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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

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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 T1

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March 2022

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

2 Males B9, J9, M4, X1.

3 Females B8, J2, Z3.

4 Intro as before

5 IV: OK I am going to give you a little introduction to what we are doing, then I am going to give you

6 ground rules. Thank you for participating in this and I just want to talk about your food choices at

7 school, so we need to keep it to food at school. It is being recorded so I can write it up for a study I

8 am doing. Please do not use each other's names, if you do not want to answer just lift your hand,

9 you do not have to answer anything you do not want to and if you are not happy with anything you

10 can leave. OK so what I want to ask you first, what time do you like to eat here at school. Do you

11 prefer breakfast time, mid- morning, or lunch?

12 11MX1: lunch

13 IV: why do you like lunch the most?

14 11MX1: urm it's because when I don't have any food, oh no it's because I eat in the morning and I

15 eat when I get back, so lunch is in the middle.

16 11MM4: lunch

17 IV: why do like lunch the most?

18 11MM4: because I am like the most hungriest at lunch

19 11FZ3: lunch because it's I don't know, it's the routine I am used to

20 11MB9: erm the hot meal

21 IV: OK so lunch time

22 11MJ9: lunch because that is when the best food is

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

24 11MJ9: because that's when there is normally hot meals and there are roast dinners sometimes like

25 every day

26 11FB8: lunch because it is nearly in the middle of the school day so you kind of want to eat at that

27 time.

28 11FJ2: lunch because I never have breakfast or anything else here.

29 IV: you don't have breakfast. OK. I am going to give you sheets and these have a list of theoretical

30 factors about, so what do you want to be called, some people want to be called teenagers, others

31 want adolescents, the studies I read call you adolescents, but what do you want me to call you?

32 11MJ9: pupils

33 IV: OK so the studies I look at with pupils have a list of what they feel affects them most of all, so can

34 I ask you to take one of these and write 1-10 which ones affect you the most, which factors affect

35 your food choice the most here at school 1 is the most influential factor that affects your food choice
36 the most.

37 11MJ9: my top three are hunger, appearance, and price.

38 11MB9: health and nutrition, appearance, and hunger

39 11FB8: hunger, familiarity, and appearance

40 11FJ2: appearance, convenience, and culture

41 11FZ3: health and nutrition, price, and culture

42 11MM4: hunger, price, and taste

43 11MX1: taste, health and nutrition and appearance

44 IV: OK looking at some of these, the most one's people have spoken about is appearance. What does
45 it mean to you when a food looks good? What type of food looks good to you?

46 11FB8: well, I like meats and fruits because erm I am just familiar to them because I know they are
47 going to be nice.

48 IV: so, you know they taste good?

49 11FB8: yes

50 IV: so, what does a food that appeals to you look like?

51 11MJ9: it has normally got to have some meat on it, like pizza, like I like pizza because it is kind of
52 colourful.

53 11MM4: it if is like hot.

54 IV: so, you like hot food?

55 11MM4: yeah, and then like colourful so not just the same sorts of food like lots of different colours

56 IV: can you give me an example?

57 11MM4: so, like bread yeah you can have lettuce that is green, then like a burger which is brown.

58 IV: 11MB9 what does a food that look good?

59 11MB9: erm pineapple and watermelon because it is colourful.

60 IV: so, what does a food that appeals to you look like?

61 11MX1: colourful and it is not just bland and all the same colours.

62 11FZ3: it is just in the border around the plate.

63 IV: so, you don't like messy food?

64 11FZ3: no

65 IV: most of the pupils put taste at the beginning and I noticed that none of you have.

66 11MX1: I put taste.

67 IV: OK so I have one of you that has. So, what does a food that taste good mean to you? We have
68 had appearance, we have had colourful, we have had the way it looks on the plate, or we have had

69 that it is nice to be hot, what does the word taste good mean to you and what is your favourite food
70 at school?

71 11MX1: dunno just food

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

74 11MX1: I usually have the hot meals or like a baguette or something.

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

76 11MX1: because they are sort of healthy and just the flavours, I don't know.

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

78 11MM4: I have like hot meals and baguettes, but I wouldn't have like a sandwich or a wrap or
79 something. I like them but I don't really like them at school.

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

82 11MX1: the bread is crunchy in a baguette.

83 11MM4: there's more to a baguette and it is like better to eat.

84 IV: OK 11MB9 what tastes good to you?

85 11MB9: I like crisps and popcorn.

86 IV: and what don't you like?

87 11MB9: what I don't like is pizza.

88 IV: and why don't you like pizza?

89 11MB9: the cheese isn't that nice, and the dough is really thick it should be thin.

90 11MJ9: I like the pizza, baguette, and main meals and what I don't like is the sandwiches because
91 most of the sandwiches are covered in mayonnaise and I don't like mayonnaise.

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

93 11FB8: well, I like a lot of things, but what I don't like is salad because what I don't like is it is all
94 mixed together, I like it separately

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

96 11FJ2: well, I like everything.

97 IV: and what don't you like?

98 11FJ2: apart from the sandwiches because the bread is quite dry.

99 IV: OK and 11FZ3 what do you like?

100 11FZ3: I like the hot meals and the pizza and the burritos.

101 IV: and what don't you like?

102 11FZ3: I am not a big fan of the sandwiches, but I don't really like sandwiches.

103 IV: so, a lot of you have put hunger, so if you are really hungry what food would you eat?

104 11MX1: a hot meal

105 11MB9: a hot meal

106 11MX1: a lot.

107 IV: and what would you eat a lot of?

108 11MX1: I would always have health in mind, but I would just eat something that's filling.

109 IV: and what fills you here?

110 11MX1: what fills me here is, one thing on its own doesn't usually fill me up, like I have to have

111 another thing as well. Like if I get a hot meal, I have to have something else too.

112 IV: right. 11MM4?

113 11MM4: a hot meal

114 11MJ9: pizza, baguette, or hot meal

115 11FB8: hot meal and desert

116 11FJ2: pasta

117 IV: why would you get pasta?

118 11FJ2: because I love pasta.

119 IV: OK and 11FZ3?

120 11FZ3: burrito and baguette

121 IV: do you think genders eat differently?

122 11MX1: yeah, women do weight watchers. Boys don't do weight watchers.

123 11FZ3: not necessarily

124 IV: 11FZ3 disagree with 11MX1, women don't necessarily choose food on their weight. What do you

125 think 11FZ3?

126 11FZ3: erm just depends on what the person is feeling on what they will eat it doesn't matter what

127 gender they are.

128 IV: that is interesting what do you think 11FB8?

129 11FB8: well when females are depressed, they usually eat deserts, I don't know why.

130 IV: OK 11FJ2 what do you think?

131 11FJ2: only on some things and it also depends on the person, I think.

132 11MJ9: no, I think genders eat the same because they are same people but different genders.

133 IV: OK and 11MB9 what do you think?

134 11MB9: yeah, I think they eat differently.

135 IV: and what do you think is different?

136 11MB9: they eat more salad and stuff.

137 11MX1: so, are you saying women are healthier?
138 IV: that is an interesting one, so who do you think eat more portions of fruit and vegetables out of
139 genders?
140 11MJ9: girls
141 11MM4: boys
142 11MX1: equal, there is not much difference.
143 11FJ2: not much difference
144 11MJ9: I don't think boys care as much about their weight as girls.
145 IV: OK interesting, in fact boys eat more fruits and vegetables than girls
146 11MX1: I knew it.
147 11MM4: yes, that's what I said.
148 IV: one of the things that none of you have chosen is they have talked about peer pressure
149 particularly when you are in that situation when you want to be with your friends, and you want to
150 eat the same as your friends. So, what is your opinion about eating the same as your friends? Let's
151 start with 11MJ9. Do you think you eat the same types of food as your social circle?
152 11MJ9: not really because if my friends are eating something, I will try it once and if I don't like it, I
153 don't have to eat it because it is my choice at the end of the day.
154 IV: that's an interesting one. 11MB9 what do you think? Do you think you are influenced by what
155 your friends eat?
156 11MB9: not really, sometimes yeah because as soon as I see someone else eat it, I have a craving for
157 it.
158 IV: OK and what type of foods if your friends were eating it would make you want it?
159 11MB9: burrito
160 IV: OK and why would that make you want to do that
161 11MB9: because they are nice.
162 IV: so, do all your friends eat burritos at the same time?
163 11MB9: no
164 IV: do your friends ask you to try different foods?
165 11MB9: no
166 IV: 11FJ2 do you think what you friends eat affect what you choose?
167 11FJ2: no because I don't really care what they eat to be honest, as long as I like it, I don't really care
168 what they think of it.
169 IV: OK what about you 11FB8?

170 11FB8: well, I just take what I want because erm because most of my friends don't actually really like
171 what I like so erm it is really their problem.

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

173 11FZ3: no because we just, like if you do that to eat the same foods as your friends, basically you are
174 showing like you just want to be like them and not just friends with them, so I don't, and my friends
175 don't like sharing food

176 IV: and 11MX1 what do you think?

177 11MX1: no, you don't to eat the same foods to be like friends with someone you can eat what you
178 want.

179 IV: OK 11MM4 what do you think?

180 11MM4: I just eat what I want, like if I see my friends eating something yeah and it looks nice, I'd be
181 like I want to eat that.

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

184 11MM4: there is nothing else here that needs plates except hot meals, like hot meals you have a
185 takeaway box.

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

187 11MX1: nah not really, it is smaller than what it would be on a plate.

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

190 11FJ2: hand

191 11FB8: food with knife and fork

192 11MJ9: it depends, because as I would rather have food that I can hold in my hands as I like to go out
193 to the courts but then some people sit down and eat it.

194 IV: are you allowed to take food out from here

195 All: yeah

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

198 11MB9: Erm food I can pick it up and go.

199 11MX1: it doesn't matter to me; it depends on what I want to do. If I want to sit down I'd use a knife
200 and fork but if I wanted to go outside, I would have it in my hands

201 11MM4: same as 11MX1.

202 11FZ3: I don't actually care it just depends on like what type of food, you get as to whether you use
203 your hands or cutlery.

204 IV: do you think you have enough time to eat your food here?
205 11FZ3: yeah
206 11MM4: yeah
207 IV: OK, 11MX1 do you think you have enough to get in get your food, eat your food and do what you
208 need to do then get back to class?
209 11MX1: yeah
210 11MB9: no.
211 IV: why not, how much more time do you need?
212 11MB9: I think you should have 30 minutes at break.
213 11MX1: I think we should have an hour at lunch.
214 IV: and how long do you have?
215 11MX1: we have 40 minutes.
216 IV: that's a lot of people to get through in 40 minutes.
217 11MX1: yeah, we should have more time.
218 IV: 11MM4 what do you think? Do you have enough time at lunch?
219 11MM4: yeah
220 11FB8: well, erm it kind of depends on how long the line is, because if it is a really long line, you wish
221 you have more time to get in and like talk to your friends and meet. But if it is a short line, you have
222 enough time because urm.
223 IV: OK cool. 11FJ2 do you have enough time to eat?
224 11FJ2: not really because by the time I get there, because most of my classes they get let out late, so
225 by the time I get there the line is so long and sometimes I just don't have time so I just skip it
226 because I can't be bothered to wait so long.
227 11MJ9: I would say not really because by the time you are in the line and queued up you get only 10
228 minutes, so you don't really get any time to socialise with friends.
229 IV: OK so with your age group it is very important you look after yourself and you eat well. Do any of
230 you skip meals?
231 11MX1: no because if you did you would struggle in the first lesson as you wouldn't have any energy
232 or food.
233 11FJ2: yes
234 11FZ3: yes
235 11MM4: no
236 11MJ9: yeah sometimes, like a couple of times I don't want one
237 IV: and how does that make you feel in class?

238 11MJ9: still feel just a little bit hungry, but sometimes I feel the pricing is too much.

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

240 11MB9: yeah. Sometimes I do but not most of the time.

241 IV: how does that make you feel in class?

242 11MB9: exhausted and hungry

243 IV: so why do you miss your meal then?

244 11MB9: because I don't have enough time to eat it. The teachers tell you to throw it in the bin.

245 IV: OK so it comes down to time?

246 11MM4: you've spent money yeah.

247 11MX1: as you bring food into a lesson because you didn't have enough time to finish it at lunch,

248 and then you take it to the next lesson the teacher tells you to throw it into the bin.

249 11MM4: some teachers say like eat it outside coz if you don't have much left, they let you stand

250 outside and finish it off, but some teachers tell you to throw it in the bin.

251 IV: OK.11FB8 do you skip meals?

252 11FB8: never

253 IV: OK so what do you think of the prices here? 3 of you have mentioned price. Do you think the

254 school food here you have for lunch is value for money?

255 11MM4: no

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

257 11MM4: a baguette is like £2.00 that is so expensive.

258 11MX1: but what if you went out to town for a baguette it would not be £2, so I think it is alright.

259 11MM4: I could go to Tesco and get a meal deal and get three things for £3. They should do a meal

260 deal here.

261 IV: OK, 11MB9 what did you say?

262 11MB9: you get a baguette that is much cheaper.

263 IV: do they do a meal deal here?

264 11MM4: no

265 11MX1: I swear they do, they do a hot meal and a pudding

266 IV: how much is that?

267 11MX1: £2.30 £2.20

268 11MB9: that is stupid.

269 IV: do you think that is expensive?

270 11MB9: yeah

271 11MX1: but that is not that expensive.

