first  
3366 they make us stop having ketchup yeah and then like in year 5 they introduced this new rule where  
3367 they forced us to have vegetables like we had a salad bar yeah and they forced us to put vegetables  
3368 on it and we weren't allowed to leave until we ate like a substantial amount of vegetables. And that  
3369 had a bad effect on me cos when I came to secondary school, I literally just choose whatever I  
3370 wanted, and I literally didn't have vegetables

3371 23MT4: a problem with scaring people to eat things could lead to more people being like really really  
3372 thin, and getting like you know when you vomit to be thin

3373 IV: bulimic?

3374 23MT4: yeah, that and mental health

3375 IV: that is a very interesting point because when we were looking at food labels, I am, this is my  
3376 personal view, I am very anti putting calories on because I think it's an age when I don't want any of  
3377 you to count calories and I just don't agree with it, so I would never put calories labelling on food in  
3378 a school as I think it could have detrimental consequences or effects so where was I - Right so  
3379 anybody else get any nutritional knowledge so parents, science, internet. Anybody else get any other  
3380 information?

3381 23MS1: labelling

3382 23MT4: and when you look at other people, so like when you look at the big obese people it scares  
3383 me to think I will ever be like that as I never want to be too big.

3384 IV: I remember you; you are the footballer you won't get like that. So, do you think there is enough  
3385 nutritional information in school? Do you think they do it the right way around? Do you think they  
3386 educate you enough about nutrition in school?

3387 23FA3: yes

3388 IV: 23FA3 says yes. Does anyone else think that they do enough education in school about nutrition?

3389 23FP2?

3390 23FP2: yes

3391 23MA6: yes

3392 IV: 23MA6 says yes. 23FC6?

3393 23FC6: no

3394 IV: 23FC6 you think no, why?

3395 23FC6: they don't really tell you, like in year 7 they taught us a little bit but not much

3396 IV: is that because, what year are you in 23FC6?

3397 23FC6: 7

3398 IV: so, do you think that's because you get your nutritional information later? Is it later on?  
3399 23FC6: yeah, yes 23MK7  
3400 23MK7: (can't hear)  
3401 23MS1: maybe schools are worried they don't want to tell younger people about healthy this and  
3402 healthy that and get stuck in their heads, like when they get older, you're just told them like I'm not  
3403 going to eat that.  
3404 23MK7: I think they should teach more nutrition in workshops  
3405 IV: more workshop yes that's very interesting, that is what a lot of people have said, shorter things  
3406 but more informative on a regular basis, every week just something. Yes 23FE3?  
3407 23FE3: I don't think they educate us enough, they said when they are older but in year 7 is when  
3408 they teach all the subject and the most important subject, they teach us about is food tec and if you  
3409 don't choose that as a GCSE subject you will never educate us on it  
3410 IV: yes 23FP2  
3411 23FP2: I think we should have a whole week where it is just like a whole week and it is just  
3412 workshops teaching children and nutrition and stuff and I feel like people should come in, like  
3413 experts, and should teach children and make power points about why it is important for like you to  
3414 eat healthy and the benefits that could come with it.  
3415 IV: yes 23MS1?  
3416 23MS1: or maybe as they teach food tech here. They should make like it a compulsory topic for  
3417 GCSEs maybe  
3418 IV: Interesting, because nutritional knowledge is dyer. Yes 23FE2?  
3419 23FE2: I disagree with making food tech compulsory as nutrition is not the only thing, coz like when  
3420 choosing schools, you might not want to do it but also you will have a low selection of subject and  
3421 that will affect your future so maybe instead we should add it to the science curriculum as long as  
3422 everyone does science  
3423 IV: yes, that's good but you don't have to do science anymore do you So, let's have a look at sugar,  
3424 you guys all know your sugar, you all know what has sugar in it and you all got good scores. So how  
3425 do you know about sugar? I know 23FP2 mentioned her mum. So how else do you know about  
3426 sugar? Jamie's got teaspoons for sugar so 23MA6?  
3427 23MA6: kinda, people keep telling us about sugar and about apps to check for sugar and how much  
3428 sugar is in what products  
3429 IV: OK and do you like apps? Did they work with you?  
3430 23MA6: yes  
3431 IV: OK 23MA6 says yes, does anyone else think these apps work?

3432 23FA3: no

3433 IV: why not 23FA3?

3434 23FA3: because if you think about it, apps take up storage

3435 23FP2: I agree with 23FA3

3436 23FA3: even if you're not on your phone all the time, you might want to look up something and you

3437 might not have any mobile data left.

3438 IV: so, you don't think using a phone at school?

3439 23FP2: well we don't get to use our phones at school

3440 IV: OK so that would be the big change, you could use your phone as long as you could check your

3441 food. Would that make a difference? Would you seriously eat more healthy if you could use your

3442 phone?

3443 All: YES

3444 IV: but how when you teach would you stop using your phones in lessons?

3445 23MT4: maybe say when you're in lessons you're not allowed to use it but when you're in the

3446 playground you can

3447 All: yes

3448 23MK7: that is a very important part of the world

3449 23MS1: like when you come into lesson you hand in your phone

3450 23FA3: no

3451 23FP2: but you could put it in a basket?

3452 IV: no one will put a phone in a box

3453 23FA3: but in our school if you gave permission to put it in a box you would because you have

3454 suffered enough

3455 IV: Oh, 23FA3 I'm sorry to hear that! Yes 23FC6

3456 23FC6: you should ...

3457 ...Something about an apple watch

3458 IV: OK, protein, you nearly all got chicken right for protein, but nobody knew cheese was high in

3459 protein, you said fruit was high in protein but that has none in it. so, you all know some things, so

3460 why do you know chicken was high in protein but not other things like beans?

3461 23FE3: its coz it is the most delicious of all of them

3462 IV: don't get me started beans are much better, yes 23MF6

3463 23MF6: because in the food chart they usually show like meat for protein not eggs and stuff

3464 IV: so, you think it is a pictorial use of foods with proteins?

3465 23MF6: pardon

3466 IV: so, do you think it is the way we portray protein?

3467 23MF6: yes

3468 23FE2: coz my mum is nurse she taught me that eggs are high in protein, so is fish, chicken and red  
3469 meat and foods like that and I know that beans is high in protein coz straight away I thought of the  
3470 Heinz add on TV, the dad is like I have eaten loads of chicken and the mum was like or we could eat a  
3471 pack of Heinz beans. So, I know beans are high in protein coz of the advert

3472 IV: so, adverts they might work with you that's interesting. Right, fat, you guys were awesome. You  
3473 all know peperoni is really high in fat, but this is on pizza, and this seems to be one of the best sellers  
3474 in the canteen. So, you know peperoni is high you know pizza has a low score, but you still buy it,  
3475 why?

3476 23MS1: coz it tastes nice

3477 IV: so, it all comes back down to taste

3478 23MF6: I mean people buy pizza because it is popular and it has a good taste, like it's better than  
3479 normal bread because it has toppings you want to customise so you can eat it

3480 23FE2: the school could try my making things less sugary, and they aren't as bad as I thought they  
3481 would be. They could try and make things taste nice but make them healthy too

3482 IV: and how do I do that I would be a millionaire?

3483 23FE2: I don't know

3484 23FP2: from time it's all down to its marketing strategy, like urm pizza shops open near schools to  
3485 attract young customers. Like down the road from here is like Kilburn high road there is this pizza  
3486 shops that sells pizzas for £1 and it is really nice, so I think they have a strategic plan.

3487 IV: ha I will go and tell them that 23FP2 says you need to go. So, salt, are you interested in salt? It  
3488 doesn't look like it as you didn't know much about it you even thought meat was high in salt. How  
3489 come you don't know much about salt? There was a massive campaign a few years ago about slugs  
3490 that the government put out so why don't you know much about salt? And are you interested in  
3491 salt?

3492 23MF6: no one really talks about salt

3493 IV: yes, because sugar is the baddy at the moment. Yes 23MT4?

3494 23MT4: I learnt a lot about salt, but I don't really eat much salt, but I eat a lot of sugar

3495 IV: so, you say you've learnt a lot about salt. How do you know? Why do you know?

3496 23MT4: at home with my mum if I put a little pinch of salt my mum says don't put any more salt on  
3497 those chips or whatever I am putting it on as I think salt causes diabetes

3498 23FP2: and blood pressure

3499 IV: and cancer

3500 23MT4: or diseases like that

3501 23FE3: I am interested in salt, but I think that's because I am African, so we cook with a lot of salt

3502 IV: no culture has a massive interest?

3503 23FE3: yeah, and if you don't put salt, it doesn't have a lot of flavour in it and a lot of seasoning have

3504 salt in them

3505 IV: interesting that is a really good point, yes 23FP2

3506 23FP2: I absolutely hate salt, but I would put it on my chips, but I hate salt coz

3507 IV: you said you hate salt, but you would put it on your chips?

3508 23FP2: no, I eat McDonalds chips even if they are high in salt because they taste nice, but I know salt

3509 is very very very bad for me coz it can cause heart disease and I heard that, can it cause heart

3510 disease

3511 IV: no. it doesn't cause high blood pressure, but it is bad for people with high blood pressure have to

3512 be careful with salt intake, but don't add salt to your food.

3513 23FP2: all I know is that salt is a big X as I have seen all the ads when I go to the NHS that are about

3514 salt and I just stay away from it as much as I can

3515 23FE2: nobody really knows about salt as we thought it was diabetes and stuff like that, but that's

3516 sugar. I heard that salt increases cancer and something especially when it is on microwaved popcorn,

3517 but I don't know that could be something different.

3518 IV: Japanese people have a high amount of stomach cancer rate and stuff like that because a lot of

3519 the fermented goods and soy sauces and stuff but that is because the level of those foods, they eat

3520 are so high, it is huge. So, their culture does have that, but 23FP2 looks shocked

3521 23FP2: I ate soy sauce last weekend

3522 IV: that's OK, I put salt on my chips, and I love chips. Fibre, none of you seem to know about this.

3523 This was the worst one, nobody knew and a lot of you got it wrong. So, what do you know about

3524 fibre and is it important?

3525 23FE3: I always see high in fibre, but I don't even know what it is about

3526 23MF6: the only place in see fibre is on bread, like the 50/50 ones

3527 IV: so, do you think a visual something. So, do you know what it is and why it is important?

3528 23FA3: no

3529 23FP2: it is good for constipation, like cheerio's are a great example if you are constipated

3530 23FE2: I know that fibres give, you like, I think carbohydrates have a lot of fibres in them.