272 11FJ2: well at school I think that is quite expensive as it is not the best quality food really, like most
273 of the time the pasta is all like soggy, like over cooked and it makes it all squishy. That's why I don't
274 really have it here so most of the time I have packed lunch as the things as its better I like are in it.
275 IV: 11FB8 what do you think about the prices here?
276 11FB8: I actually never look coz I am kind of, in my family, we think that it is more important to
277 actually like have good foods and be full rather than how much it costs
278 IV: 11FZ3 what do you think? Is it expensive?
279 11FZ3: erm it is not too expensive, it is a little bit more than like sometimes, the prices can vary
280 depending on what type of food it is.
281 IV: OK and last thing culture. OK so two people said culture was important to them, could you give
282 me an example of how culture affects your food choice?
283 11FZ3: just erm food that I have grown up on and I have become accustomed to it.
284 IV: can you give me an example?
285 11FZ3: erm coz I have to go on special diet thing urm it's just more like I have gluten free food. So, I
286 can eat it here, but I have to be more careful.
287 IV: OK and 11FJ2 you said culture affects your food choice
288 11FJ2: well, it is just food that I have at home, like I have pasta, its food I have almost every night so.
289 IV: so, is that more familiarity that culture? Or do you think it is more culture?
290 11FJ2: mmm I'm not really sure.
291 IV: I am going to be doing an intervention where I apply numbers to your food. The food you are
292 going to see in your canteen, so we are going to be doing an intervention. So, what I would like to
293 ask you if you could come back and spare me another half an hour and share you views about
294 nutrition. Thank you for your time and I appreciate what you have said.

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

296 Males A1, B7, D7, L8.

297 Females E2, K5, T4, T8, Z5, Z8.

298 IV: To introduce myself my name is Jo Tucker, and I am doing a study about adolescents, what would
299 you like to be called? Teenagers, pupils, or students? OK pupils. A few ground rules you are free to
300 go if you want, please can you not call each other by your real names, what you say stays
301 confidential and if you are not happy with answering a question just lift your hand. OK so please
302 respect each other's voices. So, can I ask you what time of day do you prefer to eat at school? Do
303 you like breakfast, mid-morning or do you like lunch?

304 12MA1: lunch

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

306 12MA1: dunno because I just like the food.

307 12FT4: lunch because I eat breakfast at home, I don't want a mid-morning break.

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

309 12MA1: it doesn't really change much; Fridays are the best fish and chips.

310 IV: 12FT8?

311 12FT8: lunch

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

313 12FT8: because I eat breakfast at home and when it is mid-morning, I am not really hungry, and
314 lunch is usually the time I like to eat.

315 IV: OK and 12ML8?

316 12ML8: lunch

317 IV: and why do you like lunch the best?

318 12ML8: erm dunno I just like I just have a good time.

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

320 12FZ5: lunch

321 IV: and why do you like to each lunch?

322 12FZ5: because that is the time, I am usually hungry.

323 IV: OK alright. 12FZ8?

324 12FZ8: probably lunch because it is when you get more time to eat.

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

326 12FK5: lunch as well, because you usually have breakfast at home and dinner at home, so you have
327 your lunch at school.

328 IV: OK 12MB7?

329 12MB7: break
330 IV: mid-morning break?
331 12MB7: yeah
332 IV: and why do you like mid-morning break the most?
333 12MB7: because I dunno just do, you get the sausage rolls.
334 IV: alright and 12FE2
335 12FE2: probably lunch because that's when I am hungry.
336 IV: OK thank you. In front of you I have given you some lists, I wanted you to mark down from 1-10
337 which are the factors that are the most influential to you when you choose your food at lunch time.
338 1 would be the one that influences you the most. 12FE2 tell me about the top three you have
339 chosen?
340 12FE3: hunger, appearance, and price
341 12MD7: price, hunger, and health
342 12FK5: price, health, and hunger
343 12FZ8: appearance, taste, and hunger
344 12FZ5: health and nutrition, 3 hunger, 2 convenience
345 12MA1: taste, appearance, price
346 12ML8: price, appearance, and taste
347 12FT4: taste, appearance, and price
348 IV: OK so a lot of you have talked about appearance, so what do you feel of food looks good to you?
349 What does a food that appears to look nice mean to you? And give me an example of that type of
350 food?
351 12MA1: chicken
352 IV: what type of chicken?
353 12MA1: Jerk chicken and rice
354 IV: 12ML8 what food appears nice to you?
355 12ML8: urm, I don't know, stir fry.
356 12FT4: if something has got colour in it and the smell.
357 IV: OK so colour
358 12FT4: yeah, and also the smell. Like if you can smell it when you are lining up it is going to persuade
359 you or influence you to buy it
360 IV: OK can you give me an example of the food that looks good to you?
361 12FT4: urm all of them like things with colour so if it is brown and sludgy you are not going to eat it
362 IV: OK. 12FE2 what food appears good to you? What does it look like?

363 12FE2: neat and not messy I guess, like it looks like it has had time put into it.
364 IV: OK so it needs to be something whole on the plate and not spread out?
365 12FE2: yeah, like neat.
366 IV: what food looks good to you?
367 12MD7: something that is well made.
368 IV: what do you mean by well made?
369 12MD7: like if my dad makes something yeah that takes him 10 minutes, he has rushed it
370 12MA1: what about pasta though?
371 12MD7: yeah, but if you make your own pasta, it is even better.
372 12MA1: yeah, but that is just long.
373 12FT4: yeah OK. 12FK5 what looks good to you? And give me an example?
374 12FK5: I don't know I just like something that isn't all over the place and something that is easy to
375 eat.
376 IV: OK easy to eat. 12FZ8 what looks good to you, food wise?
377 12FZ8: like if you are hungry, it is something big but if you are not hungry then something small to
378 eat so like if you are not that hungry small then just like a snack like a sandwich or something.
379 IV: 12FZ5 what looks good to you in food?
380 12FZ5: well, it should look appealing, so like imagine if there is this cake if it looks disgusting and
381 then there's this other cake that looks good.
382 IV: give me a food that doesn't look good a food that makes you go yuk
383 12MA1: like black pudding and stuff
384 12ML8: marmite
385 12FT4: marmite looks disgusting.
386 12FE2: paella
387 IV: why paella?
388 12FE2: I just don't like it; it just doesn't look nice.
389 12ML8: it doesn't look nice, but it tastes good.
390 IV: 12MD7 what looks horrible to you
391 12MD7: mushrooms and courgettes, they look mushy and sloppy.
392 IV: 12FK5 what looks horrible?
393 12FK5: mushy peas.
394 IV: yes, they have a certain texture and a specific colour. 12FZ8 what looks horrible to you?
395 12FZ8: rice pudding.
396 12FZ5: olives

397 IV: OK when you are talking of food that looks good or that doesn't look good not many of you have
398 spoken about taste of food. Can you tell me a dish that tastes the best to you?
399 12ML8: if a dish doesn't look good you aren't going to go and buy it even if it tastes good.
400 IV: what if it doesn't look nice but tastes nice.
401 12ML8: a stew looks nice though and soup and stuff.
402 IV: so, give me a food that tastes nice to you?
403 12FT4: fajitas
404 12FE2: curry
405 12MA1: steak pie
406 12MD7: pasty
407 12ML8: roast dinner
408 12FK5: pizza
409 12FZ8: maybe a burger
410 12FZ5: don't know
411 12ML8: Chinese food
412 IV: do you have a particular favourite?
413 12ML8: OK sweet and sour Hong Kong style chicken balls and erm maybe a special fried rice
414 IV: you know your Chinese food. OK when you go into the canteen and you're really hungry, and a
415 lot of you have spoken about hungry, and you are really hungry does that affect what you would
416 normally choose?
417 12FT4: depends on what the main meal is as that's what I normally go for
418 IV: do you normally go for a main meal?
419 12FT4: yeah, I usually got for the hot one, especially now as its cold now and the meal is usually
420 warm, so it is nice to have. The baguettes are more summery.
421 IV: OK 12FE2 is there something when you're really hungry you are driven for or is it the same as
422 when you're not really hungry?
423 12FE2: it is the same.
424 IV: 12MA1 if you're really hungry does that make a difference to what kind of food you are going to
425 choose?
426 12MA1: nah I will go for anything, because, we go there every day, we are used to what is there. Like
427 it is the same thing every break time like pizza sausage rolls etc and it gets boring.
428 IV: 12MD7 do you have a difference with what you eat when you are really hungry?
429 12MD7: when I am really hungry, I just get a sausage roll and if I'm not that hungry I will get
430 watermelon.

431 IV: OK and 12FK5 is there a difference K5 when you are really hungry?
432 12FK5: it is the same. The normal main meals you get on different days.
433 IV: OK and 12FZ8 is there a difference with what you choose?
434 12FZ8: no not really, I usually just eat the same thing.
435 IV: OK and what do you choose?
436 12FZ8: maybe a sausage roll, or like a baguette
437 IV: OK 12FZ5 any difference when you are really hungry?
438 12FZ5: no difference
439 IV: OK and what about you 12ML8?
440 12ML8: no
441 IV: OK 12MA1 you mentioned something to do with it being the same. What would you want to see
442 if you could change something in mid-morning break what would you want to see on?
443 12MA1: I want the subway back.
444 IV: like a sandwich bar?
445 12MA1: yeah
446 IV: why did it go?
447 12MA1: they changed catering companies.
448 IV: have you put that forward to student council?
449 12MA1: yeah, but nothing really changes, and it has never come back. And they used to have
450 chicken and chips but that went.
451 IV: that's the new regulations.
452 12MA1: all to do with healthy stuff.
453 12ML8 and 12FT4 leaves the discussion
454 IV: do you think genders eat differently?
455 12MA1: I don't know really, maybe portions sizes like men would normally go for bigger portion
456 sizes. Normally if you go in restaurants, you see men with bigger portions.
457 12FE2: just think it is the same and it depends on what they like to eat, it doesn't really matter what
458 gender they are.
459 IV: OK so it is still food choice for you?
460 12FE2: yeah
461 IV: OK 12MD7 do you think genders eat differently?
462 12MD7: a bit.
463 IV: what do you think is different?
464 12MD7: like 12MA1 like men eat more.

465 IV: 12FK5 do you think there is a difference when genders eat?
466 12FK5: not really it is like 12FE2 said.
467 12FZ8: men might eat more but it really matters on what it is like if you really like it, you will eat
468 more of it. Like if it is just something you always have you might want less of it, like men might eat
469 more of the same thing because they like it.
470 IV: do you think men eat a particular type of food more and women eat a particular type of food
471 more?
472 12FK5: yeah
473 IV: and what do you think men eat more of?
474 12FK5: men eat more like meat stuff like sometimes they eat more meat than salads and stuff
475 12MA1: yeah, I guess I agree with that I guess, like men do eat more.
476 IV: who do you think eats the most fruit and vegetables do you think men do or women do?
477 12MA1: it depends on how healthy they are and what kind of diet they are on. Like if they are
478 working out the muscles and stuff, they will eat healthier but if they don't care about their body,
479 they will go for junk food.
480 IV: 12FE2 what do you think?
481 12FE2 I agree with 12MA1.
482 IV: OK and 12MD7 what do you think?
483 12MD7: it depends on the person.
484 12FK5: it depends on the person.
485 12FZ8: like men mostly want to be all muscly and stuff, so it depends, if they do want to be muscly or
486 they just don't care.
487 IV: have you ever skipped meals here at school?
488 12FT4: yes
489 12MA1: yes
490 12FE2: yes
491 12MD7: I don't know. What do you mean by skip meals?
492 IV: like miss a meal do you miss lunch
493 12MD7: I normally like have my lunch at break and my break at lunch
494 IV: 12FK5 do you ever miss a meal?
495 12FK5: yeah occasionally
496 IV: and how does that make you feel when you are in class?
497 12FK5: fine
498 IV: 12FZ8 do you ever miss a meal?

499 12FZ8: yeah, because I'm not usually hungry until I am home.
500 IV: and how does that make you feel in the classroom? Does it affect your learning?
501 12FZ8: no
502 IV: OK and 12FZ5 do you miss a meal?
503 12FZ5: yeah
504 IV: how does that make you feel in the classroom?
505 12FZ5: normal
506 IV: OK 12FE2 how does it make you feel?
507 12FE2: it doesn't affect me.
508 IV: what about you 12MA1?
509 12MA1: I change if I miss a meal, I would go home miserable like the other day I didn't eat all day
510 and I was really angry. Like my mood changes and when I eat, I am back to normal.
511 K8: yeah, I get hangry
512 IV: that's what most people do. OK when I look at foods here at this canteen, I have seen that you
513 have a container, and you don't have a plate and knife and fork?
514 12MA1: we used to have that, but they stopped it.
515 IV: do you like foods you hold in your hands and walk out with or do you like foods you eat with a
516 knife and fork?
517 12FE2: I like them so you can walk around with them.
518 12MA1: yeah
519 IV: so, you like something you can hold?
520 12FE2: yeah, like I don't want to have to walk around with a plate as it is hard to hold when you are
521 walking around but if it is in a container, you can walk around and go where you want
522 12FZ5: they come with plastic knives and forks
523 IV: so, you still feel like it's a knife and fork and plate meal even though it's a main meal and it
524 doesn't affect you whether you eat it?
525 12MA1: no
526 12MD7: I like food to walk around with otherwise you just have to hold it all
527 12FZ8: If you have a plate, you probably have to stay in the canteen until you have eaten it all but
528 with a container you can walk around where you want which I think is better
529 12FZ5: I agree with 12FZ8
530 IV: so, you like to be able to walk around?

531 12FZ5: and also, when there's not enough seats for everyone or you don't want to sit next to that
532 person you won't be able to have your seat so you would have to sit somewhere else and there's not
533 enough seats for everyone

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

536 12FZ5: no

537 12MA1: no

538 12FE2: no

539 12FZ8: no

540 12FK5: no

541 12MD7: if I see them with something really nice, I would probably get that

542 IV: and why would that make you choose that?

543 12MD7: just because I see them have it and I am just like I want it

544 IV: and do you think you have enough time to eat here?

545 12FE2: yes

546 12MA1: yes

547 12FZ8: yes

548 12FK5: yes

549 12MD7: yes

550 12FZ5: yes

551 IV: what do you think of the price of the food here?

552 12MA1: expensive

553 12FT4: expensive

554 12MD7: expensive. It used to be really cheap and now it's really expensive

555 12MA1: the prices have gone up

556 12FZ8: like the popcorn is £1.10 but you can go to the shop and get it for 50p.

557 IV: so, you think it is too pricey here?

558 All: yes

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

561 12FE2: yeah probably

562 12MA1: I eat loads normally, like I am back and forward to the canteen money just goes too quick.

563 IV: how much do you spend per day?

564 12MA1: £6, yeah but it depends, what it is. If it is really good, I will go back and get it again, but the
565 limit here to spend is £6.