3531 Like cereals

3532 IV: yes cereals, but you all thought crunchy nut cornflakes was high in fibre, but it is not it is refined.  
3533 OK 4 more questions - sensory aspects of food 64% of you said if the food keeps you full it is very  
3534 important so 23FA3 says yes that is important, 23MA6 says yes that is important.  
3535 23FA3: I agree with that as say you are in year 10 or 11 and you have exams you don't want to feel  
3536 like you're hungry before the exam, so if you have something that fills you up before the exam you  
3537 will be prepared for the exam, and you won't be sitting there thinking what will I have after the  
3538 exam.  
3539 IV: yes, very interesting, anyone else want to talk about why keeping you full is important?  
3540 23FE2: I think it is important to have food that makes you feel full because if it doesn't you will want  
3541 to eat more, and a lot of people will eat fatty foods then as a substitute  
3542 IV: OK so you change your choices when you are hungry  
3543 23FE2: yeah, and if you are eating like vegetables something or something healthy that makes you  
3544 feel full you won't want to eat more, and it stops you getting something unhealthy  
3545 23FP2: I have two reasons coz if I go to a Chinese buffet and I eat as much as I can I know my mum is  
3546 not going to cook so I need something that fills me up and I don't want to get fat and I know if I eat a  
3547 lot I don't want to feel fat as I don't want to keep getting up and constantly going for food so if I eat  
3548 it all at once I am good for the rest of the day  
3549 IV: OK thank you 23FP2 OK, anyone else want to say anything about why being full is important?  
3550 23FE2: I don't want to contradict you, but I heard that you have to eat slowly to digest food  
3551 IV: it is more mental about eating slowly and feeling fuller  
3552 23FE2: so, like rather than eating it all at one time isn't it better to eat it throughout the day and fill  
3553 up over time as some people who feel more full like if you eat too much it makes you feel too full for  
3554 the rest of the day so then they won't eat a healthy portion so isn't it better to eat healthy portions  
3555 for lunch and dinner but not so full you are bursting  
3556 IV: always eat breakfast as this is the most important food of the day because the blood sugar levels  
3557 are low  
3558 23FA3: I agree  
3559 IV: after 4 hours you will start to drop as your blood pressure and take a little snack then and in the  
3560 afternoon as well so that will keep you full and also prevent diabetes but if you eat 2 doughnuts that  
3561 might change things. OK 40% of you said food that keeps me awake is very important. What food  
3562 keeps you awake?  
3563 23FA3: chocolate  
3564 23MT4: I think a lot of people buy fizzy drinks thinking they are caffeine, that is what keeps me  
3565 awake

3566 23FE3: energy drinks keep me awake  
3567 IV: do you sell energy here?  
3568 All: no  
3569 IV: good, good so do you buy fizzy drinks? Do you all buy fizzy drinks? Do you get them form Kilburn  
3570 high street?  
3571 23MS1: they are in the canteen as well  
3572 23FP2: it is a reduced sugar one like a fizzy juice  
3573 IV: so, S2 what keeps you awake in the canteen?  
3574 S2: fizzy drinks it is good for students apparently on the package  
3575 IV: do you know what it is  
3576 23FP2: it is not really fizzy drink its more of a fizzy juice  
3577 IV: Do you mean Radnor? OK low fat, 40% of you said low fat is really important for you and 43%  
3578 said low in calories is really important to you and I want to find out if this is affected by gender. Do  
3579 you think more females say low fat and controlling weight or do you think more males say low fat  
3580 and controlling weight it is important?  
3581 23MT4: I think it is more female because I think if you look at the average male man that are obese  
3582 and fat compared to the female, I think the male would probably be more  
3583 IV: so, you are saying low fat and low calories are more important to females?  
3584 23MT4: yeah  
3585 IV: OK 23FE3?  
3586 23FE3: yeah, I would say it is more important to females as males normally want to gain weight as  
3587 they want to be all muscly and stuff so they will gain weight to go to the gym as they want, they  
3588 don't want to look lanky so to impress the girls want they want to get and the girls they don't want  
3589 to get fat as they want to wear nice clothes.  
3590 IV: woah this is stereotypical 23FE3, so men want to go to the gym and females want to look than to  
3591 be attractive to the men – shame on you we need to have a chat!  
3592 23FP2: I think it is the female as well as in today society because I feel that females are more  
3593 pressured to look a certain way like you've got Victoria secrets magazine and they are thin tall and  
3594 you think I want to look like that because they get boys and they are rich  
3595 IV: 23FP2 you have your life sorted rich man so going back to what I was saying to you about protein,  
3596 you knew about chicken, but you didn't know about beans or cheese. My question to you is do you  
3597 think when I analyse this data are the boys are going to put a higher score or will girls but protein as  
3598 a higher score to be more important?  
3599 23FA3: I think it will be both

3600 23MT4: I think male coz as I always see those men when they go to the gym and they are doing a  
3601 hard session and after the session they have a protein drink or shake  
3602 23FE3: yeah, I think males are well as they eat more protein than women, but when it comes to  
3603 chicken, I think boys eat a lot of chicken, but girls also eat chicken, but boys will take a larger portion  
3604 23MA6: I think more male because they go to the gym and they are usually males on the posters,  
3605 and they put that image in your head  
3606 IV: so, it's the media  
3607 23MA6: yeah  
3608 IV: 53% of you said I eat food coz it makes you feel good, what foods make you feel good?  
3609 23FA3: chocolate  
3610 23MA6: I don't usually watch what I eat, like if it is a snack, but for me it would be waffles  
3611 IV: OK waffles would get a score of 33 would that put you off? So 23MA6 if they got a score of 33/40  
3612 would that put you off?  
3613 23MA6: no  
3614 23MT4: I haven't really got a food it depends what mood I'm in  
3615 IV: what makes you feel good?  
3616 23MT4: chicken, the main meals when they do the chicken and like the gravy and the rice that  
3617 attracts a lot of people, but not like gravy like a spicy sauce  
3618 23MK7: I think traditional meals from other countries  
3619 All: yeah  
3620 IV: so, cultural foods. Do you want a day where you eat this food?  
3621 23MA6: Polish food, that what makes me happy  
3622 IV: so, cultural food  
3623 23FP2: Ben and Jerrys cookie ice cream  
3624 All: yes  
3625 IV: the score of probably 25 would that put you off?  
3626 23FP2: no, but I also like spaghetti bolognaise with broccoli and sweetcorn  
3627 IV: that has a score of about 78, would that make you say that's great?  
3628 23FP2: yeah, and it tastes really nice  
3629 IV: OK great 23FE2 what makes you feel good?  
3630 23FE2: pizza  
3631 IV: but we could have healthy pizza with lots of vegetables and toppings  
3632 23FE3: you can have healthy pizza and not tell peoples it healthy  
3633 IV: do you think that would work?

3634 23FE2: yeah, if you disguise the vegetables  
3635 IV: OK and 23FE3?  
3636 23FE3: I like me some pineapple  
3637 IV: with chocolate or without the chocolate  
3638 23FE3: a bit of both oh and strawberries dipped in Nutella  
3639 23MT4: and coconut  
3640 IV: If I came back and said I want to score the food in the canteen and give you cultural foods or a  
3641 survey, what is one thing I could do to make you eat healthier?  
3642 23FA3: I'd say like mainly do icon like a star is good for you and a broken heart is bad for you.  
3643 IV: OK one star for good food, one symbol you want to see one symbol? Would you see with one  
3644 face?  
3645 23MA6: cheesy  
3646 23FE3: corny  
3647 23MS1: what about emojis  
3648 IV: well, aren't they faces?  
3649 23FP2: they aren't always faces,  
3650 23MS1: maybe a thumbs up and a thumbs down  
3651 All: yeah  
3652 23MA6: if you are going to do the emojis they have to be visible and not tiny!

3653 School Three: First Focus Group: POST-INTERVENTION 2<sup>nd</sup> May 2018  
3654 Males Q7.  
3655 Females A1, H4, M6, M8, P6, R4.  
3656 IV: OK so everything you say will stay in this room, this information will just go towards research on  
3657 healthy eating and what you eat, but only about the food at school. Please refer to each other as you  
3658 see around the table. I am just checking that no one has the same - that's good.  
3659 So, I did this study, and I gave you all a post card with a food score, and on the post card was how I  
3660 came up with the food score, first of all did you all get your post card in tutor time.  
3661 33FA1: no  
3662 33FM6: no  
3663 33MQ7: no  
3664 33FM8: no  
3665 33FP6: you did yes  
3666 33FH4: urm I don't think so  
3667 IV: OK so only one of you got a post card. Did you understand what this post card was about 33FP6?  
3668 33FP6: not really  
3669 IV: so, it wasn't clear what it was trying to do?  
3670 33FP6: it was confusing  
3671 (extra person is added)  
3672 IV: I was asking if you received a post card that explains how the food score was calculated?  
3673 X: yes, I did receive it and I did understand it  
3674 IV: so, the majority of you didn't get a score, but then there were posters everywhere and they  
3675 explained how the score was calculated so you got points for protein, points for fibre, you got points  
3676 for fruits, vegetables, nuts and seed. Then you got points taken away from saturated fats, for energy,  
3677 salts and for sugars, did you see the posters around the school?  
3678 33FP6: yes  
3679 Everyone else: no  
3680 IV: how did you not see them? None of the others did. So, 74% of you said that these posters and  
3681 this score did not affect your food choice but do you think if you had seen these scores, that showed  
3682 you that a higher number showed you that the food was better for you nutritiously, if you had  
3683 known that do you think that would that have changed what you choose to eat at school lunchtime?  
3684 33MQ7: if I understood what it was and how it affects us, then yeah probably  
3685 IV: anybody else got any viewpoints on whether they think they understood it?  
3686 33FM6: I agree

3687 33FA1: yes

3688 33FM8: yes

3689 33FP6: it sort of depends on the type of person that you are, like if you are somebody who doesn't

3690 really care about what you eat or

3691 IV: OK good point.

3692 33FH4: I think that people like different things, like one specific food has like its pros and cons and

3693 some people might not change or some people might.

3694 IV: OK thank you. What I have done - in front of you, is I have put some food label symbols. I won't

3695 go through all of them with you, but the top one is the British one and it's the traffic light system,

3696 the ones underneath are symbols which are a single unit which say if a food is good for you or if it is

3697 not. Then on the second page are other designs, the ones with the three men at the top is an

3698 America one and it is called the guiding stars. Three stars means it is very nutritious food and no

3699 stars means it is not good. Then you've got one which shows how much physical activity would you

3700 need to do to consume this ham sandwich. Then the other ones are a range of smiley faces. Studies

3701 show that if students design their own system applied to your food at your school, that it is more

3702 likely that it will be successful. What do you like out of these? What do you think might work in your

3703 school canteen to guide you to healthier choices?

3704 33MQ7: I think the physical activity one the one that when you eat it what you have to do to burn it

3705 off

3706 33FR4 33FM6 33FA1 33FP6 33FH4 33FM8: all agree with 33MQ7

3707 IV: so, if I did this study again and I put these symbols on the main calorific foods, and they are

3708 mainly calories would that make you feel stressed.

3709 33MQ7: it would make you think twice

3710 IV: 33FM8 nodded. I worry greatly that the stage that you're at that giving you calories is dangerous,

3711 that is my own personal view, but it is funny that you like that. Given that is there any other way that

3712 you think that you could change and could be indicated which is a healthier food? Is there anything

3713 you could think of that would be really good that would work for you?

3714 33MQ7: maybe a longer scale, like 1 means like it's very healthy and good for you but 10 could be

3715 that you could choose to have it on but on occasion.

3716 IV: so 33MQ7 you said what I have done but my numbers were 1 -100, the higher the number the

3717 better the food was. So, if I took those down and divided it each score by 10 and came up with a

3718 number 1- 10 would that you think that would work here? Would that be more likely to work?