566 12FE2: I don't know depends how hungry I am as sometimes I bring my own food.

567 IV: how much on average do you spend though?

568 12FE2: like £2 a day.

569 12MA1: I wouldn't spend £6 every day just sometimes if I'm really hungry

570 IV: 12MD7 how much do you spend a day?

571 12MD7: normally I don't buy anything but if I do it might be like £1.50

572 12FK5: about £2 or something

573 12FZ8: I don't usually buy stuff but if I do it's like £3.

574 12FZ5: because my mum gives me £2, I just spend all my money

575 IV: I just want to say thank you very much for being so focused. I am going to be doing this study and
576 come back and ask you if you would come and talk to me again about how the government can
577 change what you eat.

578 School Two: First Focus Group: PRE-INTERVENTION 27th September 2017
579 Males T8, V1.
580 Females C4, E1, G8, N4, Z7.
581 Introduction and ground rules
582 IV: OK, before we begin, I just need to set some ground rules, this is because I want you to all join in,
583 I would like all of you to contribute. I'm using voice recorder, so please speak loudly so that I can hear
584 you. When one person's talking, please listen and don't try and butt in because I need your views on
585 things. Everybody's going to give their views and everyone's answer is personal, so please respect
586 each other's comments and listen to them. Please don't use your names when you're talking to each
587 other - just say, you know the third one in from left or whatever we're going to be doing. I want to try
588 and give you all an opportunity to speak. If you're not comfortable with the question, just lift your
589 hand, and I just won't ask you that question. Does that make sense to you?
590 OK, in front of you, you've got a little piece of paper. What I'd like you to do for me, is- you can do it
591 that way if you like, or this way, either way- just write, a letter of the alphabet, on this piece of paper.
592 Next to that, then, if you can choose a number, please, between 1 and 9, please add that next to it.
593 (And let's pray, now, that in this room nobody now has the same ones- I bet you there will be). OK let
594 me have a quick look... fantastic, lovely, interesting one. Fantastic, nobody is. OK, happy to start?
595 So, if you just put those up in front of you, you will all be referred to as that letter and number, so if
596 you could just turn it round for me, please... that's fantastic, thank you so much.
597 OK, so, I'm just going to go around the room and I'm just going to ask you... obviously, at school
598 here, there's a breakfast, there's a mid-morning and there's a lunch service. 21MT8, can you tell me
599 which one you prefer to eat, breakfast, mid-morning, or lunch?
600 21MT8: lunch
601 IV: lunch, OK interesting. 21FZ7?
602 21FZ7: I like midday
603 IV: midday. 21FE1?
604 21FE1: midday
605 IV: midday. 21MV1?
606 21MV1: lunch. 21FC4?
607 21FC4: lunch,
608 21MT8: lunch
609 21FG8: lunch.

610 IV: OK that's very interesting, I wasn't expecting those at all. OK, so what is it that makes you prefer
611 that particular time? None of you have mentioned breakfast. So, breakfast, very traditional, you've
612 got sausages, bacons, eggs... is that your type of food? 21FG8?
613 21FG8: Yeah? You like that type of food?
614 IV: OK. 21FC4, do you like that type of food? Very traditional?
615 21FC4: Yeh, but I'm not in early enough
616 IV: OK, interesting so it's a time thing. 21MV1, do you like breakfast?
617 21MV1: not that much
618 IV: not that much, do you eat breakfast here or do you eat breakfast at home?
619 21MV1: at home
620 IV: at home. 21FE1, do you like breakfast service here?
621 21FE1: a little bit
622 IV: a little bit, alright, why only a little bit?
623 21FE1: because I eat most of the times at home, so...
624 IV: OK, so you eat mainly at home. 21FZ7, do you like breakfast here?
625 21FZ7: err, yeah
626 IV: you do. OK, so what do you like about it?
627 21FZ7: I like the bacon
628 IV: ahh, the bacon, very popular type of food yes. OK, 21MT8 do you like breakfast here?
629 21MT8: yeah
630 IV: OK, what do you like about breakfast service here?
631 21MT8: because its free
632 IV: [laughs] OK it's free
633 21MT8: and I like beans on toast.
634 IV: OK, alright 21FN4, what do you like about breakfast service here?
635 21FN4: well, it's good but I do just tend to eat at home
636 IV: OK, alright so you eat at home. So, most of you have talked about lunch, so I'm going to come
637 onto your lunch service in a minute. One of you, I can't remember which one said you liked mid-
638 morning. Which one was it I can't remember?
639 IV: 21FE1 and 21FZ7, did you say you prefer mid-morning? what do you like about mid-morning
640 service?
641 21FE1: it's just that, there's different food there [inaudible]... there is different food there at
642 lunchtime, and when its lunchtime you don't find the same food that you found there at mid-
643 morning.

644 IV: OK, what's the difference in the food on offer?
645 21FE1: cheaper
646 IV: cheaper. OK alright, 21FZ7, why do you like mid-morning most?
647 21FZ7: hmm it's because, like, there's a variety of snacks. And when it's like lunch time, you just get
648 the one you just get the one course, it's the same for everyone else.
649 IV: OK, alright interesting thank you guys so far. In front of you a lunch menu. Now, I know it says
650 School, One, but you will be operating on the same menu, and I haven't had the menu given to me
651 from School Two, but this is the menu one of the weeks. And I've given you a pen. Could I ask you,
652 just to put your number that you chose, so 21FN4 at the top, 21FG8, 21FC4, 21MV1, 21FE1, 21FZ7
653 and 21MT8 just on the top of your menu, and just tick, what you choose out of these ranges on your
654 day to day please.
655 21FE1: can it be more than one, or do you just want one
656 IV: I'd prefer one, because it makes you specifically must think about it, so that when you give me
657 your answers back, you're going to be able to tell me which ones they are. That would be great
658 thank you. Just tell me when you've finished.
659 Unknown: miss, could you do like a food and a dessert? (female)
660 IV: oh yes, yes. Of course. So, when you asked 21FE1 if you could choose more than one, yes you can
661 choose more than one e.g., but I wasn't asking for a jacket potato, a pasta pot and a main. So I was,
662 just like seeing which one you preferred, but yes you can put a pudding with a main.
663 21MT8: The selection of hot and cold desserts, like fruits and...
664 IV: yes, like crumble, pies, whatever
665 21MT8: so, is it like fruit?
666 IV: yes... ooo I'm going to like asking you that question.
667 OK, when you're ready, if I'm not rushing you. First, has everybody finished? Yes? OK. Alright, so, can
668 I just ask, what type of things did you go for? Did you go mainly for the main meals? Did you go for
669 the pastas? Did you go for the jacket potatoes? So, I'm going to start off with 21MV1, what did you
670 go for?
671 21MV1: main meal
672 IV: main meals first of all, vegetarian or main?
673 21MV1: mains
674 IV: mains. OK, 21FE1, what did you go for?
675 21FE1: mains
676 IV: mains. OK, vegetarian or main 1- we'll call main 1 the meat one and main 2 the vegetarian one.
677 21FE1: main 1.

678 IV: 21FZ7?
679 21FZ7: I got main 2, but I'm a vegetarian so...
680 IV: OK, thank you. 21MT8?
681 21MT8: main 1
682 IV: main 1. 21FG8?
683 21FG8: main 1.
684 IV: main 1. 21FN4?
685 21FN4: main 1
686 IV: main 1. OK, so can you tell me, in this typical day at school, out of this list I've given you a list of
687 headings. Now this is going to take a little bit of thinking, so some of you may find it quite... so some
688 of you may want to cross it out or change them round. Could you tell me, what are the top... could
689 you list in order what things most affect your food choice at school in either breakfast, mid-morning,
690 or lunch service. So just put them in order, don't forget you might want to change them around, just
691 take your time. Just give them a number and then we're going to look at the top 3 that you've
692 chosen.
693 21FG8: So, if its free school meals, can you write price?
694 IV: yes, but that would be interesting to see if that price would still affect you if it wasn't.
695 21MT8: miss, is price and cost the same thing?
696 IV: yes, I suppose so, stop being so clever [laughs]. But thank you for pointing it out to me. OK, tell
697 me when you've finished. Finished? I'm not rushing you, if you need a bit more time, just let me
698 know and that's fine.
699 21FN4: Miss, can we put a number on two things? Like the same number
700 IV: Ooo, give me an example
701 Unknown: like, for the top, like familiarity and taste? (female)
702 IV: yes, you could put those together. OK so, what are your top 3? 21FC4, what are your top 3?
703 21FC4: cost, appearance, and price.
704 IV: OK. 21FG8?
705 21FG8: appearance, taste and familiarity
706 IV: OK. 21FN4?
707 21FN4: familiarity, taste, appearance, and hunger.
708 IV: Ohh OK, 21MT8? What are your top 3?
709 21MT8: hunger, health and nutrition and price
710 IV: ohh unusual. 21FZ7?
711 21FZ7: price, health and nutrition and time

712 IV: and?
713 21FZ7: time
714 IV: time. OK, now these are all not very similar, are they? 21FE1?
715 21FE1: price, health and nutrition and appearance.
716 IV: OK. And 21FC4?
717 21FC4: you already asked me.
718 IV: Oh, sorry, there, no you're here, already written that. OK, so, these are all so different
719 21MV1: [inaudible]
720 IV: have I forgotten you, I'm sorry 21MV1, you tell me yours.
721 21MV1: health and nutrition, appearance, and taste.
722 IV: OK, thank you very much. OK, thank you very much so some very different ones here all coming
723 through. So, looking at it, I've got taste that appears, taste and appearance and they tend to come
724 under one type of banner if you like. So, let's talk about taste, and appearance and textures of food.
725 What does taste-good food mean to you, if I asked you to describe, 3 typical foods that you see
726 around that you eat at school what is taste-good and look-good to you mean? Right, let's start with
727 21MV1 as I missed you off last time
728 21MV1: [inaudible] taste is like.....fresh not frozen [inaudible]
729 IV: OK, so fresh is important to your taste. OK that's interesting. What about appearance, what do
730 you like the look of with food, what does it have to look like to you?
731 21MV1: it doesn't have to look good, as long as it tastes good.
732 IV: OK, so appearance is not necessarily important to you. OK alright 21FE1, what does the word
733 taste-good food mean to you?
734 21FE1: something that hasn't been like, been cooked for long and like, put away and then Monday
735 evening you cook it and then just give it to me.
736 IV: OK, so taste-good means fresh food? Or does taste-good mean that it's not held in a container for
737 a long time. I'm not quite sure I understand this one.
738 21FE1: I'll say both of them.
739 IV: both of them, OK, alright freshness OK. Do you think you get fresh food downstairs?
740 21FE1: yes
741 IV: yes. OK, OK, 21FZ7, what does taste-good mean to you?
742 21FZ7: urm it has to be fresh, and like, if, coz if it's not fresh you really wouldn't get that taste that
743 you're meant to get. So, if you had frozen food, it would be like watery... [inaudible] 14:13
744 IV: OK, alright. 21MT8, what does taste-good mean to you? What foods taste good to you? So, give
745 me some ideas of items that taste good?

746 21MT8: mango
747 IV: mango
748 21MT8: coconut
749 IV: goodness me, what exotic taste you have.
750 21MT8: um Passion fruit
751 IV: wow
752 21MT8: chocolate
753 IV: [laughs] ahh, now we're talking. OK, alright. Why do they taste good to you? What makes them
754 taste nice to you?
755 21MT8: they stand out, they're not just like, there's not food like it in Britain
756 IV: OK. Interesting. What about appearance, do they have to look nice?
757 21MT8: no
758 IV: alright, so appearance is not important to you.
759 21MT8: I watched this thing, of like, Jamie Oliver, he was saying, like, food should be the way it is,
760 like, if you have a carrot, its round, it's still a carrot.
761 IV: right, OK, interesting. I think you should go into food tech I do. 21FN4, what tastes good to you?
762 What type of food items taste good? I want to come back to you guys and come off just the fresh
763 and ask you a particular food item.
764 21FN4: [inaudible] or just like in general?
765 IV: well, what is sold downstairs, and in general. You can do either.
766 21FN4: I like pasta.
767 IV: pasta. OK, why do you like pasta?
768 21FN4: I dunno, I just really like pasta [laughs]
769 IV: OK, but there must be a reason...
770 21FN4: I think it's just nice, like it looks good, tastes good, it's something quick and easy to get
771 IV: OK.
772 21FN4: it's not like too messy
773 IV: OK, so it's easy to eat. OK. Interesting. 21FG8, what items of food do you really like?
774 21FG8: [inaudible], or the fish and chips, or the chicken rice. I think it has that, I can enjoy it while
775 I'm eating it rather than eating it and like not really caring about it.
776 IV: OK, alright. So, does it matter what it looks like?
777 21FG8: I think yeah it does, because like for example when you're in line you have to make a quick
778 decision like, like, if you don't like it, you can't give it back, so I think it needs it catch your attention
779 when you first see it.