3719 33FR4: I feel that because the healthier it is the bigger the score, I feel like it would make more sense

3720 the healthier it is the lower the score, so the unhealthier the food is the higher the score goes.

3721 IV: really?

3722 All: yes

3723 IV: OK that's interesting. They did do this on the food standard agency, and they made it a negative,  
3724 so I turned it into a positive, so that is how the score came about. So, coming onto nutrition, 43% of  
3725 you in your questionnaires said that nutrition was important in your questionnaires, 54% of you said  
3726 it was very important it keeps you healthy. So, what will guide you to eat healthier foods? What can  
3727 we do as individuals to guide you, as the children of the future, to eat healthier?

3728 33MQ7: If people are educated about what the consequences would be, but not just its bad for you,  
3729 we are told on a small scale what will happen to you, but we aren't really told in depth or educated  
3730 properly.

3731 IV: that my next question on education so anybody else think how we could get you to eat?

3732 33FP6: I know this sounds harsh, but maybe if we took away some of the unhealthy foods and out  
3733 some more of the fruits out on the canteen area. Then maybe more people would think there is not  
3734 much else so maybe I could try that, so it gets people to try more.

3735 IV: do you think there is enough fruit on offer?

3736 33FP6: there is grapes and watermelons and that's it

3737 IV: so how would you like the fruit presented? Would you like it chopped up or would you like it  
3738 whole or how do you want it done?

3739 33MQ7: you could have a variety, like one bowl of fruit that is washed you know normal the way it  
3740 is, then a chopped up one.

3741 IV: OK thank you. Anyone else?

3742 33FM6: maybe get a vote on what fruit they want, and then maybe a section or slice and a section of  
3743 non-sliced fruited. Then one section could be a box of single fruit like blueberry or strawberry or  
3744 something like that because I don't think there is many of each fruit on one of those containers.

3745 33FM8: we do have sliced fruits like grapes and watermelon, but we also have a bowl of fruit by the  
3746 sandwich bit in the canteen, but I don't think I have ever seen people take fruit from there.

3747 IV: so how do we get people to eat fruit?

3748 33MQ7: make it more appealing

3749 IV: and how do we do that?

3750 33MQ7: how is it now is it is just a bowl next to the person serving of a variety of fruit, but it's just  
3751 there. But maybe if you put it next to the stuff that's healthy like where they put the cakes and stuff.

3752 33FM6: I think sometimes to get us to eat healthy, you need to focus on the positives rather than  
3753 the negatives, coz if you talk about how bad it is for you people could get quite scared that they are  
3754 eating the wrong stuff

3755 33FA1: I think the fruits are always put at one stall and we have three or four that people go to, and  
3756 when I go to the stall with the fruit it is always one of the busiest and sometimes, they run out so  
3757 there isn't enough on offer.

3758 IV: did you know fruit is one of the most expensive things, so they don't make as much profit if they  
3759 put out fruit and you have all mentioned that cost is very important to you. So, you like taste, value  
3760 for money and cost and you are worried about money, and you like to feel full. One of the things I  
3761 found very interesting is that 44% of you said that if a food contains lots of fruit and vegetables this  
3762 is not important for you. But 43% nutrition was important, 54% you want to stay health but 44% said  
3763 you're not interested in vegetables. So, these vegetables are nutritious, and they contain lots of  
3764 vitamins and minerals and you tell me that vitamins and minerals are very important to you, 37%  
3765 said it very important so how do we get you to eat vegetables?

3766 33MQ7: maybe in the morning you could go to the canteen in the morning in your own time and you  
3767 could order your fruit and tell them how you want it. Then they know how many people on average  
3768 will be coming to the canteen so they know how much fruit on average to purchase because you  
3769 said it's more expensive and they can make the money there. Also, people can know what they want  
3770 and how they want it so then they will enjoy it more and when other people will see they are  
3771 enjoying it, they will also want to enjoy it

3772 IV: so, you think people will choose things if they see their friends would eat it?

3773 33MQ7: yeah

3774 IV: Do you all agree that people will eat more of it, if their friends eat it?

3775 All: yeah (all nod)

3776 33FH4: I agree but my idea is that I've seen this video on YouTube where people do not like eating  
3777 broccoli because they think it's disgusting, so they went on this TV show and these presenters got  
3778 chefs to get the vegetables and make it into a different food maybe like mash it up or put it into  
3779 soup or something and the outcome was that people really liked it. In the next few hours of waiting,  
3780 they experienced a different perspective

3781 33MQ7: I think another way they could get people to eat fruit is to have it in a smoothie. So not just  
3782 to eat it but it drinks it.

3783 IV: Ahh so would you love a smoothie?

3784 33FM8, 33FM6, 33FP6, M1: yeah

3785 33MQ7: so, you could have healthy ones, like proteins smoothies

3786 IV: how much would you pay for one

3787 33MQ7: It depends on what it is, like small medium or large. A small one like 80p, large cup a pound.

3788 IV: interesting, I am anti smoothies as you don't get your fibre as its all mashed up.

3789 33MQ7: but you still get your fruit  
3790 IV: you do Q7 on this questionnaire we talked about nutritional knowledge. Where do you get your  
3791 knowledge from? Who tells you to eat? Where do you know what foods have protein in it? How do  
3792 you know?  
3793 33FA1: I got taught it in primary and I just sort of remembered it as we don't really get taught it, we  
3794 had like a project in geography where we did food. We were doing the food- where it is from, how it  
3795 is made and the economics of it and we also looked at the nutrition, so it sort of just slips into  
3796 lessons sometimes.  
3797 IV: did you get a lot out of that? Did you think you learn from it?  
3798 33FA1: yeah, it was interesting to see where it was from and how people work through it  
3799 IV: So, it is put into a holistic way of where it is grown and what it does OK, 33FM6 where did you get  
3800 your nutritional knowledge from?  
3801 33FM6: I did the same class, but I do sometimes talk to my parents about what we are eating, and  
3802 we do make sure we do eat the right stuff  
3803 IV: where do your parents get their knowledge from?  
3804 33MQ7: their parents  
3805 IV: 33MQ7 where do you get your knowledge from?  
3806 33MQ7: my parents and also last year we did this food table or whatever it is, with the protein and  
3807 those types of stuff, like vitamins in science. It was like this one is healthy, I forgotten what it is I  
3808 don't remember it  
3809 IV: the eat well plate?  
3810 33MQ7: the eat well plate then that was in food tech and in science they had like the food table it  
3811 was like a circle and half of it was meat and it shows you the type of food  
3812 IV: so, if you did that in science and others did it in geography, do you cross over, do you both do the  
3813 same things?  
3814 33FA1: I don't remember doing food in science  
3815 33FM6: I think we did it in year 7  
3816 IV: so, M6 said she did A1 can't remember which bothers me a little, 33FM8 where did you get your  
3817 knowledge from?  
3818 33FM8: I get it from my parents, but we also did it in science with that food plate thing. Also, when I  
3819 am bored, and I am drinking a bottle of water or eating a packet of crisps I have a look at the label  
3820 and see what is in it.  
3821 IV: would you know what is in it? Do you know what protein you need or your limits of salt?

3822 33MQ7: I just look the sugars and see if it is in the red, like some red I will have a little bit of the  
3823 time, but if it is on green then it must be good

3824 IV: so 33MQ7 uses the traffic light system. 33FP6 where do you get your knowledge from?  
3825 33FP6: I did the eat well plate in science and also from my mum.  
3826 IV: in your science lessons, would everybody in your year have done this?  
3827 Unknown: yeah

3828 IV: so, everyone has done this, so it is across the board. So, school does do it. 33FH4 did you do  
3829 science or geography with them?  
3830 33FH4: mostly I learn from my parents and sometimes in lessons in primary we did all sorts of  
3831 planting vegetables in the garden.  
3832 IV: so, it all seems disjointed. Do you think enough nutritional education is done in school? Or would  
3833 you be interested in doing more? Or doing a module on it? Something that is from grown to almost  
3834 cooking it, including the nutrition of it and what it does.  
3835 33FA1: if you focus more on the positive it will kind of go in more as we are just told the negatives  
3836 and it becomes just a repetitive cycle of being told this is what happens, and you get nothing  
3837 positive, so it doesn't motivate anyone to really take part in it

3838 33MQ7: also, when people are learning the eat well cycle it was mostly bookwork, so looking at it  
3839 drawing it out the teacher teaching you, like I think the way people would learn it more if it was  
3840 more practical. Like if say you look at the food and you do something to the food like measure how  
3841 much sugar a food has got. So more practical.  
3842 IV: so, more laboratory stuff?  
3843 33MQ7: yes.  
3844 IV: OK thank you 33MQ7. P6?  
3845 33FP6: in food tech we did more deserts, like we did a fruit salad, but we did more deserts than we  
3846 did actual main dishes or fruit stuff. So, think it would be better if you did more healthy food in food  
3847 tech so when you do it you kind of want to do it at home if you like it. So, if we did more stuff like  
3848 that people would want to eat it more.  
3849 IV: thank you 33FP6 that was very interesting. How long did you spend designing your fruit salad?  
3850 33MQ7: The teacher designs it and you make it. They give you a sheet with the ingredients you have  
3851 to bring it and you come into class and the teacher will do it first and then you have a sheet with the  
3852 recipe instructions, and you follow it and make it.  
3853 IV: OK so nutrition needs to change. You've got your sugar mainly right; you knew what foods had  
3854 added sugars. How do you know about sugar? How do you read about it? What do you know about  
3855 it? Why did you all get that question right?

3856 33FA1: I think it's because the world we have been born into is one where everyone knows about  
3857 sugar, so we have grown by around it and there are posters scattered around the place which say  
3858 what is in things.

3859 IV: So, it is in the media at the moment

3860 33FA1: yes

3861 33FM6: and we have all been bought up with the fear that too much sugar is bad for you, so we try  
3862 and watch that because we have been bought up to watch it.

3863 IV: OK and what do you think is bad about sugar?

3864 33FM6: I think an excess of sugar is not good for your health

3865 33MQ7: the way I have learnt about sugar is I have watched a few documentaries, so I was on  
3866 Netflix, and I was on healthy eating and the pros and cons.

3867 IV: do you think this might be a way forward to have weeks of focusing on things?

3868 33MQ7: for a science lesson and you are watching documentary about it you normally learn a bit  
3869 more, coz when you're in class and the teacher is teaching about it, it is normally the same thing  
3870 over and over again, but when we watched a documentary, they will be really into it.

3871 IV: OK so social media is important to you guys to bring into the classroom?

3872 33MQ7: yeah

3873 IV: OK interesting. Yes 33FP6?

3874 33FP6: I watched a food documentary, well it was like a food documentary, and it was this doctor  
3875 who was looking at people who were overweight and would look at their diet and he would say you  
3876 have had all of this, so you have eaten too much sugar. So, he would give them a diet and tell them  
3877 to cut down and I learnt about sugar.

3878 IV: so, protein was an interesting one, you all got chicken right- you all knew it was high in protein.  
3879 But you didn't know cheese was high in protein, that was well wrong. So, where do you find out  
3880 about proteins? Second question is do you think genders differ with their thoughts about protein?