780 IV: so, do you think that goes against, that's in line with familiarity. You have to know that you like it
781 to choose it or... so, would you try something new if something appears on the menu if it comes out
782 and you've not seen it before?
783 21FG8: I would as long as it looks nice
784 IV: OK, OK so appearance is important. OK. 21FC4, what do you think tastes good?
785 21FC4: inaudible, chicken...
786 IV: chicken
787 21FC4: things that are easy
788 IV: why do you say that food has to be easy?
789 21FC4: because sometimes you have to go to a teacher, and like you have to wait in the line and
790 then you don't really have that much time.
791 IV: OK so times quite an issue. What do you like about chicken? What makes you like it?
792 21FC4: I dunno, I have it a lot.
793 IV: [laughs] you have it a lot but you're not sure. OK, so 21MV1, let's go back to you. So, we talked
794 about taste and being fresh. Give me some food items that you say taste nice.
795 21MV1: like erm, vegetables
796 IV: you are a very unusual group [laughs]. OK Why do you like vegetables?
797 21MV1: because they are fresh
798 IV: OK, alright, what else do you like? Is there anything else?
799 21MV1: I like chicken as well
800 IV: chicken? OK, why do you like chicken?
801 21MV1: because they're a finger-licking good
802 IV: [laughs] that goes against everything you've said, that's not fresh though really, is it? So, you eat
803 fast food. OK so 21FE1 lets go back to your taste good. Give me some idea of the foods that you say
804 all that really tastes good, to me that's really taste.
805 21FE1: lasagne and pasta
806 IV: OK, why do you like these?
807 21FE1: because I eat it at home as I'm Italian
808 IV: alright, so they're familiar, OK. 21FZ7, you talked about fresh food. Let's give me some food items
809 that you really like that you say they're mine because I like the taste of them.
810 21FZ7: urm waffles with fresh syrup
811 IV: now we're talking.
812 21FZ7: doughnuts with sugar on, Swiss buns

813 IV: wow, OK. Right interesting, so, 21FZ7 those food items are really interesting, they don't reflect
814 any others of the group but that's cool. That's good. But you say the freshness is really important yet
815 waffles doughnuts and icing are not necessarily fresh foods so that's a little contradictory so which
816 would you prefer out of those two groups?
817 21FZ7: um like out of the doughnuts?
818 IV: yeah, well do you want fresh food... do you still think doughnuts are classified as fresh food?
819 21FZ7: yeah, like if they're freshly baked then yeah
820 IV: OK that's fine, that's cool, thank you very much. Let's go onto some more. OK, so are there foods
821 that you don't like the taste of that you say you wouldn't eat, you don't like them on the menu, and
822 they're not your thing. So, let's start with, who did I start off with last time? Let's start with 21MV1.
823 So, let's go backwards. 21FC4, what would you not like, what does not taste good to you?
824 21FC4: sometimes the chicken is pink, so then it puts me off
825 IV: oh right, OK. Anything else that you don't like? Whether it's the texture, the smell, the taste
826 21FC4: sometimes, it has made me sick before
827 IV: oh, OK. Alright anything else apart from pink chicken?
828 21FC4: no
829 IV: no. OK, 21FG8, what don't you like? What foods on this menu, or not on this menu, that you see
830 at service mid-morning that you go 'oh I just really couldn't eat that'?
831 21FG8: sometimes, things just aren't as cooked as they could be. So, for example with peas, they are
832 a bit hard, the jacket potato is a bit like raw.
833 IV: OK. Alright 21FN4? What don't you like the taste of?
834 21FN4: I'd say some of the desserts because I'm a very picky eater. So, there's like stuff like er, peach
835 crumbles and I just don't like the appearance of it and the way it looks
836 IV: why?
837 21FN4: it just puts me .. I don't know, it looks a bit messy
838 IV: OK, so what do you want? What would you like?
839 21FN4: I kind of prefer sweet things
840 IV: OK So it has a definitive shape or...?
841 21FN4: yeah, it just [fake wretches] I don't like things messy, so
842 IV: [laughs] OK, 21MT8, what don't you like?
843 21MT8: I don't really know, I like everything
844 IV: you like everything?
845 21MT8: yeah, I'm not fussy eater
846 IV: so, there's nothing I could give you that you would go oh no please don't give me that smells...or

847 21MT8: no
848 IV: so... stilton cheese
849 21MT8: stilton cheese? Give me a bit of crackers
850 [laughter]
851 IV: OK, what about ...what about spiced piccalilli or?
852 21MT8: what's that?
853 IV: Oh, it's like a pickled cauliflower in bright yellow sauce it's
854 21MT8: Umm arrr I'll try anything like my mum my mum like on Sunday my mum gives me like this
855 like you know like cabbage, you know like the purple cabbage
856 IV: oh yes red cabbage
857 21MT8: red cabbage with red like- I don't know what it is- it's like purple sauce. And we have
858 cauliflower with like cheese
859 IV: I like your mum she sounds great.
860 21MT8 I eat, I eat a lot
861 IV: that's fantastic. OK thank you 21FZ7? So, what don't you like wouldn't you eat, what would make
862 you go no I couldn't face that?
863 21FZ7: beetroot
864 21MT8: I love beetroot
865 IV: how Interesting, why?
866 21FZ7: because once you put it on its just weird and when ...then like once you drink something the
867 purple affects the drink runs into each other
868 IV: is it the colour
869 21FZ7: the colour OK it's just the taste that puts me off
870 IV: interesting
871 21MT8: I eat beetroot with every meal
872 IV: how do you eat it? How is it cooked?
873 21FZ7: my mum buys it fresh from Marks and Spencer's and cuts it up. If it is fresh beetroot, it is
874 sweet and has a fresh taste
875 IV: It does have a sweet taste OK interesting. 21FE1 what don't you like the taste of?
876 21FE1: in general, or in school?
877 IV: in school not at home please or we will be here all day
878 21FE1: I like everything in school.
879 IV: what about 21MV1?
880 21MV1: I don't like pepper

881 IV: why don't you like peppers?
882 21MV1: they have a weird taste of peppers
883 IV: taste or texture?
884 21MV1: taste
885 IV: why don't you like the taste of peppers? They are quite sweet
886 21MV1: I don't know I just don't like the taste of them
887 IV: OK fair enough. Alright so, yes 21FN4?
888 21FN4: I used to eat mac and cheese and there have been times when I have found onions hidden in
889 the mac and cheese and it wasn't cut properly which put me off.
890 IV: there shouldn't be onions in mac and cheese...maybe it is a way to get more vegetables into you.
891 So really surprisingly none of you mentioned your friends or peer pressure. A lot of young people
892 like yourself talk about their friends having an effect on what they eat. Do you feel as though you
893 should eat what your friends are eating? Do you feel as though your friends influence what you eat?
894 21FC4?
895 21FC4: no not really
896 IV: so, they don't influence you at all? So, if you're standing in the queue and you choose all healthy
897 stuff and they all choose pizza, does that make you think you should eat pizza with them?
898 21FC4: no.
899 IV: no OK.
900 21FC4: [unclear]
901 IV: I like that 21FC4. 21MV1 do your friends have an influence on what you eat.
902 21MV1: no
903 IV: no OK interesting. Just because they don't for 21MV1 and 21FC4 you can say yes by the way guys.
904 21FE1 if you're standing in a queue and your friends choose something that is unhealthy, but you
905 choose something that is healthy, does that affect what you choose to eat?
906 21FE1:no because my friends have their own taste and I have my own taste.
907 IV: guys I like this. 21FZ7 any peer pressure to eat the same as your friends?
908 21FZ7: ermmm I mean not really but sometimes I get what I feel like but when I can't choose, I ask
909 my friends.
910 IV: and what would they choose for you?
911 21FZ7: I don't know, maybe waffles.
912 IV: OK so we have come back to the sweet taste. OK 21MT8 how influential are your friends?
913 21MT8: not really, I am very healthy, so I eat more healthy things. I see my friends go to
914 MacDonald's, but I eat fish, I won't eat MacDonald's.

915 IV: OK, 21FG8 friendships or peer groups?

916 21FG8: not overall, for example my friends might eat healthy, but I choose something unhealthy. But
917 it can tie in with time sometimes. So, for example if my friends want to go and do something, I may
918 choose something more quick so we can be together.

919 IV: OK that is interesting. 21FN4?

920 21FN4: you could say over the years my independence of what I choose has got better, but when I
921 was younger, I did tend to kinda choose more unhealthy options because my friends would choose
922 pizzas or something but now, I tend to bring in my own vegetables and stuff to eat myself.

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

929 21FZ7: so, it depends on how hungry you are.

930 IV: I just said you are really hungry.

931 21FZ7: I would like to get a jacket potato because it is a simple meal, but it is also something that will
932 fill me up.

933 IV: OK jacket potato. 21MT8?

934 21MT8: this is hard, if I'm really hungry I will get a main meal and maybe a pudding, but I wouldn't
935 get anything at break.

936 IV: why would you go for a main meal?

937 21MT8: when I think of it, I believe that break is like a treat, so it should be on a Friday because
938 Friday is a treat day.

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

940 21FE1: I would say if I have a certain amount of money to spend at school and I am hungry, I
941 wouldn't eat at break time- I would save my money for lunch time so I could buy something that
942 would really fill me up.

943 IV: OK interesting. 21MV1?

944 21MV1: I would eat the first meal that I see when I was hungry.

945 IV: which would be what? breakfast, lunch?

946 21MV1: lunch

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

948 21MV1: I don't know.

949 IV: so, where the canteen is laid out, in my head where you queue up what do you get first?
950 21MV1: main meal.
951 IV: OK so main meal. 21FC4 you're hungry what are you going to eat?
952 21FC4: probably the main.
953 IV: what about you 21FG8?
954 21FG8: either a main meal or a jacket potato.
955 IV: 21FN4, what about you?
956 21FN4: (laughs) I would go for a sandwich
957 IV: OK great, none of you have spoken about most my findings. Most of my findings are when young
958 people are hungry, they go for things that fill you up and the things that are cheap, like the pastas
959 and pizzas or ice buns and cookies because they are easy to eat. None of you have mentioned that.
960 Only one of you have mentioned something sweet. So, do any of you, apart for 21FN4 who has
961 mentioned crumbles and sponges, do any of you eat sort of cookies or doughnuts? Yes, so just
962 21FG8- you eat cookies and doughnuts? And 21FZ7 you eat cookies and doughnuts. 21MT8?
963 21MT8: I have to restrict myself a lot because I play football at a club level.
964 IV: why would you restrict those?
965 21MT8: because they are not healthy for you. If you have a big game on the weekend, you're not
966 going to have a Mac Donald's or a Mac Donald's breakfast. You're going to have fruit, maybe toast.
967 IV: OK, so do you classify foods into groups? Because you mentioned healthy, what do you classify
968 the other foods as? 21FN4 what words come into your head when I say there's a healthy food group
969 and there's a... what do you young people call these foods?
970 21FN4: fast foods
971 IV: OK, G8?
972 21FG8: fast foods. Treats.
973 IV: 21FC4?
974 21FC4: fast foods or finger foods
975 IV: OK, 21MV1 what do you call them?
976 21MV1: normal foods.
977 IV: OK so there is no difference, food is food?
978 21MV1: mmm
979 IV: 21FE1 what do you classify that group as?
980 21FE1: sweets.
981 IV: OK so there are healthy foods and then there are sweet foods. Can you have unhealthy sweet
982 foods?

983 21FE1: yes

984 IV: what would be an unhealthy sweet food?

985 21FE1: foods that have loads of sugars in them.

986 IV: OK so foods with a lot of sugar. 21FZ7?

987 21FZ7: I would classify them as greasy food.

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

989 21FZ7: um I would say burgers, coz when people cook burgers, they put oil into them and that is

990 greasy.

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

992 21MT8: just unhealthy food. A treat coz, you're not going to have it every day, so you won't have

993 healthy food every day of the week, so you have got to restrict yourself from having it every day.

994 IV: OK, 21FN4?

995 21FN4: what we said about the greasy foods, when you have pizza sometimes at break time, me and

996 my friends have noticed when you put the napkin underneath or on top a lot of grease comes off

997 and that's one of the problems my friends have told me about.

998 IV: OK would that put you off?

999 21FN4: (laughs) Erm no

1000 IV: OK one of you mentioned sugar, some of you said that sugar is bad. The government are trying to

1001 talk about our sugar intake and how to decrease our sugar intake. I am sure you have heard it; Jamie

1002 is always talking about sugar. Is this important for you to decrease your sugar intake? 21FC4?

1003 21FC4: erm I don't know because sometimes it can lift you up if you feel sick or if you are having

1004 problems (unclear).

1005 IV: OK interesting- so you've got emotional ones or about how you feel. Anyone else like to tell me

1006 about how they feel about sugar? 21MT8?

1007 21MT8: it depends as some sugar is natural sugar, so if you're feeling down or in the morning- you

1008 know like teachers have coffee in the morning, to get them up for it, maybe have orange instead

1009 because it has a lot of natural sugar.

1010 IV: OK 21MT8 you are quite knowledgeable aren't you. OK so get you through the day. OK anyone

1011 else want to say what they think about sugar.

1012 21FN4: as I am getting older, I am getting older I am kind of learning how to control sugar intake, but

1013 there are certain times of the month, you know, when you want something more sugary and not

1014 natural, so like we would go for a doughnut or chocolate or something. So, it's necessary sometimes.

1015 IV: so, you see them as an emotional or physiological pick me up. 21FZ7, do you like sugar or do you

1016 think it is a bad thing? Do you think you would restrict your sugar?

1017 21FZ7: no

1018 IV: why not?

1019 21FZ7: because I like sugar, not by itself as it would hurt your throat. But if you were like hungry or if

1020 you didn't have access to the lunch hall you could just go in your bag and just eat a snicker.

1021 IV: OK so it goes down to convenience of having that food there.

1022 21FZ7: yes.

1023 IV: OK - 21FN4?

1024 21FN4: I don't really like sugar, but I tend to not put it into my meals. For example- chocolate, I like

1025 dark chocolate, so I go for the darker chocolates like the 85% but they are the ones with less sugar in

1026 them. But I think one of the main problems is sugary foods and what you call unhealthy foods tend

1027 to be cheaper than actually what is considered healthy foods whether it is outside of school or inside

1028 of schools. So, I think that's why a lot of people go and eat unhealthy sugary food rather than what

1029 the school is trying to sell as healthy food.

1030 IV: OK so a lot of you have spoken about convenience would any of you choose a food/meal when

1031 you would use a knife or fork? Any of you eat with a knife and fork at school? 21MT8?

1032 21MT8: it depends what type of food it is, coz if it is like cheese and crackers you would eat with

1033 your hands. But if it is jerk chicken you would eat with your hands. But if it is lasagne, you wouldn't

1034 eat that with your hands.

1035 IV: OK and do you like foods where you sit down and eat with knife and fork on a plate?

1036 21MT8: yes

1037 IV: do they do plates here?

1038 All: yeah

1039 IV: So that's normal for you guys to sit down with a knife and fork and eat?

1040 All: yeah

1041 IV: OK so do you like food that you can take away? 21FG8 you mentioned something about your

1042 friends and going quickly. Is that important for you?