3881 33MQ7: well most people when they go to the gym they see things like protein shakes and they ask  
3882 what is this then they go and search up about it and see all the things they put into it like fish and  
3883 stuff and it doesn't depend on gender it just depends on how inquisitive you are, like say two  
3884 different genders went to the gym and they both saw someone with a protein shake they could both  
3885 go home and research about it, it just depends on how inquisitive you are

3886 IV: do you think taking protein shakes is a good idea?

3887 33MQ7: never had one

3888 IV: good stay that way. Do you think boys are more interested in protein than girls anybody?

3889 Most: no

3890 IV: is there anybody that thinks they are? Yes P6

3891 33FP6: I think girls are more interested in protein shakes, as I think if girl's see's someone having a  
3892 protein shake they would be more motivated to go home and make it

3893 33FA1: I thought it would be more boys, stereotypically boys are the ones who work out more and  
3894 they are the ones who do heavy lifting so most of them would have proteins shakes

3895 IV: 2 more questions - fat most of you knew pepperoni is high in fat, but the caterers sell huge  
3896 numbers of pizza with pepperoni and sausage in. so even if they knew it, it didn't affect food choices,  
3897 even though it has an awful score you still chose to eat it. So, if you know something is bad for you  
3898 does that still affect your choices?

3899 33MQ7: most people no because it tastes too good. I was at home once and I was eating something  
3900 unhealthy and my mum said that's unhealthy and I knew it, but it tasted too good.

3901 IV: OK so it comes down to taste

3902 33MQ7: and how it makes you feel

3903 33FP6: with what 33MQ7 said if you made something healthy and it tasted as good as something  
3904 unhealthy, I think it would sell more.

3905 IV: how could we do this 33FP6?

3906 33FP6: something healthy but it just tasted as good as something as unhealthy

3907 33MQ7: take the taste out of something unhealthy and put it into something healthy. You could use  
3908 some injection or something.

3909 33FA1: well, they genetically modify food all the time, so if they found a way to make something  
3910 sweeter as most people go for sweet or sour taste, so you could implement that into healthier foods.

3911 IV: 59% said that food keeps me full is very important, so what foods keep you full and why is it  
3912 important? You gave that a 5

3913 33FM6: Chinese food

3914 IV: does this keep you full?

3915 All: yeah, for years

3916 33MQ7: fish and chips

3917 Unknown: unhealthy food fills you up

3918 33MQ7: spring rolls

3919 33FA1: if you put vegetables in soup, it is a lot more filling, it takes more time to eat and the liquid is  
3920 filling

3921 IV: 33FM6, 33MQ7, 33FA1, 33FP6 all think soups fill you up.

3922 33FA1: it does away with the taste of vegetables like broccoli

3923 All: pea soup

3924 DK: I think that foods that take longer to eat fill you up more, as it takes longer to realise you are full.

3925 IV: give me an example

3926 DK: say if you are eating salad it takes a while to like to eat it all. But if you have something like pizza

3927 you eat it really quickly, so it takes a while to realise that you are already full

3928 33MQ7: if you have a healthy food with a drink that will help you to wash it down, I would like that.

3929 It's always about the drink

3930 33FM8: smoothie

3931 33MQ7: if you don't like a food but you have water to wash it down it doesn't matter; it is not

3932 always about the taste. Like if I have a food, I don't like I will have water with it to wash it down

3933 IV: contrary to that 42% of you said that food keeps you awake is very important. What foods keep

3934 you awake?

3935 33MQ7: not food but drink.

3936 33FP6: coffee or tea

3937 33FM6: Lucozade

3938 33MQ7: caffeine

3939 33FA1: it doesn't work

3940 33MQ7: Tiramisu or coffee cake

3941 33FM8: you know those coffee flavoured chocolates

3942 IV: 2 more questions - low fat and controlling my weight and low in calories were all very similar in

3943 range. They were 30-33% said agree, 30% in the middle and 30% said not important. Do you think

3944 that genders are more affected differently for these topics? Am I going to find girls said low in fat

3945 and controlling my weight or boy say these? Which gender would say which polar opposite?

3946 33FM8: it really depends on if you are picky or not, you might only like certain foods because you are

3947 picky, so you don't like the texture or taste

3948 33FP6: I think girls would eat more healthier and focus more on fat because girls are more

3949 concerned by how they look

3950 33FM6: I feel a lot of girls are pressured by the media kinda to have a slim body and not eat too

3951 much fat

3952 IV: I think that my studies will show that it is boys. I was putting it all into the data base and it looks

3953 that way

3954 33MQ7: I'm not saying this for everyone this is just me but if I feel a bit overweight you could just

3955 play loads of sports, and still be a bit overweight. It would be good if you played rugby though

3956 33FA1: I think it just matters if you are healthy, so it doesn't matter what your figure looks like, but

3957 more if your blood pressure is too high or if you are heavily obese.

3958 IV: your natural body set

3959 33FP6: some person that I know said to me that they had when they were eating fruit, they don't eat

3960 it because it is extra food, so it makes you more overweight. So, I don't think they really realise the

3961 whole point of fruit. They said it is more food, so it makes you fatter

3962 33FA1: if you just sit and eat it then yeah, but if you are walking then maybe no

3963 IV: final question - 44% said you choose food that makes you feel good is important to you. What

3964 food makes you feel food?

3965 33FM6: sugary food

3966 33FA1: warm food

3967 IV: what is warm food?

3968 33FA1: something that has been in the oven and is very nice to have as it is warm.

3969 IV: pie?

3970 33FA1: ooo yeah, I love warm apple pie

3971 33MQ7: heavy food like burgers

3972 33FM8: like 33FA1 point, I love warm foods like apple pies

3973 33FM6: with custard!

3974 33FH4: I like hot food as well, my favourite desert is warm brownies

3975 33FM8: I love warm brownies

3976 IV: OK thank you for all your help. Exit discussion

3977 School Three: Second Focus Group: POST-INTERVENTION 2<sup>nd</sup> May 2018

3978 IV: introduction on experiment and the post card. Can I ask if you first of all if any of you got the post  
3979 card?

3980 34FJ1: yes

3981 34FS8: yes

3982 34FR4: yes

3983 34MF5: yes

3984 34MD2: yes

3985 34MG8: no

3986 34MC5: no

3987 IV: so, from the ones that got the post card did you understand it.

3988 34FR4: kind of

3989 34FJ1: not really

3990 34FS8: a little but

3991 34MF5: not at all

3992 IV: the basis of it (explained the food score) explained the experiment. So, 67% of you said that you  
3993 didn't notice the food score, there were great big posters that I gave to the canteen ladies to put up,  
3994 did you see them

3995 34FJ1: A little bit

3996 34FR4: They were like quite small actually like on the counters you didn't really take much notice

3997 IV: thanks, 34FR4: - I did huge posters A3 ones

3998 34FR4: Oh no they were like A4

3999 34MF5: says no

4000 34MD2: says no

4001 IV: that explains why 74% of you said that it didn't affect your food choices. OK so in front of you I  
4002 have given you some things to look at. (explains TLS, issues if you went through a canteen, then  
4003 explained symbols and Guiding stars then the PA and a range of smiley faces. Studies show that if  
4004 students design their own label etc) Out of these natures of these symbols would you think anything  
4005 of this nature put on a food label would change the way you eat? And get you to eat more healthily?

4006 34FJ1: I think like the colours like the TLS if it's like red, then a lot of people like look at it and kinda  
4007 think maybe I shouldn't be eating this

4008 34FR4: I agree like red would kinda put you off a food and if it was nearer green you would think it's  
4009 better

4010 IV: do you want a single colour on these foods? Because it's so fast and you have to get so many  
4011 children though (pupils, adolescents whatever you want to call yourself) you can't have symbols on  
4012 every line it would confuse you so if you had one coloured symbol on your food would this help you?  
4013 34MF5: I feel like one simple tick would make it more simplified because people would say that OK it  
4014 will not have massive impact on my health  
4015 IV: a single tick thank you 34MF5:  
4016 34FR4: there are different aspects to each food so it's kinda hard to judge I guess like a single tick  
4017 you don't want to make it too confusing so I guess like maybe on the packaging may be do  
4018 something like erm the normal one used in the UK or maybe like the exercise one so people know  
4019 may be when they go home, they can do some sort of exercise  
4020 IV: thank you 34FR4: anyone else got any ideas as to what will make you eat more healthy?  
4021 34MD2: I think I agree with the other tick I think that would be quite good  
4022 IV: what do you think about the calorie exercise the government are thinking of this now? Is that too  
4023 complicated?  
4024 34FS8: I feel like if someone had like exercise after school and they could see like how much energy  
4025 that provided them with that would be quite helpful  
4026 IV: is that a worry providing you with calorie information. It's a prime time of your life to provide  
4027 this. I think it's dangerous but that is only my view. What do you think about that?  
4028 34FS8: I think it could lead to people counting calories and restricting themselves  
4029 I feel like calories they can like over interpret it and like they don't know what it means at all  
4030 IV: thank you can I come back to 34MF5: and the single tick what if I took my numbers and made it a  
4031 score of 1-10 and I said 10 is really good and 1 is it's OK to have once and again and 5 is a sort of in  
4032 the middle and made it really simple would that affect your food choices? So, if you knew how I had  
4033 scored this food would this make you think about what you eat?  
4034 34FS8: yeah, if it was there, I would look at it  
4035 34FR4: like I said earlier like switch it around so like the healthier the food the lower the number  
4036 34FJ1: yeah, I agree with that like if a food is bad for you its normally got more calories so like  
4037 change it round it's kind of confused people to pick up something that's like 1 thinking it's really  
4038 good for them just because they think the lower the numbers are  
4039 IV: 43% of you said from your school that nutrition was very important 54% said keeps me health are  
4040 very important how do I get you to eat healthier foods?  
4041 34FS8: I think there is one section where there is a bowl of fresh fruit and that's literally it  
4042 throughout the whole canteen the rest of it there is like one part the only part where there is fruits

4043 salad and grapes and actual oranges the rest of it the main canteen is just like brownies, paninis and  
4044 that .....

4045 34FR4: agrees

4046 34FJ1: agrees

4047 IV: so how else apart from fruit how else do I get you to eat well, the younger guys go for biscuits  
4048 and cakes the older one's wedges of pizza it's all so quick it's like they are all on automated pilot and  
4049 its quick and speedy there is no thought process so how do I change that?

4050 34FS8: I guess it kind of depends in what you fancy to eat at that moment in time, I feel like the  
4051 schedule would make you think more about that

4052 34MF5: sometimes I think like if people want to eat healthy, they are more likely to bring their own  
4053 food as that has the information on it, so they know what it is but if they see something in the  
4054 canteen, but it's not documented like the nutritional information and stuff

4055 IV: would you want nutritional information on your foods in the canteen.

4056 34MD2: yes

4057 34FR4: yes

4058 34FJ1: yes

4059 34FS8: yes

4060 34MD2: I think we need to be urm.. if we are made more aware of how bad the food is or how good  
4061 the food is then that might change what we eat

4062 IV: where do you get your nutritional knowledge from?

4063 34FR4: general knowledge I guess

4064 IV: so, you want food labels 34FR4: says general knowledge 34MC5: where do you find out what to  
4065 eat?

4066 34MC5: I don't really care I just eat what I eat to be honest

4067 34FS8: I don't know its whatever my mum packs me like fruits or stuff and I know that's healthy

4068 IV: so, family and where does your mum get hers from?

4069 34FS8: I don't know like the guide the eat well guide

4070 34FJ1: on like food labels or like that sugar smart app thing I didn't use it for long, but I did use it or if  
4071 like you are in the canteen and you pick something up and like your napkin gets soaked in grease you  
4072 can usually tell it's not very good for you

4073 IV: 34MG8: what about you

4074 34MG8: I'm like 34MC5: I don't really think about it

4075 34MD2: I feel like sometimes I don't look but if I do then it would be the label or the packaging

4076 IV: so, you could get something from thing from this packaging. 34MF5: what about you?

4077 34MF5: my knowledge is like from various sources like the internet like sometimes stuff in school  
4078 but rarely it happens I feel like a good thing to do is to educate people in school like what things  
4079 really mean like what is a calorie how much minerals do you need  
4080 IV: so that's my next question is there enough nutritional education done in school and would you  
4081 be interested in knowing more?  
4082 All: yes  
4083 IV: so, my previous groups said they have done this in food tec. Cutting up fruit salads to a method.  
4084 Others said that they did something in geography about where food is grown  
4085 34FS8: that's new  
4086 34FR4: That's like the project in year 8 (someone else growing herbs) they have a competition in the  
4087 eco garden but that like never used in the canteen anyway  
4088 IV: how should we educate you? Vitamin C is needed for this we need it because it is a short sharp  
4089 little bit  
4090 34MC5: I don't think it really matters, like no one is going to care about nutrients no one is going to  
4091 remember that like this lesson was helpful I enjoyed. I am going to use this in the canteen no one is  
4092 going to do that I think the simple fact is you need something like this amount of calories will do this  
4093 to you so they can do this judged on that  
4094 IV: do you want a lesson on it  
4095 34MC5: have an active day have one of these periods during that to have a health session  
4096 IV: good idea thank you 34MC5: 44% said including lots of vegetables was why you chose your foods  
4097 44% said it was not at all important and you gave it a score of one, but these vegetables are really  
4098 high in vitamins and minerals and you said 37% of you choosing foods for their vitamin and mineral  
4099 content was very important so how do I get you to eat vegetables?  
4100 34FJ1: don't make them look disgusting.  
4101 34MF5: disguise it as a cake  
4102 IV: carrot cake zucchini cake I am all for it  
4103 34FS8: I feel like personally if I was educated about it more in a lesson like it would make me think  
4104 more and I'd think these minerals and vitamins are in this vegetable and I give that a try  
4105 34MC5: I don't think there is any way you can make people eat more vegetables I think it is based on  
4106 a question parents have been asking for years and years like how do I get my children to eat  
4107 vegetables I think the point is if you are raised eating vegetables you will eat them, and if you are not  
4108 and you are raised with a takeaway every week then you are not going to eat vegetables  
4109 IV: so, it comes down to culture and family diet

4110 34MD2: I think it's how they are like presented to us as well like sometimes they are seen as  
4111 something that not very good and then that's when people don't eat any sometimes, they are  
4112 presented as good that's when people eat a lot  
4113 34MF5: it is like the media to they are trying to force vegetables, you got to eat your 5 a day, eating  
4114 a vegetable it's like something you have to do, like it's an obligation to do it, it feels like almost being  
4115 shoved down your throat  
4116 IV: OK you don't like the 5-day bit you all got that right  
4117 34MG8: also, I think like because the kids like they have more opportunity I think the parents with  
4118 kids at school they would feel like OK my parents are here I should eat something more healthy but  
4119 as the kids have more free will to buy what they want here I feel like they are not going to go for  
4120 healthy options  
4121 IV: so, do you think peers affect what you eat  
4122 DK girls defiantly, some  
4123 34FJ1: yes  
4124 34FS8: yes  
4125 34FJ1: depends how set that person is in their ways if people sound sure like at this age you start  
4126 believing in them like oh is that healthy but if like at the canteen, we've got nothing to tell us what is  
4127 and what isn't at school you are not going to know  
4128 IV: 94% said they don't  
4129 34FR4: not me personally but I've  
4130 34FS8: not wanted to admit it  
4131 IV: but they wouldn't know it's a questionnaire if you gave it a 1 or a 5  
4132 34FR4: yeah, but maybe it's something you can't assess unless you are in the situation like it might  
4133 be time when they go past you and you subconsciously...  
4134 DK (F) If someone offers you like a sweet you want to be polite and say yeah  
4135 34MC5: people saying things you won't say to yourself like oh I'm doing it because of then  
4136 IV: one question was on sugar you were really good how did you know where did you get this from  
4137 34FS8: biology its quite up there with like adverts  
4138 IV: so, you do have nutrition a school  
4139 34FJ1: It's just a bit too general they don't have like a specified amount of calories that a person of  
4140 your age should eat they don't like specify where you can get these specific things like in the  
4141 canteen, there is a wide range of food but it is like semi 85% not that healthy  
4142 IV: sugar 34MD2:

4143 34MD2: change for life change it changes items like sugary items like a can of coke into blocks of  
4144 sugar and it tells you how much sugar is in it so that makes you worry a bit

4145 34FS8: I've seen that on TV

4146 IV: so, the government are doing a good job.

4147 34MG8: I get mine from my GCSE lessons in theory

4148 IV: protein you all got protein right for saying chicken is protein, but you didn't know cheese was  
4149 high in protein about 13% though cheese was protein, so 2 questions, where do you get your  
4150 knowledge from and do genders differ do makes or females concern themselves more about  
4151 protein?

4152 34FS8: I feel that males do it's the whole thing about bulking up the whole protein shakes like I know  
4153 my brother he does take protein shakes

4154 IV: how old is your brother

4155 34FS8: he is 17

4156 34FR4: I don't think proteins like advertised a lot about I feel like people are so focused on like  
4157 obesity and sugar and how it is affecting you they don't actually look at what healthy parts. like I feel  
4158 like now our teenage age we do now just - our minds are set to focus on things that are bad for you  
4159 rather than the healthy amounts of good things

4160 IV: so, do you want to see it changed to be on positive notes?

4161 34FR4: 34FJ1: 34FS8: yeah

4162 IV: right, fat you knew pepperoni and sausages were high in fat you also knew that sausages were  
4163 high in salt, but I have watched these counters and sales and sales of these foods are high pepperoni  
4164 pizza so why if you know it do you still choose it

4165 34MC5: 34FS8: 34MD2 agree because it tastes nice

4166 IV: so how do I get food to taste good? How do I get this taste on healthy food if I get this right I can  
4167 retire?

4168 34FS8: there is no way of doing it apart from artificial flavours

4169 34MD2: I think it's like we have to eat it over and over again so it's just like keep having it and then  
4170 that would be good then

4171 34FJ1: I think with fruits it's a lot easier because you can make them look more appealing and they  
4172 are sweet as well and that's what people like

4173 34FS8: like we have got watermelon shards now and I like them they look good, and they are all nice  
4174 and easy, and they are not that expensive where if you look down a little you have the bowl of fruit  
4175 there is not a lot in there it's all in one place or its kinda a bit bruised and battered

4176 34MD2: I feel its presentation as well because I would much rather have a nice yellow banana rather  
4177 than with one with black bits all over it or strawberries or grapes if they are all manky you don't  
4178 want to take it but if they are all nice then you do it's like presentation  
4179 34FR4: it's kinda like phycological like as well like if there is like a line you're going to see paninis  
4180 there and you fancy one of those you are going to pick up and if the fruit is at the end, you have  
4181 already got your panini or this unhealthy thing that you are going to want to eat because you have  
4182 decided on that you are not going to put it down  
4183 IV: so, the positioning  
4184 34MG8: the canteen also like, a lot of their sales they can base on convenience for example the  
4185 other week it was really hot, so they started selling ice lollies and like ...  
4186 34FS8: chicken burgers on a Friday everyone wooo  
4187 IV: 59% said food that keeps me full is very important you gave it 5 points so what food keeps you  
4188 full?  
4189 34FJ1: if you have fruit you have to have quite a large amount of fruit like for me I have an apple and  
4190 something else also like a granola bar graze do these nice bars and they keep me full  
4191 34FS8: starchy foods like potatoes are very good at like keeping me full and satisfied  
4192 34MC5: don't know really, I just eat ...  
4193 34FR4: I guess it's like it's what food and how much of it, it is it's like you have got to have enough  
4194 water I don't think people drink enough water  
4195 34MF5: mainly carbs and protein I feel like for some people they have seen a mountain of food and  
4196 like this will make me full but like sometimes like more of one food and less of another will give the  
4197 same feeling like I'm full or not full  
4198 34MD2: I think it's like carbohydrates like bread and then a bit of fruit and veg with it something like  
4199 that  
4200 34MG8: I agree with 34MD2: carbohydrates  
4201 IV: 43% said food that keeps me awake is very important to you so what foods keep you awake  
4202 34FR4: sugar  
4203 34FS8: a natural sugar  
4204 IV: what's a natural sugar  
4205 34FS8: like a sugar that for example is in fruit and that's not processed  
4206 34FJ1: granola bar  
4207 IV: low fat controls my wight and low in calories were all in a similar range so 33, 33 and 33 roughly  
4208 when I put through my stats will there be a difference in genders or ages when you get older are you  
4209 more or against these?

4210 34FF5: I feel like stereotypically like girls are generally more weight conscious than boys, but I don't  
4211 really know like any real-world examples of this that I can't compare it to anything  
4212 34FS8: I feel like there is this age to have like the perfect body but not just for females but for males  
4213 as well but for girls its more about being slim and eating like I dunno healthy skinny food like  
4214 slimcado  
4215 34FJ1: avocado is really fattening so you shouldn't actually eat that  
4216 IV: they are great fats so stereotypical my studies are looking like more males find this more  
4217 important. So, 44% said it makes me feel good was very important so what foods make you feel  
4218 good?  
4219 34FS8: fresh food  
4220 34FJ1: hot food  
4221 IV: give me an example  
4222 34FJ1: if you are like really cold and you have just had alike a really cold PE lesson and it's been  
4223 raining you can go into the canteen and there is a really hot sausage roll  
4224 DK: hot pasta  
4225 IV: so is the weather if it's a boiling day would you tell me watermelon  
4226 All: yeah  
4227 34MC5: cake... brownies, cookies which is why they always sell out fast but none in particular  
4228 34FR4: I feel like I would look at it at the end of the day as a whole like what I have eaten like all  
4229 together is like if I ate a bit of chocolate that would make me feel good as chocolate is nice but if I  
4230 had had like a bit but if I'd had loads then I wouldn't I feel like it come together as combined as to  
4231 whats ..  
4232 34MF5: it's not really like healthy stuff its generally feel good to me is like fried stuff like a takeaway  
4233 or like a curry something like that because that's what I enjoy eating that what I have always eaten  
4234 like in my house like we have curry twice a week and it's what I am used to.  
4235 IV: is it a celebration?  
4236 34MF5: more of a tradition  
4237 34MD2: kinda agree with 34MF5 food that makes me feel good is like what I really enjoy like a roast  
4238 dinner or a nice curry  
4239 IV: something you are familiar with  
4240 34MD2: yeah  
4241 34MG8: a fry up just tastes nice don't it and it fills you up  
4242 34FS8: and if its homemade like warm  
4243 34FR4: the smells