1043 21FG8: yes, so if you're in the older years, and you have exams and revision and stuff I will know I

1044 will have to go somewhere at lunchtime, I will probably get a salad or sandwich or something I can

1045 take away because I know that I can go to the place I need to go but also still have lunch

1046 IV: OK interesting. Anybody else want to talk about convenience and eating, yes 21FC4

1047 21FC4: I am a prefect, so for the first time I only get 15 minutes to eat, like I may need to talk to a

1048 teacher, and I don't get much time because the lines are long.

1049 IV: OK so does time then affect your choice of food?

1050 21FC4: yes, I would want to pick something quick so I have time but then I would rather sit down and
1051 have something.

1052 IV: OK interesting, so do you think the school should have longer for their break?

1053 Most: yes

1054 IV: anyone not think the school should have longer for their breaks?

1055 21MT8: no- what is more important, you are having 45 minutes break and playing with your friends
1056 or whatever sixth formers do, or you for your GCSEs missing out on something really important that
1057 will get you 5 marks.

1058 IV: wow T8 you have some enemies now .. why do the people with their hands raised disagree with
1059 21MT8, yes 21FN4?

1060 21FN4: when you start getting to the older years, and you start to realize how important your exams
1061 are, I will grab a salad and sandwich pot and take it into the sixth form room because I have to catch
1062 up on work or do something- so I feel like now I don't have much time to eat and sit down with a
1063 knife and fork and eat like year 7s and 8s do. So, I have put my exams first before my food, because I
1064 don't really have enough time. So, for example if people need to talk to a teacher or get held back in
1065 classes and you can get to the canteen, and they are already cleaning and packing up so there won't
1066 be any time to eat.

1067 IV: OK 21FN4- limited time. 21MT8 is saying schoolwork is very important, but 21FN4 you are also
1068 saying the same that schoolwork is important rather than extending the break time that learning is
1069 important. So, what foods would you like to see to pick up and take to the sixth form and eat, what
1070 would you choose to eat?

1071 21FN4: well, I really like the salads in school, but more of the teachers opt for the salad and they
1072 only put certain thing inside salads. So, a lot of the time students want to go and get the salad but
1073 there isn't enough variety. I think a lot of people see that because a lot of the teachers and sixth
1074 formers have to run in and out of places to do things, they tend to go for the salad options but there
1075 is either not enough quantity of food there or there is not enough to pick out from.

1076 IV: OK interesting, so what would you like to see there? What would be your ideal salad?

1077 21FN4: I quite like when they have vegetables like actual lettuce and pasta and cucumbers.

1078 IV: OK interesting. 21FG8 you wanted to talk about time, and longer and shorter lunch breaks and
1079 what foods would you like to see?

1080 21FG8: I think that making lunch times longer is a kinda a priority for certain groups, I know it may
1081 not be able to happen, but I think that a lot of time for example sixth formers they prioritize their
1082 lunchtime or their work between. So, I think one resolution would be to have their main meals which
1083 fill you up, we could take away the main meals, like with salads you can take them away because

1084 they come in a takeaway container. If we could also take away main meals that would be more
1085 helpful. For example: I could still take away the main meal which will be able to fill me up, but I
1086 would still be able to do my work. Because you can't go in the dining hall and put your folders on the
1087 tables and eat, so if I could take my main meal as well as my salad to the common room that would
1088 be a lot more useful rather than going through the process of extending lunch time.

1089 IV: that is a very interesting comment, thank you 21FG8. 21FC4?

1090 21FC4: I feel like lunchtime should be extended because I feel like a lot of the time a lot of people do
1091 not have enough time, because sometimes when it comes towards the end of lunch people are
1092 being rushed and then people are trying to come in and get this and that but at that time people are
1093 packing away. So then if for instance someone has been in detention for half of the lunchtime, they
1094 do not really have enough time to get to the canteen to get sandwiches because they have already
1095 started packing up.

1096 IV: OK so what is the answer? Is it to extend the lunchtime? Or is it to have a different way of serving
1097 the food?

1098 21FC4: I think both because especially now the GCSEs are getting harder, I feel like it should be set
1099 that people get called down a tiny bit earlier, so in period 4. So maybe year 7's goes ten minutes
1100 early, year 8 five minutes early then whatever. But I feel time should be set for lunch and then time
1101 for revision and homework and whatever.

1102 IV: OK interesting, thank you 21FC4. Does anyone else have anything they think on time they wanted
1103 to talk about. Yes, 21FE1 what did you want to say about time?

1104 21FE1: I wanted to say that lunch time should be longer because by the time that you have queued
1105 up and got into the hall and finished packing up so it should be longer. But at the same time, it
1106 affects the hours of my learning because if the lunchtime becomes longer that means I will come out
1107 of school later.

1108 IV: OK so are you saying it's the lunch queue is the problem? So, what are you saying is the answer
1109 to the school queue, so what's the answer for school food to reduce the problem of the queue?

1110 21FE1: I think that erm, all of the years should be 5 minutes earlier to lunchtime, so there will be less
1111 traffic in the queues.

1112 IV: OK so stagger it. OK, 21MV1 time for you and eating?

1113 21MV1: I don't think lunch should be extended but because are in detention they can get more time
1114 after their detention to eat.

1115 IV: so, you think that teachers could make it a longer detention for you guys if the lunch is longer?

1116 B1: yes

1117 IV: that's interesting. 21MT8?

1118 21MT8: it's your fault for being in detention, so it should be your lunchtime that you get take up.
1119 IV: OK so it's a penalty. We need to keep this on food. 21FN4?
1120 21FN4: I think with the whole thing about some people not getting enough time to eat and being
1121 rushed, is because as the years go by the school must accept more people. And I have noticed,
1122 especially this year, when I come out from getting my food I go outside and I see a huge queue with
1123 year 7 and 8 and younger years, and I think by the time they get in and get their food how are they
1124 going to have time. So, there has been a problem with people not getting enough time to get the
1125 food and being rushed.
1126 IV: so, what is the answer 21FN4?
1127 21FN4: I think I agree with 21FC4 saying that some of the years should go earlier, so they can finish
1128 earlier, and another person comes, so they each have their own time to eat.
1129 IV: in a few weeks' time we will be doing something to change the food and I want to see what you
1130 think about this. We haven't had a chance to talk about health and nutrition, which some of you
1131 have mentioned which is very pleasing for me. So, I am going to be talking to you about how we can
1132 make food choices healthier, and I would like your views on this. We have covered taste, what tastes
1133 good to you, what looks good, we have covered hunger, time, convenience. Do you ever miss a food
1134 ever miss a meal? 21FC4 yes?
1135 21FC4: I have had to as I have to prioritize work, or there have been times where I have been on
1136 duty and have to see a teacher so when I go to the canteen, I have missed it.
1137 IV: interesting, anyone else missed a meal? No 21MT8, 21FZ7?
1138 21FZ7: no, I don't eat at break time so I can save money to eat at lunchtime.
1139 IV: interesting. 21FE1 ever missed a meal?
1140 21FE1: no. I just missed break time to save money.
1141 21MV1: no
1142 21FG8: yeah- I skip a meal so I can do more work as I can't do both at the same time.
1143 IV: OK interesting 21FN4?
1144 21FN4: not on a regular basis, but the same as 21FC4 I have this year. Same reasons as G8
1145 IV: just in sixth form?
1146 21FN4: no since year 10 and 11.
1147 IV: so, workload makes a difference.
1148 IV: thank you so much for your time, you have been very helpful. I hope you come back for the
1149 second interview after we have done our experiment, thank you so much.

1150 School Two: Second Focus Group: PRE-INTERVENTION 27th September 2017
1151 Males J7, Y7, X3.
1152 Females A8, I2, Z3, Z4
1153 Intro as before
1154 IV: OK if you can just put these up this is how you will be referred to throughout this OK so let me
1155 check I don't have anyone that is the same
1156 Someone: like this?
1157 IV: yes, that's perfect 22MJ7: 22FI2, 22FZ4, 22MY7, 22FZ3, 22MX3, and 22FA8:
1158 IV: before we begin I need to go over a few ground rules with you I will refer to you as these
1159 numbers and letters together and that is how You will be identified through what you say there is
1160 nothing else to record that can identify you as a person that number one everybody may have
1161 different viewpoints that's fine so let everyone express their few points and don't over ride then
1162 when you do have something to say that's fine if you don't want to answer the question just raise
1163 your hand and I will say things like 22MJ7: does not want to answer this question or 22FA8: whoever
1164 it is, there is nothing else apart from that it will last about 45 minutes if you are not comfortable and
1165 do not want to stay I respect that and you are free to leave at any time are you happy with that so
1166 far?
1167 OK alright so looking at your school food obviously there is a breakfast there is a mid-morning and
1168 there is a lunch break out of these three breaks they all serve very different foods what breaks do
1169 you like and why. Let's start with 22FZ4: so, said for what break do you like and why
1170 22FZ4: lunchbreak
1171 IV: why do you like lunchbreak?
1172 22FZ4: because there are more options
1173 IV: right 22MY7: what do you like best?
1174 22MY7: I actually don't know
1175 IV: ok if you're pushed a little bit could you make a suggestion as to which one was your most
1176 preferred one?
1177 22MY7: if I'm pushed to make a suggestion, I'd probably say mid-morning
1178 IV: what's on mid-morning that you like of these choices so much?
1179 22MY7: urn mid-morning has the pizzas and panini..... and the panini are hot not cold, and I think
1180 that's good
1181 IV: that's interesting OK 22FZ3: what do you like the most
1182 22FZ3: the lunch
1183 IV: why do you like the lunch menu best?

1184 22FZ3: I can bring a packed lunch instead of having to eat the school food
1185 IV: so, you don't eat school meals here OK interesting
1186 IV: 22MX3: what do you like best out of the school food breakfast mid-morning or lunch?
1187 22MX3: I'm the same as her to be honest 22FZ3: I don't really eat school dinners to be honest
1188 IV: OK that's fine I will come back to you two in a moment I will probably have some different
1189 questions, 22FA8: what do you like best out of your breakfast mid-morning or lunch?
1190 22FA8: well lunch because same as 22FZ4: like more choice more
1191 IV: alright thank you and 22MJ7: which one do you like best?
1192 22MJ7: mid-morning because there is a variety of food snacks and drink
1193 IV: so more snack ones like 22MY7: and 22MJ7: you both prefer the hotter snacks more than the
1194 main meal - 22FI2 which do you prefer?
1195 22FI2: I prefer lunch too same 22FZ4: because there are lots of options you can choose from
1196 IV: OK alright in front of you - you have the menu from the caterer what type of food could you just
1197 write say 22FZ3: or 22FA8: and just tick which one you want to go for obviously the choice of jacket
1198 potato covers a range and the pasta pots cover a range and for 22MX3: and 22FZ3: if you were to
1199 have school lunches just identify which food you would go for please. Just give them a tick and right
1200 at the top your chosen letter and number please. OK when you have finished - if I'm rushing you let
1201 me know. When you have finished that then on a piece of paper, I have given you some choices
1202 about what affects your food choices the most. Price and cost or similar so keep those together. You
1203 have the sheet here and it's got peers, friends, media, taste appearance and time. Could you put
1204 these in some form of order as to which affects your food choice at lunch the most please?
1205 22MY7: like a number?
1206 IV: yes just go down and put, so say you put taste first you put one by the side, if you feel time is the
1207 first you put one by the side of that and then what I will do is ask you your top three reasons and
1208 choices. I'm so sorry I have forgotten your number could you just let me know which one you are oh
1209 yes I see it now thank you OK when you have finished that just let me know on your menu you will
1210 have ticked certain foods whether they be a main, a pudding, I know some of you prefer mid-
1211 morning but can I go round and ask you which sorts of foods you've ticked let's start with you 22FA8:
1212 what did you choose?
1213 22FA8: well for Monday I chose pasta, noodle, or rice with freshly made sauces because I quite like
1214 pasta
1215 IV: OK and for the rest of the days have you gone for vegetarians or the main one?
1216 22FA8: kind of like mixed because Tuesday that's roasted vegetable lasagne and for example from
1217 Friday there is a roasted vegetable ratatouille.

1218 IV: Ok what makes you choose these main courses particularly?

1219 22FA8: well because kind of like I've tasted them before, so I know they taste good

1220 IV: so that they are familiar to you - 22MJ7 what did you choose on the menu roughly as an idea?

1221 22MJ7: on Monday I choose chicken with rice and mango and for dessert I have peach crumble and

1222 custard sauce, Tuesday I choose roast vegetable lasagne with green beans and bread and butter

1223 pudding and custard sauce and on Wednesday roast chicken with seasonal vegetables, Thursday

1224 Thai chicken noodles and Friday fish and chips

1225 IV: why do you go for the mains rather than the pastas and jacket potatoes or the salads?

1226 22MJ7: I mostly get the mains because they have protein in it.

1227 IV: OK thank you that's interesting 22FI2 what did you choose mainly?

1228 22FI2: on Monday I chose chicken Balti because it's hot

1229 IV: OK you like hot food?

1230 22FI2: yes, Tuesday roasted vegetable lasagne with green beans bread and butter pudding with

1231 custard sauce, Wednesday, roast chicken seasonal potatoes and vegetables, Thursday Thai style

1232 chicken noodles and on Friday the seasonal fish with chips and beans because I like fish

1233 IV: OK thank you so you like hot food 22FZ4: what did you choose - do you go for the mains or the

1234 mains 2 which is vegetarian or the pastas or jacket potatoes?