4244 34FJ1: I was just thinking from like from earlier like what can we do to improve it's not like to  
4245 embarrass people but urm just like personally coz I know we have the things where you type in like  
4246 how much money you have on it may be you could have like keep a score like the more unhealthy  
4247 foods have a higher score so maybe you can see like at the end of the month the higher the score  
4248 like oh shock that's quite high and give us an average of what a good score would look like  
4249 IV: I wanted to do something like this with your phones, but I was told you cannot use them  
4250 34FS8: we have show my homework  
4251 34FS8: parents they can check what you have had for lunch I feel like if you could have a notification  
4252 that your child has just bought a sausage roll or a panini or some thing  
4253 IV: don't you feel that's big brother I would have hated that at your age –  
4254 34FS8: some parents don't check but I know my mum would want to know what I was eating  
4255 IV: there is a system called SQUID (explained) do you have that here  
4256 34FJ1: we do we have parent pay it's not like a big thing  
4257 34MD2: when I get home my mum might ask what have you eaten at school and she might already  
4258 know this and then she will probably be like if I had a little pudding after dinner I don't always have  
4259 that but sometimes I do she might not let me because of what's she has seen I have been eating at  
4260 school  
4261 IV: if it was personal to you and no one could see it would that motivate to eat better  
4262 Yeah, if you had something that told you like overall like what you had eaten that month but not like  
4263 individual food more nutritional it will become more clear what we have eaten and what it is doing  
4264 to you  
4265 IV: so, let's go back to the beginning so a food score could potentially work it would have to be like a  
4266 step counter an average per day a week and a month which is holistic per day is not great, so it has  
4267 potential to work but it did not work here  
4268 34FR4: If you were going to add it up over cumulative time, I have forgotten what I was going to say  
4269 now  
4270 IV: so, it could be a core from 1-3  
4271 34FR4: yes, I think that the fact that the healthier foods were higher because some people don't get  
4272 anything from the canteen the score will be really low so it would look like they are really unhealthy  
4273 bit but that wouldn't make sense so like the more healthy foods you eat the higher your score  
4274 IV: so higher the score the unhealthier?  
4275 Thank you

4276 School Four: First Focus Group: POST-INTERVENTION 9<sup>th</sup> of July 2018

4277 IV: introduction. So, I am going to give you some information to look at for later for one of the

4278 questions I am going to ask you. OK so what I want to ask you first, this is a little intervention I did in

4279 relation to scoring your food and everyone should have had a little post card, it was only a small post

4280 card, and your tutors should have read out what this post card was about and how I scored your

4281 foods. So, can I just go around the tables and ask you if you got the post card?

4282 43FE3: no

4283 43FH2: no

4284 43FS8: no

4285 43FH7: no

4286 43FS2: no

4287 43FS9: no

4288 43FT4: no

4289 IV: OK so this post card explained that your food was analysed by a recipe and for this you got points

4290 for fruit and vegetables etc. and it lost points for fats etc. and it came out with a score for your foods

4291 so that is how it was calculated and this should have been placed on your food items and there

4292 should have been posters around the canteen saying know your score, did you notice it?

4293 All: no

4294 IV: is there anyone that did notice it?

4295 43FE3: yes, is it the numbers

4296 43FS8: are they card with numbers like 85? I didn't know what they were about.

4297 43FS2: ooh when you were buying foods and there were numbers?

4298 IV: yes, so you saw them, but did you understand them?

4299 All: no

4300 IV: OK so nobody understood them because you did get the post card?

4301 All: no

4302 IV: OK is there anybody who saw it and did understand it

4303 43FE3: I think there's a postcard with all the numbers on it and then below it is pictures of food, so

4304 the lower the number the healthier the food.

4305 IV: yes, correct. So, the higher the number the healthier the food. So, if I asked you now if I scored

4306 your food between 1-100 and you all knew, peas get 98 and sausage roll gets 28, and if I gave you

4307 that information now, like I wanted to in an assembly, but it was not logistically possible - would that

4308 have affected what you eat?

4309 43FH2: yes

4310 43FS8: yes

4311 43FS9: yes

4312 43FE3: no

4313 IV: 43FE3 you are no longer my favourite!! so why would it affect your food choice? How would it

4314 affect you?

4315 43FH2: because the cooking all says the food is healthy and we do not know what recipe they have

4316 used because you can make a dish from the same ingredients, but it depends what recipe you use

4317 and we weren't told like with the number you know which, like you get more of an estimate of

4318 where you are.

4319 IV: OK 43FS8 what did you think?

4320 43FS8: I think it would affect my food because as 43FH2 said when we are choosing food what we

4321 think everything is healthy because we are in school but obviously once it gets scored, we start to

4322 think is this item healthy.

4323 IV: OK. 43FH7 would it affect your food choice?

4324 43FH7: I'm not actually sure because some people would like they would see like this food is healthy

4325 and unhealthy and they would still choose what their gut feeling tells them to pick. I don't really

4326 think it would change the way they eat.

4327 IV: so, you think they would choose the ones they always like to choose?

4328 43FH7: yeah

4329 IV: so, when I interviewed you guys before we talked about food choices and we talked about taste,

4330 texture, cost and all the rest of it, so do you think those things that I talked to you first influence your

4331 food choice more than health?

4332 43FH7: yeah

4333 IV: 43FS2 if you saw a food score from 1-100, it can be 1-10 if that's what you prefer, would that

4334 affect your food choices?

4335 43FS2: as 43FH7 said as teenagers we tend to not care about what we eat, not all teenagers,

4336 because we are more rebellious, I guess

4337 43FS8: we eat what we think is tastier, which is most of the time the unhealthy option but there are

4338 some other.

4339 IV: OK 43FS8 so why and how is more unhealthy food tastier?

4340 43FS8: coz the healthier food people tend to think they have more flavours like chocolates loads

4341 of people prefer them

4342 IV: OK. Do you have any more examples?

4343 43FS8: food that have more sugars like fried chicken and chips.

4344 43FH7: that's so good

4345 43FS8: that is tastier than obviously having grilled chicken

4346 43FT4: nah grilled chicken is tastier

4347 IV: 43FS2?

4348 43FS2: however, obviously, numbers don't give the person an outlook on what they are eating as

4349 they know what they eat. So, it does give them time to think about what they are eating even if they

4350 change their minds, but they know now

4351 IV: OK. Yes 43FE3?

4352 43FE3: I don't think it would affect me because I don't really know the consequences, or I haven't

4353 seen the consequences personally. For example, if you have like a cake when you're thinking about it

4354 you won't think about the consequences of having a cake you just...

4355 IV: do you think that's because of how old you are? Or do you think that is because what people do?

4356 43FE3: yeah, I think it's my age.

4357 43FH2: it depends what kind of person you are, because as a vegetarian there are more different

4358 options for me because fried stuff is usually meat so I have less options for choosing it and a person I

4359 know from my parents and I have seen consequences of like 43FE3 said, I have seen consequences

4360 and people having too much sugar get diabetes even as children and I don't want it to get to me, and

4361 if it gets to me if will stay for a lifetime so I don't want it to get to me so I know I should make the

4362 correct food choices even though sometimes unhealthy food does influence me as unhealthy food

4363 tastes better of it recipes

4364 IV: 43FH7?

4365 43FH7: I feel like people would have the healthier option if the healthier option was nice, because it

4366 must be nice to have, coz if it does not taste nice what is the point in eating it so obviously, everyone

4367 will go for the unhealthy one

4368 IV: how do we get things that are healthy to taste good?

4369 43FH7: I think we should get samples of healthy food in the lunch hall and then as soon as we come

4370 up and can try the samples and if they prefer it then maybe we could have that in the school canteen

4371 IV: OK so let us look at logistics - I have thousands of students to feed and I have a limited time how

4372 do I get samples to you to get your feedback to get that on the menu and have staff that cook it and

4373 get results, how do I do it?

4374 43FH7: maybe we could help you?

4375 IV: OK so students could help you. Yes 43FE3?

4376 43FE3: I think if it looks better you will want to taste it more.

4377 IV: I asked about appearance of food and not many people wanted to talk about appearance of food,  
4378 but on their food choices not many people said that appearance affected their food choice very  
4379 much, but that surprised me greatly. Yes 43FH2?

4380 43FH2: I don't know what 43FH7 said but maybe you could ask students or see what most common  
4381 of raw ingredients they have it might be peas, or it might be raw ingredients that makes a muffin,  
4382 let's say there's are honey muffin and honey muffin is the key ingredient of the recipe.

4383 IV: so, run that by me again please?

4384 43FH2: to know what people want, like healthy food, 43FH7 said you could ask students to help but I  
4385 think you could just have a survey which asks which raw ingredients or key ingredients students like  
4386 in food

4387 IV: but it is also having the knowledge and creativity to do these things with these ingredients

4388 43FS8: you know our food choices they are affected by the taste, so like what happened recently is  
4389 they give us fruits and bags and depending on the weather and the fruits they are, like when they  
4390 have watermelon, pineapple and melons then loads of people tend to take them, but when they are  
4391 apples and oranges people don't actually tend to take them.

4392 IV: OK so finding out what fruits and vegetables you want will change the way you choose your food  
4393 and the weather.

4394 43FH2: so, having a little unhealthy won't harm you if you do some exercise but maybe the school  
4395 could make unhealthy foods smaller portions, or they could less fry it. Coz you know chips they  
4396 usually high fry it, they could shallow fry it

4397 IV: it makes no difference as they are still chips. Discussion on frying not relevant.

4398 43FT4: I don't feel it's the taste that matters, I feel like when we are talking about taste, but we need  
4399 to consider the variety of food that people risk not to try. Not many students are aware of their  
4400 fruits and vegetables, last week we were testing people on if they could recognise the fruit or  
4401 vegetables without looking but a lot of people did not know what was inside the box. That is because  
4402 they were not aware of the food choices, they have

4403 IV: what couldn't they get and what could they get?

4404 43FT4: they knew things that they would be likely to find inside their house like onion and pepper  
4405 and banana and apples but stuff like sweet potato they were unsure about, they completely have no  
4406 idea what they are.

4407 43FS8: they didn't know the difference between a lettuce and a cabbage

4408 43FH2: or a cucumber and a courgette

4409 43FT4: the texture is different; they called a cabbage a cauliflower.