1235 22FZ4: it's kind of like between the vegetarian options and pasta

1236 IV: OK so are you vegetarian?

1237 22FZ4: yes

1238 IV: OK alright do you like the pasta choices do you think they're fairly good?

1239 22FZ4: I think they're OK I mean but I wouldn't use them if they were better vegetarian options

1240 IV: OK thank you 22FZ4, 22MY7: what do you chose?

1241 22MY7: well for a starter, I didn't know the vegetarian options were so varied until now - this school

1242 does not advertise its menu well enough and based on that reason what I normally do I picked Pasta

1243 for the first three days and then on a Thursday I would have picked the stir fry noodles the

1244 vegetarian noodles because they are vegetarian meals and on Friday I would have gone for the fish

1245 of the day

1246 IV: alright what why would you go for the pastas on for the first three days?

1247 22MY7: well again I didn't know what the vegetarian options were so I would go for the pasta as it's

1248 familiar and a safe choice

1249 IV: alright

1250 22MY7: even if it's not the best tasting thing it's definitely not going to be something, I can't eat

1251 IV: 22FZ3 if you chose these if you did have lunch here what would you choose and why?

1252 22FZ3: I'd choose either pasta or fish throughout the week because they're familiar to me and I think
1253 the pasta will be less pricey than the main meal and I'd also have deserts because I like sweet foods
1254 IV: thank you and 22MX3: what would you have?
1255 22MX3: I'd have things that are more kind of exotic
1256 IV: right, what's your definition of exotic?
1257 22MX3: things I wouldn't normally eat like kind of stir-fry and things like that I'm not a big fan of
1258 things that are too healthy which is why on Tuesday I put the pudding because you know I'm a big
1259 fan of that
1260 IV: thank you, given the list I asked you to identify the top 3 that are important to you when
1261 choosing your food - what are the top three that you have that are important to you?
1262 22F12: price then health and nutrition and taste
1263 IV: thank you 22FA8: what are the top three choices for you?
1264 22FA8: taste then health and nutrition and then appearance
1265 22MJ7: I picked hunger, taste, and time
1266 IV: OK thank you and 22FZ3:
1267 22FZ3: I chose appearance taste and price
1268 IV: OK thank you and 22MY7:
1269 22MY7: I picked culture, familiarity, and taste
1270 22MX3: urn taste, hunger, and price
1271 IV: OK
1272 22FZ4: I chose convenience, hunger, and familiarity
1273 IV: thank you a lot of you have mentioned taste so if I asked you what foods taste good to you what
1274 does taste mean to you and why do these foods taste good 22FZ3: can I start with you if you don't
1275 mind?
1276 22FZ3: I like sweet foods I don't know why but I really do and food that have a lot of seasoning in
1277 them because there's lots of different flavours you can taste
1278 IV: OK so give me an example of seasoning and flavours you give me an example of foods you like
1279 the taste of?
1280 22FZ3: I like stir-fries because you can add sweet flavours to it and soy sauce as well vegetables and
1281 salt and pepper
1282 IV: OK and something very sweet what would you choose then
1283 22FZ3: peach cake
1284 IV: and 22MY7: what does taste mean to you what's the word great taste mean to you?
1285 22MY7: anything that comes out of my mum's kitchen

1286 IV: OK bring it to school

1287 22MY7: I don't know as a kid I've sort of adapted to eating food from my mum's kitchen and it's sort
1288 of it's the nicest food ever because when my mum makes a desert it wouldn't be like sweet or it will
1289 have a bit of sourness to it which will make it really good when my mum makes a main course it
1290 always seasoned to the best it can be I'm used to food with a lot of spice and lots of flavours going in

1291 IV: do you think there is a lot of spices and flavours in the food on offer here?

1292 22MY7: no generally

1293 IV: would you like to see more spices and seasoning in your food here?

1294 22MY7: definitely

1295 IV: thank you 22MY7, 22FZ4: what does it taste great mean to you?

1296 22FZ4: probably the food that you'd want to eat over and over again is something that tastes good
1297 for me personally a vegetarian lasagne I really like stuff like that

1298 IV: OK thank you 22FI2 what tastes good to you?

1299 22FI2: taste good to me is something I really really like, like what I'm used to eating I don't like trying
1300 new stuff I tend to go for more of the sponges, custard

1301 IV: thank you and 22MJ7 what does the word "taste good" mean to you and give me some foods?

1302 22MJ7: taste means to me something I look forward to eating something that I would go again to eat
1303 something that I would pay more to eat something I would eat again and again so taste to me
1304 personally I've got a sweet tooth so when I eat something I like sweet foods I like something sweet I
1305 don't like sour food I like chicken

1306 IV: what's the sour food to you?

1307 22MJ7: on some occasions I think fish can be sour

1308 IV: OK alright and 22FA8: what does it taste great mean to you what foods do you think it taste
1309 great?

1310 22FA8: well sometimes I like to have fast foods from time to time but not very much I like vegetables
1311 because I just like a lot of variety because I don't like eating the same things over and over again
1312 from time to time, I can have the same thing but then if it's too repetitive I kind of lose my appetite

1313 IV: so a lot of people around this table have talked about food is having to be familiar - do you feel
1314 you're the opposite to them do you feel that you like to try new foods and if these new foods were
1315 on the menu would you try them?

1316 22FA8: yes, but if for example if my mum made like chicken, I mean I eat that repetitively because I
1317 really like it and I'm so familiar with it but for example if it was like a school dish, I probably wouldn't
1318 eat it repetitively

1319 IV: and 22MX3 give me some foods that taste great to you?

1320 22MX3: I like meaty scrumptious juicy food

1321 IV: give me some examples?

1322 22MX3: you know like a nice big burger; you can dig into that over and over again I love them

1323 IV: that's interesting we all have very different views about food some of you around this table have

1324 got a sweet tooth you say so the government are suggesting that we decrease our sugar intake do

1325 you think this is of interest to you to decrease your sugar consumption let's start with 22FI2

1326 22FI2: yes of course for your health and second of all they are trying to help and if there was too

1327 much sugar in like everyday food, we would get fat

1328 IV: OK interesting 22FZ4 what do you think about sugar intake and is it of interest to you reduce your

1329 sugars?

1330 22FZ4: I think personally it is personal choice and by doing so you can decrease the risk of heart

1331 disease, diabetes and these things that are affected by sugar intake

1332 IV: OK thank you 22MY7 are you interested in reducing your sugar?

1333 22MY7: I was interested in reducing my sugar intake but not anymore because I have already done

1334 that a long time ago so I am fairly happy with my sugar intake because again I've been adapted just

1335 generally yeah, I've been adapted to eat foods with less sugar so sometimes I have a desert and it's

1336 too sweet and I can't eat it I can't eat it if it's too sweet

1337 IV: how have you adapted?

1338 22MY7: well, I never really ate as many sweets and crisps and stuff as other kids from a very young

1339 age and as time went on when I would eventually have more like deserts, but they are ones my mum

1340 makes, and my mum is very concerned about her sugar intake and everyone's sugar intake in the

1341 family so it's sort of past down the line so it's second nature to me

1342 IV: OK and 22MJ7

1343 22MJ7: to me personally I think I should reduce my sugar intake but certain other people the sugar

1344 intake the government can ...but that's not going to make a lot of people unhappy because some

1345 people need more sugar in their food or less in their food so I think they should suggest it but

1346 shouldn't encourage it some of the people they are free to if I were to eat personally if I saw a lot of

1347 sugar in the pudding I would eat it less than if there was less sugar because as much as I like sugar if

1348 there is too much sugar I would there's a certain amount of sugar I can take

1349 IV: thank you 22FA8 what do you think?

1350 22FA8: well although I like sugar very much, I think it will be good for everyone's health like maybe I

1351 don't know some people might not like it because some people for example they put sugar on their

1352 Frosty's and I think that's not very healthy and it increases the chance of heart attacks and diabetes

1353 and other diseases

1354 IV: OK thank you 22MX3?

1355 22MX3: me personally I don't care how much sugar I consume like more sugar like to an extent you
1356 know like I'm not going to eat a bag of sugar, but I am going to eat something that has sugar in it but
1357 for the whole population like a school or something yeah, I think they should reduce it. Not too
1358 much to the point where it's like you know like there is no sugar in it at all but yeah just a little bit

1359 IV: alright 22FZ3: what do you think you have a sweet tooth?

1360 22FZ3: I have a sweet tooth, but I don't think the government should force these restrictions
1361 because what if someone has diabetes and their blood sugars are really sensitive and on top of that
1362 each person has a different amount of sugar intake that they need to have or prefer to have and it's
1363 their personal decision rather than have ...government

1364 IV: so when I ask you all generally this is a healthy food and a lot of you have put health and nutrition
1365 in your top three that affects your food choice so if I classify this as healthy food what do you call the
1366 other type of food do you have a terminology for it what do you use the word of let's start with you

1367 22FA8: are you clear what I'm asking?

1368 22FA8: well for example if you had fast foods like some of them are really bad like but some of them
1369 are not bad for example really oily foods but not including fish and like they I don't know how you
1370 call it but for example in McDonalds, they do all the meat and the burgers on the same thing so its
1371 kinds of like all the fat spreads into the burgers and it's kinda like unhealthy for everyone

1372 IV: so, you classify it as healthy food and fast food is that how you group them?

1373 22FA8: yes, but only to a certain extent because some fast foods aren't as bad as others

1374 IV: what would you call it 22MJ7?

1375 22MJ7: I'd call it fast food so there is fast food and junk food

1376 IV: junk food?

1377 22FI2: same as J2 junk food as its junk

1378 22FZ4: probably like over the top food like food high in too much sugar and fat

1379 IV: I've never heard of that before 22MY7 what do you call it?

1380 22MY7: it depends, there's some food that is just so bad I just look at it and think it's a waste of
1381 ingredients

1382 IV: give me an example?

1383 22MY7: anything from MacDonal'd's I haven't eaten anything there I hate it I think Macdonald is the
1384 supreme King of junk food if you wish because of how bad it is

1385 IV: what makes you think that? why do you think they are the leaders?

1386 22MY7: a lot of reasons really their food is way cheaper than any other food chain and that in itself
1387 is concerning because you have to realise that there is a way that they are cutting corners in their

1388 cooking in order to get food to us at such low prices this and I don't, or I can't really live with that I
1389 wouldn't even if I was short of money I wouldn't
1390 IV: interesting thank you 22FZ3?
1391 22FZ3: there is healthy food and unhealthy food
1392 IV: thank you
1393 22MX3: food that you eat for the sake of eating
1394 IV: so, you classify that as unhealthy so what do you eat for the sake of eating
1395 22MX3: a bag of crisps that's unhealthy because you're not going to burn it off
1396 IV: so, these foods bring me onto my next topic so if I said to you - you are really hungry you are
1397 really hungry what do you choose when you're really hungry and what is this food type who would
1398 like to start?
1399 22FI2: apples
1400 IV: I've never heard that one before why an apple? I keep them because it's easy just to take it out
1401 and eat it
1402 IV: what's hunger food to you?
1403 22MY7: Weetabix and a banana and then I would head out to the gym
1404 IV: can you keep this to school food?
1405 22MY7: a sandwich
1406 IV: why would you choose that?
1407 22MY7: because you can pick it up and take it wherever you want especially if you're short of time
1408 IV: thank you I need to come back to that
1409 22MJ7: I would go for rice and chicken if I'm outside and I've got 3 pounds on me I go to subway I
1410 genuinely hate McDonald's, I go to KFC or Subway is healthy they have a salad section which I find is
1411 the best bit
1412 IV: interesting
1413 22FZ4: fruit or sandwich, fruit because I like fruit and sandwich which for the convenience you can
1414 walk with it
1415 22MX3: probably my half a sandwich that's been left in my bag for a few days
1416 22MY7: are you not concerned about mould?
1417 IV: 22FA8: what about you?
1418 22FA8: well I'd grab just a popcorn or fruit because if I'm that hungry I need like a quick snack
1419 22FZ3: when you are starving or hungry
1420 IV: that's a very good question let's keep it to hungry starving is food for a very long period of time
1421 22FZ3: I would eat rice or pasta that's filling like carbohydrates as that fills you up

1422 IV: so thank you that's a really interesting mix of opinions foods but what's come across to me that
1423 you want something to eat and go so how would you all feel about sitting I'm very surprised in this
1424 school that you have knives forks and plates?
1425 22MY7: really
1426 IV: very surprised
1427 22MY7: we are very surprised that you are surprised
1428 IV: it's because I've been in many schools and a lot of it talks about convince and you like to pick
1429 your food up and go which is why you chose some of these foods. So how do you feel about the
1430 word convenience and what's a convenience food to you at school - anyone want to start that off?
1431 22MX3: how fast you can eat it there is no fuss there is no mess and when you're done you can do
1432 whatever
1433 IV: so would you if they served your main course food which generally have a high nutritious content
1434 would you be interested if that could be in a takeaway container you could walk off and eat
1435 22MX3: yeah, like chicken curry in a bag?
1436 IV: well, it won't be in a bag
1437 22MX3: but you see those meals that you can be ready to eat like in the army chicken in a bag.
1438 IV: What else does everybody think about the word convenience and food without a knife and fork
1439 yes 22FZ4?
1440 22FZ4: personally, I buy something I can eat whilst I can do my work whilst I'm studying, I might have
1441 a test the next lesson so eat, and move and revise at the same time
1442 IV: so, would you eat a main meal if it was available in a take away container?
1443 22FZ4: probably not because I have to use something like a fork to eat it
1444 22FA8: I'd take something that easy to carry easy to hold and transport so you can't take rice in your
1445 hand unless your 22MX3: but you can take an apple or a banana
1446 IV: what about a spoon and container
1447 22FA8: maybe but I'd rather go for compact small like something
1448 IV: how is your pasta served here is it in a tub, so it is it takeaway?
1449 22MY7: it's takeaway-ish something like everyone said something you can grab and go
1450 IV: is this the way forward for your age group
1451 22MY7: we are quite restrained for time especially as you go up to year groups you will find you
1452 have less and less time so yeah definitely if you can save 10 or 15 minutes that would be amazing
1453 IV: OK so 22MY7: if I asked you how you save time as providing food "time" is a big issue I
1454 understand that. You are all studying to get higher grades you tend to spend longer at school how

1455 can school food be made nutritious be able for you to select it and be quick for you there are all
1456 these factors how do you combine this time that you have?
1457 22FZ4: probably like may be like pasta pots or something
1458 IV: but they do pasta pots downstairs so is that the answer?
1459 22FZ4: yeah, but they don't really have like ...lids so you can close it up and shove it in your bag and
1460 you have to move somewhere with it
1461 IV: ok so possibly lids 22MJ7: what do you think?
1462 22MJ7: they don't really let you take food outside the canteen
1463 IV: they do let you?
1464 22MJ7: they don't
1465 22MY7: they only let 6th formers take stuff out maybe year 11 on the lucky day if you beg them or
1466 you have a reason
1467 IV: so, 22MJ7 would that make a difference to the food you chose to eat if you were allowed to take
1468 it away?
1469 22MJ7: yes, because if I was having peach crumble with custard sauce and that's probably hot I'm
1470 probably not likely to buy that because that will turn cold in the school you'd think they let us take
1471 food outside so you can multitask and do something else
1472 IV: what would you choose to take outside?
1473 22MJ7: pasta, rice
1474 IV: but you still need a utensil for this something to eat it with and ethical sustainable utensil would
1475 that be of interest to you, and would you eat more healthily if it was on offer?
1476 22MJ7: yes
1477 IV: would you eat more healthily if that was on offer?
1478 22MY7: I've come up with an alternative idea and I realised that a lot of the time when you are in
1479 the dining room there is actually not that much space for you to eat even if you're staying inside so
1480 for a lot of people it's not really that you have to be somewhere specifically in order to do what they
1481 do whilst eating it's more that they don't have the space to do it so if we had bigger tables at the
1482 dining room for us to eat on then maybe there will be less of demand for people taking food out
1483 IV: would anybody like to add anything about the time you have and the convenience? One thing I
1484 missed out one thing I wanted to know is I'm sorry I should have done this earlier, but we were all
1485 chatting so much - what food do you not like the taste of do you not like the look of what is a
1486 horrible tasting food to you and horrible looking food to you?
1487 22F12: I wouldn't really say horrible because it's not its appearance that's not important it's, it's the
1488 taste I don't sometimes like the taste of sometimes the meat we have it looks kind of red inside

1489 IV: OK so you don't like red meat or uncooked meat?

1490 22MY7: meat is a big problem for me as well I would say I don't really eat the meat much here but

1491 then again, I can't eat anything that's pink or not cooked, medium is the lower limit

1492 IV: yes 22FA8:

1493 22FA8: I don't really like porridge because when you put it in your mouth it kind of tastes like mushy

1494 and I don't really like the texture of it

1495 22FZ4: the cheese they put in their sandwiches and stuff I remember having that last time

1496 IV: what doesn't taste normal about it?

1497 2FZ4: I don't know it I guess it's like artificial for some reason I don't know why

1498 22FZ3: expired foods I just won't touch that

1499 IV: but you would not see those in the school canteen

1500 22FZ3: and bland food like jacket potato

1501 22MY7: bland food anything with a lack of seasoning is a big no for me

1502 IV: do you think that's because of your culture?

1503 22MY7: yes partly

1504 IV: give me some foods that are your culture foods

1505 22MY7: well kebab is a big culture food kebab that's donna, but they don't cook it well here

1506 sometimes when you are cooking this it has to be marinated in yogurt and spices a good couple of

1507 days before you cook it and also kebab and other shishas have to be packed with herbs and spices as

1508 well so yes definitely

1509 IV: OK thank you, does anyone else want to add food they don't like, and I've got two more

1510 questions and then we were finished. The literature says that young people young adults get very

1511 influenced by their friendships, do you feel any pressure when you go to select your foods if you

1512 choose healthier foods and all your other friends were choosing a Panini or whatever, do you feel

1513 pressured to stay with them or to just stay with your choices?

1514 22MX3: no, I won't have peer pressure on the food I eat that comment seems ridiculous if you have

1515 selected something to eat, I don't see why you would even think of choosing anything that you

1516 would not want just because of your friends

1517 IV: anyone else?

1518 22FZ3: no

1519 22MY7: I really don't care what my friends eat at all

1520 22FZ4: no

1521 22FI2: me neither because it's basically your opinion whatever you want is what you want is not

1522 what your friends want, just be you

1523 22MJ7: no
1524 22FA8: no
1525 IV: I've looked at convenience, I've looked at time, I've looked at hunger, food that tastes good but
1526 there is one question I need to ask you. I do want to talk to you again about nutrition it's a very big
1527 and interesting part of my study about what you know about what you like and what factors that
1528 affect you and nutrition but one more question - do you ever miss a meal and is it on a regular basis?
1529 I mean on a regular basis.
1530 22FA8: Nutella
1531 IV: no, I mean a specific meal like breakfast, or lunch that you miss on a regular basis?
1532 22FA8: no
1533 22MJ7: no but yes, I would not miss a meal then i might go after school I would miss it at home but I
1534 would not have
1535 22FI2: no there was this one time it might have missed breakfast, but this would be at the weekend
1536 IV: but that's the weekend
1537 22FZ4: sometimes I miss the lunch because I have snacked on a granola bar because it's easy to carry
1538 around
1539 22MY7: never ever in my life
1540 22MX3: breakfast and lunch I wake up too late to eat breakfast then at lunch it's too noisy to go to
1541 the canteen so there is no point and if I go to the playground, I get a week in G2 for it and yes so, I go
1542 home and eat dinner
1543 IV: so how do you feel during the day do you feel listless or tired?
1544 22MX3: I'm not really concerned about that I'm more interested or concerned about the noises in
1545 my stomach it's all quiet and then like my stomach makes a noise
1546 IV: so, doesn't that make you want to eat something?
1547 22MX3: no, I don't really care
1548 IV: thank you very much you have all been really interesting I do hope I can see you again in a few
1549 months and we can chat a bit of more enjoy your lunch break and I'm really grateful for your
1550 thoughts thank you

1551 School Three: First Focus Group: PRE-INTERVENTION 18th October 2017
1552 Males Z8.
1553 Females H6, J5, L4, Q7, U5.
1554 Good morning just to introduce myself and to give you a few rules my name is Jo Tucker and what
1555 we are going to talk about is some of the food choices adolescence like to eat.
1556 I don't know if you like to be called adolescence, I think it's a very old-fashioned word - what would
1557 you like to be called?
1558 31MZ8: teens
1559 IV: OK teens. I want to look at what teens eat I think you are a fascinating group where you have
1560 your independence and I just want to keep this to the food you chose at school it is nothing personal
1561 outside the rules of the school it does not involve your home and your family. It is not anything
1562 personal about you it is voice recorded and it will last about 45 minutes. There are some ground
1563 rules, and the ground rules are that we are here to listen to people, so please when I talk to you,
1564 please refer to yourself as your number, I do not want any names recorded. If you do not want to
1565 answer that question that's not a problem, if you are not comfortable to answer we will just move
1566 on and if you are not happy during the interview you are free to leave at any point, you do not have
1567 to stay. Are you comfortable with the ground rules?
1568 IV: in front of you I have given you a sheet of paper and what I would like you to do is put them in an
1569 order as to which heading affects your food choices the most and there are 10 of them, please put
1570 number one as the one that affects your choice the most what do you call it a restaurant or a
1571 canteen?
1572 DK: canteen
1573 IV: OK thank you, I have a lot to learn. If you can take a quick look, I will ask you for your answers.
1574 IV: Oh, hello yes come on then that's fine. Are you here for the canteen discussion about foods? Yes?
1575 you are in this group please do come in and make yourself comfortable please choose a letter from
1576 the alphabet and a number between one and nine like S4 or T2 and then we will refer to you as this
1577 you also have a sheet in front of you please just take a moment to look at this and write from one to
1578 10 as to which of these factors affect your food choices at school.
1579 New lady: OK thank you
1580 IV: after you're finished (I know the lady that came later will need to take some more time) but we
1581 can come back.
1582 New lady: so, do I just number this as to what I think is the most important?
1583 IV: yes please, that's right so the number is which affects your food choice the most

1584 IV: so, can I ask you first what time of day do you prefer to eat here at school do you prefer breakfast
1585 or the midday break or do you prefer the main meal of the day 31FJ5: what do you prefer?
1586 31FJ5: breakfast
1587 IV: breakfast OK
1588 31FU5: I prefer lunch
1589 IV: OK you prefer lunch H6?
1590 31FH6: can you repeat the question?
1591 IV: yes, what time of day do you prefer to eat here at school breakfast mid-morning or lunch
1592 31FH6: urn midday
1593 IV: midday
1594 31MZ8: break
1595 IV: is that the mid-morning break
1596 31FQ7: lunch
1597 31FL4: lunch
1598 IV: so, one if you here like breakfast the most I think that was you 31FJ5: why do you like breakfast
1599 most here at school the most
1600 31FJ5: because I don't normally have breakfast at home, and it lets me have something to eat before
1601 I learn
1602 IV: why don't you have breakfast at home
1603 31FJ5: because I don't have enough time
1604 IV: that's fair enough and for the two that prefer mid-morning why do you like the foods at mid-
1605 morning, why do they appeal to you?
1606 31MZ8: because there is more variety at break it's like the sort of stuff, I prefer
1607 IV: OK alright and who else just mentioned mid-morning? why do you prefer mid-morning
1608 31FH6: because in the break there is more...
1609 Interruption someone comes to the room H6 was removed from the group
1610 IV: oh no problem - are you Jenny OK nice to meet you J**** we are all fine thank you no problem
1611 and for the others that mentioned lunch why did you choose lunch?
1612 31FU5: I think it's the most convenient time to eat because you are normally hungry by lunch
1613 IV: OK what about your food choices at lunch do you like those best
1614 31FU5: yes, I like those better because there's more food but less snacks
1615 IV: that's interesting and 31FQ7 why do like lunch the most?
1616 31FQ7: I find it practical if I forget to bring something for lunch, I find it just as filling as what
1617 I normally bring. So, it's fine if I eat it and it tastes alright

1618 IV: 31FL4: what did you say - lunch
1619 31FL4: yes, it is really filling, and you can get fruit as well it has a good variety
1620 IV: thank you
1621 IV: looking at your preferences what are your top three that's most affects your food choice at
1622 school 31MZ8 what did you choose first
1623 31MZ8: price, taste, health, and nutrition
1624 31FQ7: taste, friends, and familiarity
1625 31FJ5: taste, price, and hunger
1626 31FU5: price, health, and hunger
1627 31FL4: taste, healthy - how healthy it is for you and appearance
1628 IV: interesting have I asked everybody?
1629 Looking at these tastes appears a lot and so does price if I asked you what tastes good what is the
1630 food that tastes good to you what would you say? What in your head is a good tasting food with
1631 regards to the food that you get at school?
1632 31FU5: I prefer something simple to more than more than posh I think tasted how are you how are
1633 you yeah, I just prefer something simple
1634 IV: give me an example of something simple
1635 31FU5: maybe chips
1636 IV: 31FJ5 what does taste good mean to you?
1637 31FJ5: you really need something tasty for you or you won't want to eat - it I like simple as well
1638 IV: and what is a simple food to you?
1639 31FJ5: something like pizza
1640 IV: OK and 31FQ7 what does it taste good mean to you?
1641 31FQ7: taste means it has a lot of taste it has a lot of flavours and textures I like a lots of things so I
1642 can't say much but maybe like something with a broad variety of textures and taste
1643 IV: give me an example
1644 31FQ7: I don't really eat there at the school canteen but I'm not sure - I liked the pasta with tomato
1645 sauce
1646 IV: OK and 31MZ8
1647 31MZ8: I like stuff that I am used to eating I don't like trying new stuff because if I don't like it. I'm
1648 just wasting my money and simple stuff too
1649 IV: and what is simple to you what's the food that you always know you will like - first of all what is a
1650 simple food to you?
1651 31MZ8: something like a sandwich like a cheese sandwich

1652 IV: what about these food s that you're familiar with?

1653 31MZ8: I'm familiar with the cheese sandwich I'm not going to go for something like tuna and
1654 cucumber because I've never really eaten them

1655 IV: 31FL4: what does taste mean to you?

1656 31FL4: well apart from appearance when you actually taste it, it actually tastes so if you don't like
1657 the taste of it, you won't have it and if you do you like the taste then you will

1658 IV: what does it mean give me an example of foods that you think taste good to you?

1659 31FL4: I'm not sure, I like pasta, I like pizza, I like a range of stuff

1660 IV: OK is there a food that you really don't like that you dislike because it doesn't look nice or
1661 because it doesn't taste nice is there a food that you really can't and to eat?

1662 31FQ7: butternut squash

1663 IV: it's delicious why don't you like butternut squash?

1664 31FQ7: I don't like looking at it I don't like the texture of it, it is just not nice

1665 IV: fair enough 31MZ8 is there a food that you do not like?

1666 31MZ8: those sun-dried tomatoes and pickles you know those ones with the lid on in liquid

1667 IV: why don't you like those?

1668 31MZ8: They just look weird

1669 IV: OK – 31FL4?

1670 31FL4: chicken pie

1671 IV: that's very specific why do you not like chicken pie?

1672 31FL4: because I used to like it and then I just ate a lot, so I don't like it anymore

1673 IV: OK I see do you think you were bored probably?

1674 31FU5: I like most vegetables, but I really don't like broccoli

1675 IV: you don't like broccoli - little trees they are gorgeous why don't you like broccoli?

1676 31FU5: it doesn't taste very nice, and I got sick once when I was eating it

1677 IV: are I see the association 31FJ5: what food don't you like? Give me some examples?

1678 31FJ5: urn probably broccoli as well I don't like vegetables at all

1679 IV: you don't like vegetables I think I need to speak to you OK looking back on your list it's very
1680 interesting a lot of you have spoken about price when we talk about price how much do you spend
1681 on your food roughly how much do you spend at school?