4410 IV: OK now back to questions. So, I asked you if you got the post cards you said no, you said you  
4411 didn't really understand the score but when I explained it to you, you said yes you understand it.  
4412 Some of you (40%) said it might affect your food choice, the other 60% said possibly not due to age  
4413 or whatever else. So, studies show me that if I get you to design a food label, a way of telling people  
4414 what a healthy food choice is and what is not, studies have shown if I get you to design it is more  
4415 effective in getting change. What do you think of that?  
4416 43FT4: I don't agree with that no  
4417 43FS8: disagrees  
4418 43FH2: It depends, what school and what environment you are in, because some signs some people  
4419 do not understand because it is too complicated, and some people are not bothered and do not care  
4420 about healthy eating, so it depends.  
4421 IV: in front of you are ideas of ways to make a food label (*explanation of food labels*) what do you  
4422 think of the traffic light system?  
4423 43FH7: I think it is confusing  
4424 IV: why?  
4425 43FH7: because not many people would understand how it would work  
4426 43FH2: it depends because sometimes you know how it says per serving some people are not  
4427 bothered to calculate it, but there are some apps that will help that. If you scan the food yeah it says  
4428 low, medium, high which is more helpful, but this way is similar, but it is not exactly helpful because  
4429 you must mathematically calculate it so let's say you're in a shop and you haven't got your phone  
4430 with you, how are you meant to calculate it?  
4431 IV: I totally agree which is why I did the score because if you had a row of all different foods, so just  
4432 imagine there's a chicken dish, there's a fish dish, there's a vegetarian dish, then there is pizza, then  
4433 there is sandwiches and all these things, and if you had a traffic light on all of those, you would never  
4434 manage to get all these people through which is why I came up with a score. But in front of you  
4435 there are a few things (*explains some of the symbols*). What do you think of a solo symbol that just  
4436 goes yes this is good for you?  
4437 43FS2: yes, easy coz it is straight forward, and you do not have to read anything  
4438 43FT4: it doesn't tell you the extent to how healthy it is  
4439 IV: no, it doesn't  
4440 43FT4: which can be a problem for some people.  
4441 IV: so how do I put a symbol which shows that  
4442 43FS2: not really everyone really cares about that.  
4443 Voices: yeah

4444 43FS9: if it is healthy.

4445 43FT4: if we are talking the calories in the food, the fat, unsaturated fats, the sugars all of that also

4446 matters, it is not just about whether it is healthy or not

4447 IV: so, if that is the case when I've done all that scoring for you, I have done all that work for you and

4448 I have come out with something that says this overall is this score, but still 60% of you around the

4449 table said that wouldn't affect what you ate

4450 43FH7: it wouldn't.

4451 43FT4: for me it would honestly because I always check the calories.

4452 IV: yes 43FH2?

4453 43FH2: it depends what kind of character, like 43FT4 said, it depends like I prefer symbols they are

4454 big on me, like you can see it even out of the corner of your eye, so you know. But some people they

4455 like very fussy over what their calories and stuff so maybe in brackets or something or maybe on the

4456 package an overall thing

4457 IV: OK so a package overall. Yes 43FE3?

4458 43FE3: if someone put that on my food then I wouldn't really care

4459 IV: OK so we are pointing at the symbol, which is the blue one, the choice, the healthy choices.

4460 That's interesting why wouldn't you care 43FE3?

4461 43FE3: because I am so used to seeing the traffic lights, so I would read the traffic lights when I am

4462 buying my food, but if someone just put healthy choice, I wouldn't really go into depth about it so I

4463 would just buy it anyway.

4464 IV: yes 43FT4?

4465 43FT4: when do you like, let say this sticker or symbols isn't like on the thing it gives everyone an

4466 excuse to say we didn't know whether it was healthy or not, but let's say you did put it on that they

4467 have one less excuse so that may push them

4468 43FS8: hm so what I think it is better than the traffic lights, because we are at this age we are like

4469 teenagers and we are growing, so I don't think we are going to look at the traffic lights and read

4470 them and if we just look at these we will see that yes this is healthy and I think because of our age

4471 we are not really concerned about going that deep into how healthy it is and what about it is healthy

4472 IV: thank you 43FS8 and we are talking about the healthy choice blue one. So, on the second page

4473 there are things called the guiding stars (explains guiding stars). So again, it goes with 43FT4 about

4474 wanting a little bit more information but doesn't go quite with 43FT4 wanting the specifics and

4475 details, but it gives better more information that the healthy choice one. What do we think of the

4476 guiding stars?

4477 43FH2: I think I would actually go with 43FT4 because some people will be like at least this is the first  
4478 time I am trying to have healthy food and to say oh that's good, they wouldn't actually be bothered  
4479 to go into depth, it might be really unhealthy but it better than more unhealthy like usual, but they  
4480 would be like oh it's coz I am having some healthy food but it could be better and it could be worse  
4481 than best though, so it's not that encouraging it is more of a negative phase for people  
4482 IV: so out of these which one, if any, would you choose?  
4483 43FS2: healthy blue symbol  
4484 43FH7: healthy blue symbol  
4485 43FS9: healthy choice  
4486 43FS8: healthy choice  
4487 43FE3: guiding stars  
4488 43FH2: I prefer the healthy choice and the bar the serving thing like traffic light  
4489 43FS8: the symbol and guiding stars are quite good  
4490 43FH7: the traffic light is all said in that one symbol, healthy choice  
4491 IV: OK so let's look at nutrition. 51% of you said nutrition was important to you, so that is half of the  
4492 pupils that filled in this survey said nutrition was important to you, 60% said it keeps me healthy is  
4493 very important. So, we look at all of this and yet you all go it's all about taste. How do you come out  
4494 with such high figures but then go meh? Yes 43FE3?  
4495 43FE3: it is because we know it is really important for us, but when it comes to it, we don't really do  
4496 it.  
4497 43FS8: I agree  
4498 43FH7: I've seen a lot of people chuck their food away because of taste and because they don't like  
4499 it  
4500 IV: so, taste is a key driver  
4501 43FS2: I was going to say that as well  
4502 IV: OK so 43FS2 agrees with 43FH7.  
4503 43FH2: people in the canteen look at how it is organised and stuff, coz one of my friends yeah said  
4504 this looks nice but then when they had it they said this is disgusting and I don't really like it but then I  
4505 was like that's healthy and they were like I don't care I was like how can you it looks nice but then if  
4506 it looks nice there's going to be a negative part for it. But people do care about the appearance and  
4507 the taste, but they don't really care if it is healthy, but they do know it because 43FE3 said but they  
4508 do know it but they are trying to bend the rules once or twice, but it carries on forever  
4509 43FS8: I think this school cares about taste more, like I think the school looks at taste and  
4510 appearance more of the food

4511 43FE3: I think it is because we are sort of used to eating certain types of foods, so we have grown to  
4512 like and the foods we don't eat we don't like

4513 IV: OK so we need to be a bit more adventures. Yes 43FH2?

4514 43FH2: I think it's not exactly our fault, because the canteen needs to get profit so they do sell  
4515 unhealthy stuff and unhealthy stuff is what students like and they can't control their tongue in a  
4516 way, so the canteen wants profit right, so they sell stuff like chocolate milk and muffins, and they say  
4517 it's healthy, but it is still chocolate

4518 43FS8: it is made as healthy as possible though

4519 43FH2: yeah, but it is still chocolate though

4520 43FS8: and you look at the food label you still need some of the dairies and the sugars and the oils,  
4521 so they do try to make it as healthy as possible. I have spoken to the cooks once and they say they  
4522 use more water than they actually use the chocolate.

4523 43FS2: I think it is the canteens part of their fault as they get us used to specific types of food, coz  
4524 when we come from primary, it is more healthy than secondary, we didn't have stuff like baguettes  
4525 and they train us in such a way from year 7 and that's how I became addicted to baguettes any way  
4526 and then they start putting it on at break time and that just puts emphasis on it and it used to have  
4527 lettuce in it and they have taken that out now and now it is just chicken in a baguette

4528 43FS8: and they have mint sauce that is really thick and chilli sauce they put on

4529 43FT4: we keep talking about healthy food, but I feel like a balanced diet is more important so we  
4530 can't blame the canteen, and what 43FS2 said about them getting us used to eating these certain  
4531 foods, but there are three main meals a day and we only have one main meal at school, so I don't  
4532 think the canteen is wholly responsible for our food choices.

4533 43FH2: I disagree with 43FT4 because we spend more than 200 days at school and people do have  
4534 something at break and some people do have breakfast at school yeah and our school serves  
4535 pastries and croissants which are unhealthy, and breakfast is very important, and you don't get  
4536 many nutrients in croissants or pastries

4537 43FH7: at the end of the day, I wouldn't say it is the schools fault coz it's like the supermarkets they  
4538 give all this food as well, but you choose to buy it, so what is the point of blaming the canteen. You  
4539 could walk into ASDA right now and pick up doughnuts but at the end of the day you are doing it  
4540 from your own free will, and you are choosing to do it so it's kinda our fault as well.

4541 IV: 34% of you said that if something included lots of vegetables it was not important at all, but 53%  
4542 of you said foods containing lots of vitamins and minerals was very important they gave that 5. But  
4543 this does not make any sense, you say I don't care about vegetables, but I want my vitamins and  
4544 minerals. So how do I get you to like your vegetables, so we had a little chat and you said get

4545 samples and education with what 43FT4 said about not knowing or noticing different vegetables so  
4546 this might come through to education. What do you think? How do I get you to like vegetables?  
4547 43FH7: pick the nice ones  
4548 IV: what are the nice ones 43FH7?  
4549 43FH7: I think people would eat mushrooms and broccoli  
4550 43FS8: I hate mushrooms  
4551 43FH7: but if they do it in the right way, if they use it in the right way. If they just put it on raw then  
4552 obviously, people won't eat it.  
4553 Unknown: cucumbers, lettuce. Loads of people like cucumbers  
4554 43FS8: I think it's because they taste nice when they are cold and then they have a lot of water in it  
4555 as well  
4556 IV: yes, they keep you refreshed  
4557 43FT4: then again, each vegetable and fruit contain its own vitamins and minerals that everyone  
4558 needs, so oranges have vitamin C, basically every fruit and vegetable gives us different types of  
4559 minerals and vitamins that we need  
4560 IV: right so very interesting I did 7 questions on where you get your nutritional information from and  
4561 how much do you know about nutritional information.  
4562 Unknown: what are the statistics  
4563 IV: hideous. I will tell you a little bit about what did you and didn't know about this school. So, where  
4564 do you get your nutritional information from and how do you know it is true?  
4565 43FS8: school  
4566 IV: what year and how?  
4567 43FS8: I think maybe around year 5 to year 6 to year 7 to year 8 because that is the time when we  
4568 are actually growing and that is the time when we start concentrating  
4569 IV: so, you are saying late primary early high school  
4570 43FS8: yeah  
4571 IV: does everyone agree with that?  
4572 All: yeah  
4573 43FT4: no, I think it is mostly primary because in primary we were taught those types of things and  
4574 they are not being, so in secondary the main goal is GCSEs obviously and that is not pushed in GCSE  
4575 much, but in primary the goal is for us to grow up and learn stuff, so they push that more in primary  
4576 school than in secondary school  
4577 IV: so, do you think 43FS2 that we need to bring this more into secondary school?

4578 43FS2: yeah, a bit because it is the nature of teenagers to rebel and forget what they kinda learn in  
4579 primary, especially in primary as it is such a young age and when you walk into secondary it all goes  
4580 in the bin and it's all kinda gone

4581 43FH7: and everybody tries to act older in secondary and they don't think so it's that time of your  
4582 life when you're like I know it all and you become more argumentative.

4583 43FH2: coz you know like I agree with what 43FS2 said because in primary all the options we got  
4584 were healthy and they were like more than 90% healthy but then in secondary there are healthy  
4585 choice, but a few unhealthy choices and you can't control yourself in your life. Like in primary yeah,  
4586 they didn't allow us to pour any of the foods away especially the carrots and they were disgusting,  
4587 they were properly disgusting, I was like how do you steam carrots in this school, mash potatoes are  
4588 disgusting and they wouldn't let us throw it and we had to eat it, but we were proud of our school  
4589 for making us have it and making us eat it

4590 Unknown: but they can't force a student to eat a type of food that they wouldn't like, because if  
4591 they become sick it is technically the teacher's fault for forcing them to feed on that food.

4592 IV: OK so its primary school you get your information from and very little from high school, do we  
4593 agree?

4594 Students: yes

4595 IV: is there anywhere else you get your information from? Anything else influence what you eat?

4596 43FS8: depends on what kind of family you come from, so if you come from a healthy family they  
4597 will explain to you, and if you come from an educated family, they will explain to you even more

4598 IV: so, family and education and status of that family.

4599 43FS2: I agree on home coz that's where your teaching happens there as well and it's what your  
4600 family teach you and it is your culture where you eat your background comes to you obviously and  
4601 you get taught what to eat

4602 43FH2: it depends on your diet as a vegetarian I don't get any meat options, so I get more nutrients  
4603 than anybody because I eat the product without using any of the energy, so it is quite coz my  
4604 parents to teach me that eating a plant you get more energy than eating a cow or another product  
4605 or

4606 Many students: I disagree with that it doesn't make any sense.

4607 43FH2: because it loses energy after it has some of it

4608 43FS8: but it depends on how you eat the vegetable, if you were to cook the vegetable it wouldn't  
4609 be that healthy would it like if you cook the vegetable in oil

4610 IV: OK so I said is there is enough nutritional education done in school or do you want more?

4611 43FH7: yes

4612 43FS2: yeah, it is not encouraged for every single person, and I don't think anyone can do anything  
4613 about that because there is only one goal in secondary, not one goal but we are all here for GCSEs  
4614 and we are not going to focus

4615 IV: OK so you were really good about knowing about your sugars, you knew which foods contained  
4616 sugars and which sugars had naturally occurring sugars. So how did you know about your sugar?

4617 43FT4: chocolate

4618 43FH7: it is kind of obvious

4619 43FS8: you just know

4620 43FT4: when we think about sugar, we think sweet so anything that is sweet must contain sugar

4621 43FS8: as for fruit when you can taste a fruit you know its sweet, so you know it's more of a natural  
4622 sugar because you know fruits are natural

4623 43FS2: again, when you go to secondary school you learn about that more instead, coz even when  
4624 you go out of school there are corner shops and there are full of students, and they learn more  
4625 about that in school because they are more obviously to have a rebellious attitude to things

4626 IV: protein that was an interesting one. Everybody in all schools gets chicken, very few people got  
4627 cheese was high in protein and very few people realised fruit has very little protein.

4628 43FH2: it's got acidity

4629 IV: but that's not protein

4630 43FH2: yes, but it is acidity.

4631 IV: so, the question I want to ask you, where do you find out about protein? And do you think  
4632 genders differ with their knowledge of protein?

4633 43FS9: I think the gender one because you know how boys are more active than girls, you must  
4634 agree on that, and then like they will be so strict with their diet coming after the gym like oh I need  
4635 my protein now, but then girls are like no its kind of not important and they are busy doing other  
4636 things which may be a priority for them

4637 IV: and where do you find out about your protein?

4638 43FS9: I don't know just school I think

4639 43FT4: I agree with 43FS9. OK I feel like gender yes for example more boys are encouraged to do  
4640 sports than girls so I think when she talks about active that means boys are more active so in my  
4641 school, boys do a lot of body building and going to the gym and stuff and to do that you need a lot of  
4642 protein and energy and stuff so I think boys will have a lot more knowledge than girls

4643 43FS2: I think it is a bit of a mix match because studies show girls care about things more which then  
4644 brings it back to girls, coz if you start talking about proteins and stuff maybe more girls would  
4645 actually care more and listen and boys would wander off because studies do show that

4646 43FS8: I agree with 43FS2, obviously boys may be more active, I actually disagree with that but  
4647 obviously, many people think that, so even though they are more active girls are well the girls are  
4648 kind of smarter than the boys - they are more intelligent, I have read that in studies and stuff, so  
4649 they pay more attention to the study so they would know more about the proteins  
4650 43FH2: actually like I agree with 43FS2 and 43FS8 coz we do food tech and in this school we start in  
4651 year 7, and in food tech and most boys are like I don't care about this I don't want to do this and  
4652 they don't care about the safety hazards and stuff and the girls yeah we did the eating well guide  
4653 and we covered that and I actually learnt that from my mum, the way that they say gender does  
4654 effect and that coz as a mother you would want your child to have the best protein so they would  
4655 have all the knowledge about the protein and all the nutrients that your child would need so they  
4656 need to be aware of it  
4657 43FE3: I think 43FS8 means that girls mature faster.  
4658 IV: OK fat was an interesting one most of you knew that pepperoni was high in fat, but we sell a lot  
4659 of pepperoni stuff on pizza in the canteen  
4660 Students: no, they don't put pepperoni on the pizza it is just plain cheese and sometimes tuna  
4661 IV: OK that must be my other 4 schools. Now you didn't know cottage cheese, everybody said  
4662 cottage cheese is high fat which surprised me. Do you know what cottage cheese is?  
4663 Lots of students chattering: (hard to hear) it's a healthier version of cheese, where does it come  
4664 from? The cottage (laughs)  
4665 IV: so, salt everybody in every school has told me red meat is high in salt  
4666 Students: yeah, is it?  
4667 IV: no  
4668 Student: it is cholesterol, its high in that. That is what we have learnt.  
4669 Student: so, what is a high salt food?  
4670 IV: kippers, salted nuts, crisps, crackers, those are all high in salt, soy sauce  
4671 Student: what about sea food?  
4672 IV: not really unless it is dried or salted. So, no everybody got salt wrong. The one everybody got the  
4673 worst result from was fibre. Nobody got this right, they were the most incorrect answers  
4674 Student: fibre - milk  
4675 IV: most people 60% of you said that you didn't know. Why doesn't anybody know?  
4676 43FH2: fibre helps you to clean away rubbish, your waste products. It helps you to get rid of it.  
4677 Weetabix and that. I learnt that in my sports day class. Weetabix even says on the box high on fibre

4678 IV: do you think it was the choices of food that I gave you? So, if you had crunchy nut, bananas, eggs  
4679 don't have any, red meat had non, broccoli high, nuts high, fish doesn't have any baked potato is  
4680 high  
4681 Student: I thought eggs do  
4682 Student: we didn't even do the survey  
4683 Student: we did I remember doing it  
4684 Student: fish has protein  
4685 Student: they gave it everyone, but our form didn't do it  
4686 IV: 62% of you said food that keeps me full is a 5 graded yes, we need these. You said that was very  
4687 important. So, what foods keep you full?  
4688 43FE3: banana  
4689 43FS8: pasta. I love pasta  
4690 43FS9: jacket potato  
4691 43FS2: curry and chapatti  
4692 43FE3: rice  
4693 43FH2: noodles  
4694 43FH2: sandwiches and bread  
4695 43FH7: everything keeps you full up, it just depends on how much of it you eat of it.  
4696 43FH2: even water can keep you filled; it just depends how much you have of it  
4697 A4: let's say a small portion of chocolate the number of calories that would have compared to 3  
4698 carrots, the three carrots will make you feel fuller but will have less calories than the chocolate  
4699 IV: well, done correct. 50% of you said food that keeps you awake is very important you gave it a 4  
4700 or 5. What foods keep you awake?  
4701 43FE3: coffee, cheese  
4702 43FS2: coffee  
4703 43FH7: fizzy drinks, things that make you hyper  
4704 IV: what type of fizzy drinks 43FH7?  
4705 43FH7: it depends, coco-cola  
4706 43FH2: dark chocolate  
4707 43FT4: all foods as all food gives you energy and energy keeps you awake  
4708 IV: but some foods keep you more awake.  
4709 43FH2: but some foods can make you sleepy  
4710 43FS9: a food that is more filling  
4711 IV: what types of foods are filling

4712 43FT4: jacket potato  
4713 43FS9: a good meal like that can keep you awake with energy to do  
4714 43FS2: fried food, like deep fried makes you more tired  
4715 43FS8: sugary drinks will keep you more awake so things that are sugary that give you a lot more  
4716 energy. I personally become more like jittery when I am on sugar  
4717 43FH2: but it is loads of energy all at once and then it will run out quickly because if you have pasta  
4718 yeah, it wouldn't give you the exact same power of energy at the same time, but it would last longer  
4719 than the sugary drink because it is only going to last for a short amount of time but give you a bigger  
4720 power  
4721 IV: you know these things, final question low fat 45% of you said it is important, controls my weight  
4722 50% said is important, low in calories 40% said it is important, do you think that genders are affected  
4723 by these three, low fat, controlling weight and low in calories are they more affected by these  
4724 topics?  
4725 43FH2: yes  
4726 43FS8: yes  
4727 43FH2: girls want to control their weight more than boys, but they both want to control their  
4728 weighs, but girls care more about their appearance  
4729 43FH7: not really  
4730 43FS9: I disagree  
4731 43FS2: media does influence girls for a specific weight amount but that links with exercising more  
4732 than food  
4733 43FT4: I think the main reason that would affect genders a separate thing would be our bodies are  
4734 different, so girls' body the way it put together and functions slightly different.  
4735 IV: what is different?  
4736 Student: we get more hungry  
4737 Student: a lot  
4738 43FT4: my dad and mum don't gym at the same time but for my dad it was a lot easier to exercise  
4739 and lose weight but for my mum it was slightly harder even though my mum is a lot more active  
4740 than my dad.  
4741 43FS2: but women as you get older obviously you get pregnant and you do get weaker, after you  
4742 give birth are you weaker  
4743 Student: no, you get stronger  
4744 IV: physically or mentally?  
4745 43FS2: physically. You can't do many of the things you did before.

4746 Student: you can it is just a short period of time  
4747 Student: you're just tiered after giving birth.  
4748 43FE3: I think it is culture as well, coz when I went back home, to my country, it made me realise  
4749 girls would have less protein that men because men would go out and do the work and women  
4750 would stay at home, from Bangladesh  
4751 43FH2: it depends like who we are mature, girls are naturally more mature like they are like 3 steps  
4752 ahead they look out for things so like some things like a mother she should care about her husband  
4753 and her children so she would want the best for them, so it depends as some countries in Asia where  
4754 they would say men work hard oh they are getting the money so they deserve more of the nutrients  
4755 and stuff but some families are not educated and they don't know but still get more fat but that fat  
4756 has energy in it  
4757 43FS8: I think what 43FH2 is trying to say is that girls are more mature  
4758 43FT4: I disagree with that as I don't think girls are that mature, I think it is the same  
4759 43FH2: I think that girls mature before boys, but I think the maturity levels are the same  
4760 IV: thank you so much for your time, I will send these to Heather