1682 31FL4: I don't really go to the canteen but when I do say for break about £4

1683 31MZ8: no more than £2.50

1684 31FU5: I don't go to the canteen much but if I did are usually spend about 50p each
1685 time I go

1686 IV: what do you get for 50p?
1687 31FU5: really a snack
1688 31FJ5: £3
1689 31FQ7: A maximum of £3
1690 IV: so, looking back at some of the other things we have been talking about some of you have
1691 mentioned friends this is an interesting one friends just a minute let me check and find this question
1692 14 do you feel your friends influence you when you are queueing up in the canteen. If they say - oh
1693 I'm going to eat something - does that make you feel you should eat it too - 31FU5: what do you
1694 think?
1695 31FU5: I don't normally get food from the canteen but if I do go, I don't normally go with my friends,
1696 so it doesn't really affect me that much
1697 IV: OK but if you did go with your friends do you think it will have an influence on you?
1698 31FU5: no because I don't really think it matters what you choose
1699 IV: what about you 31FJ5: what do you think about friends do they influence you?
1700 31FJ5: yes, because me and my friends are really similar in like what we like and what we dislike so if
1701 I say you really like this, and I like and then I will really try and like it
1702 IV: give me some examples of the foods that they all said they like and that you try, or you all eat
1703 this?
1704 31FJ5: they started me off on pizza when I was younger, I didn't like pizza
1705 IV: OK. 31FL4: do your friends influence your foods?
1706 31FL4: I listen to their recommendations but if the appearance of it like I don't like it then I'll know I
1707 don't like it
1708 31MZ8: no no no influence at all
1709 31FQ7: like if I'm queueing up with all my friends and they want to try something, and I think it looks
1710 nice then yes, I'll have that because if they're taking it then it must taste good so yes I will I'll go for it
1711 IV: so, it's a yes for you?
1712 IV: so, we have done price and we done taste you now need to mention hunger so. Hunger affects
1713 you in a very different way, so what food do you choose when you're really hungry? so you're really
1714 hungry - you feel a bit low what foods would you go for?
1715 31FU5: I do usually go for a food like pasta as it will give me a lot of energy
1716 IV: OK that's interesting so 31FL4 what would you choose from anything breakfast mid-morning or
1717 lunch when you're really hungry?
1718 31FL4: I'd probably say pizza
1719 IV: why would you choose pizza?

1720 31FL4: because it's like my favourite food and it's something that I like
1721 IV: and 31MZ8?
1722 31MZ8: honestly, I have something small and then water because water fills me up
1723 IV: what type of small is small what would you choose?
1724 31MZ8: maybe brownie or nachos
1725 31FQ7: urn when I'm really hungry hunger doesn't really affect me so I would also go for something
1726 small
1727 IV: so, what does small mean for you?
1728 31FQ7: I don't know a bag of grapes or something nothing that will fill me up too much
1729 IV: why would you choose something that would not fill you up very much if you're really hungry?
1730 31FQ7: it depends on what time of the day I'm eating it when I'm really hungry it doesn't affect the
1731 way I behave or something I can just feel hungry like and when I eat a lot and the rota of my
1732 mealtime it screws up my food cycle
1733 IV: OK I understand that one
1734 31FJ5: I'd go for probably like a large pizza
1735 IV: you lot like your pizzas, don't you?
1736 IV: so, do you think genders eat differently do you think males eat differently to females do you
1737 think they choose different types of food and if so why 31MZ8?
1738 31MZ8: if I'm honest I think girls eat more than boys like they take - I've seen like in front of me I was
1739 taking something small well I thought I was getting something quite big and it's not the girl in front
1740 of me got twice as much as me
1741 IV: so, you think they take bigger portions well 31FL4 what do you think?
1742 31FL4: well, I do eat quite a lot like I dunno it depends who it is
1743 IV: it's a generalisation males and females in the canteen is there a difference on of the food on the
1744 plate does one go for soups and salads and fruits and one go for pizza and pasta and burgers and
1745 chips is there any gender difference do you think?
1746 31FL4: I'd say the same
1747 31FU5: I don't think it depends on gender, but I think it depends on how big they are they might
1748 need to eat more food if they're bigger
1749 IV: do you think it's about the size that's interesting 31FJ5 what do you say?
1750 31FJ5: I think boys eat more in my opinion but then I don't eat much and like I see like other people
1751 like especially boys, and they have like a whole plate full and I'm like hmmm
1752 IV: and what do they have on their plate? Is there something specific that they would choose?
1753 31FJ5: no, it's just big

1754 IV: so again, it's down to portion?
1755 31FQ7: I don't think it really depends on gender I think it depends on the person because if you're to
1756 look around you see boys with small portions and boys with big portion and girls with large portions
1757 girls with small portions
1758 IV: so, do you feel like if we keeping on portions let's keep to the main meal at lunchtime do you feel
1759 it's a big enough portion what age group that goes to anybody?
1760 31FU5: yes, I definitely think they're big enough portions for the people at lunch
1761 31FJ5: I think they're big enough, but I think some people need more food I think they should make
1762 small portions and big portions of the same food, so it depends if they're hungry or not
1763 IV: do you think more people would eat it if that were the case
1764 31FJ5: yes, probably so if they did a half price one on a small side plate with that be of interest
1765 31FU5: yes, I agree
1766 31MZ8: it also comes down to price because if you are really hungry it's a lot you can't afford it if you
1767 don't have the money in your balance or you don't have the money in your pocket either
1768 IV: so, do you think a smaller plate would be a good idea here?
1769 31MZ8: a smaller plate for a smaller price yes
1770 31FL4: I think that they cannot here because they do, they fill me up so and it's not too much, so I
1771 think it's alright
1772 IV: OK thank you
1773 31FQ7: I think they're big enough for the younger part of the school when I was in the canteen
1774 people I always saw going back and getting seconds whether people at the upper end of the school
1775 like the year 11's
1776 IV: so, they go back and get seconds
1777 31FQ7: yes, but they have to pay for it
1778 IV: OK that was an interesting one thank you so when I look at the types of foods that you teens like
1779 to eat you want to have a lot of convenience and by convenience I mean foods you can hold in your
1780 hands. Does your service here have a knife and fork, do you have a plate and knife and fork?
1781 All: yes
1782 Someone: but they tend to be plastic
1783 IV: plastic plates?
1784 31MZ8: no plastic knives and forks
1785 IV: OK so if your food was more in a pot like street food would you be more inclined to have school
1786 food?

1787 IV: They do have street food- like the pasta, but it is not allowed past the street. You can't eat them
1788 on the field you have to stay in the area, so hot foods are not allowed out. So, they do have the
1789 street foods but it's just not past a certain area
1790 IV: OK but it is a big canteen that you have got here, isn't it?
1791 31MZ8: yes, we have a canteen in lower street
1792 IV: so how many service points have you got here? 4?
1793 31MZ8: 3
1794 31FJ5: lower street is not as large as the canteen, because it's for the 2 lower years so they get used
1795 to secondary school. But then the older years the canteen is a lot bigger as more years go in there.
1796 IV: what do you think about the convenience and the way the food is on the plate? I have been to
1797 some schools where all the food is in a pot or a polystyrene container. Would that be of interest to
1798 you if they did that here or would it not?
1799 Many: No
1800 Someone: Not really
1801 IV: would that affect your food choices?
1802 Someone: No as long as it's the same food
1803 Someone: not really as I get stuff that isn't on a plate or a pot. I just keep it in my pocket in a tissue
1804 IV: Have you ever been on a diet, or do you ever skip your foods?
1805 31MZ8: I try to
1806 IV: OK do you feel hungry when you do that?
1807 31MZ8: yes
1808 IV: does that affect your learning at all?
1809 31MZ8: no
1810 IV: so, you manage your hunger, do you?
1811 Someone: yeah
1812 IV: OK 31FL4 do you ever skip any meals?
1813 31FL4: no
1814 IV: OK 31FQ7 do you skip meals?
1815 31FQ7: sometimes if I am really not hungry, like if I have had a large breakfast.
1816 IV: OK 31FU5?
1817 31FU5: no, I don't think I have done it much. I think I have done it a couple of times
1818 31FJ5: No
1819 IV: OK so looking at some of this we want to talk about time. Do you feel you have enough time to
1820 eat during your school day here?

1821 31FQ7: yeah, I think we do have enough time
1822 IV: are there any queues?
1823 Many: yes
1824 IV: OK 31MZ8 tell me about the queues?
1825 31MZ8: it depends on if you get there early, and you sprint to the canteen you still don't get there
1826 first as year eight go first on a Monday and last on a Thursday. It all depends on the day. So that's
1827 usually the reason I skip meals a lot of the time as usually you don't get enough time to eat and then
1828 enjoy yourself at break.
1829 IV: so, if it was a choice, eat or go and have time with your friends, what would you do?
1830 31MZ8: have time with your friends
1831 IV: OK and how would the caterer have time to manage that?
1832 31MZ8: I don't think it's the caterer's fault. I think we need a bit of a longer lunch
1833 31FL4: when I was eating in the canteen in year 7 there wasn't enough time as you do have to get
1834 there first, and you do have to wait in the hall as it depends on who goes first.
1835 IV: do you think the school needs to change this?
1836 31FL4: I don't know as it depends on how fast or slow you eat because if you eat fast you can go with
1837 your friends but in year 7, we could get a table together and sit all together, but sometimes it can be
1838 hard
1839 31FU5: I think there is not enough time if you are going to be eating the school's food as there are
1840 usually big queues that you have to wait for, one time I was waiting for half my lunch in the queue
1841 IV: how do you think this should be solved? What do you think we should do as a school? how could
1842 we change it?
1843 31FU5: maybe we could do something where the students can pay for their food without someone
1844 to pay for it like a self-checkout service
1845 Someone: some schools have a fingerprint
1846 IV: what do you have?
1847 31MZU: Someone: we have a teacher or dinner lady on a computer, and we put in our pins of what
1848 we have bought but I think a better way it would be quite pricey is to scan your food somewhere
1849 and then put like your fingerprint.
1850 IV: right OK
1851 31MZ8: so therefore no one could take your fingerprint but here someone could take your pin
1852 31FJ5: I think we should have longer because I always go into the canteen with my friends, so we
1853 don't lose each other because it is a big school. And erm we are always waiting in the queue for all of

1854 break and lunch and as soon as we get onto the field the whistle goes, so we never really get enough
1855 time.

1856 IV: thank you. So, I would like to ask you if there is a food, people phrase this differently like junk
1857 food or unhealthy food. If I asked you what is healthy food or junk food is what would you give me
1858 as an example of unhealthy food? 31FQ7 what do you think unhealthy food is and what do call it?
1859 31FQ7: I call it and my family has always called it fatty foods – so I always so it's things like chicken
1860 burgers and McDonalds and things like that

1861 31MZ8: stuff like more than you need inside it, like more fat or more carbs, than you need. I just call
1862 it unhealthy food

1863 31FL4: snacking because sometimes when you eat it, it doesn't fill you up as a proper meal

1864 IV: and do you feel that is unhealthy?

1865 31FL4: yeah, the majority of junk food around are

1866 31FU5: I don't usually give it a name; I just call it bad food. But its only usually bad if you eat too
1867 much of it usually, so as long as you have small portions of this food it is fine

1868 IV: and what would be an example of this food?

1869 31FU5: I would give you an example if there was something with lots of fat on it and you ate lots of it

1870 31FJ5: I call it junk food and an example is like pizza

1871 IV: laughs like you eat?

1872 IV: I would like to see you again. I am going to do an intervention. I am going to give you information
1873 about the food you have eaten and see what you think of this intervention and if you think this
1874 works. It will be a couple of months would you be happy to come back and talk to me about this?

1875 All: yes

1876 IV: OK thank you for your time I am very grateful.

1877 School Three: Second Focus Group: PRE-INTERVENTION 18th October 2017

1878 Males B4, R1

1879 Females A1, B5, G3, Y6.

1880 IV: this is about your school food in your canteen. I am researching students feeding habits at school.

1881 So, it's about what do you eat at school and why do you choose the foods you eat. I am going to set

1882 a few ground rules, you cannot use any names, you can see the transcript if you want you, if you do

1883 not want to answer a question raise your hands and you are free to leave if you want to at any time.

1884 If you reconsider this, you can call me/email me Jenny has my contact, and I will remove any data

1885 from the transcript. Whatever is said stays in this room and let's be courteous and let others speak.

1886 If I ask you, what time of day do you prefer to eat here at school, what would be the main time you

1887 choose to eat at school, would it be breakfast, mid-morning or would it be lunch time? Let's start

1888 with 32FY6

1889 32FY6: I would normally eat at school during mid-time - during lunchtime

1890 IV: and why would you go for lunchtime J6?

1891 32FY6: because they normally sell better things, because they normally have fruit in the canteen and

1892 that's what I would go for.

1893 IV: 32MB4 what do you prefer?

1894 32MB4: lunch

1895 IV: and why do you prefer lunch?

1896 32MB4: urm because I am hungry

1897 IV: 32FA1 what time of day would you like eat?

1898 32FA1: lunchtime

1899 IV: and why lunch?

1900 32FA1: because I am hungry

1901 IV: OK and 32FG3?

1902 32FG3: lunch

1903 IV: and why at lunchtime?

1904 32FG3: because I get hungry

1905 IV: and 32MR1?

1906 32MR1: lunchtime

1907 IV: and why do you eat your main meal at lunchtime?

1908 32MR1: because they normally have fruit and stuff

1909 IV: in front of you are a list of items and I would like you to tell me which ones are more important to

1910 you when you choose your food here at the school canteen. OK so 32MB4 what did you choose?

1911 32MB4: appearance at one, hunger at two and taste at three

1912 32FA1: appearance at one, taste at two and then price

1913 32FG3: taste at one, hunger for two and appearance as three

1914 32MR1: hunger, health, and nutrition at two and culture as three

1915 32FY6: health and nutrition, taste, price

1916 IV: so, all of you have put taste as very important, so what if I asked you what tastes good to you?

1917 What does tastes good mean to you?

1918 32FA1: just that I like it, it doesn't have to be a certain taste I just must like it

1919 IV: and what tastes good to you? What do you like to eat? What type of foods do you like?

1920 32FA1: pizza and that, stuff that u think tastes nice it is not a certain thing.

1921 IV: OK just because you like it. 32FG3 what tastes good to you?

1922 32FG3: I kind of prefer sweet things

1923 IV: can you give me an example?

1924 32FG3: just anything that is sweet

1925 IV: 32MR1, what tastes good to you? If I asked you what foods are your favourite foods?

1926 32MR1: erm baguette and chicken burger

1927 IV: OK. 32FY6?

1928 32FY6: I am not really fussed on what I eat, I don't normally eat in the canteen.

1929 IV: OK and do you have a favourite food in the canteen?

1930 32FY6: not really, I like most kind of foods, but I don't like one in particular.

1931 IV: OK 32MB4?

1932 32MB4: just what I like really

1933 IV: and what do you like?

1934 32MB4: sweeter stuff just stuff I like

1935 IV: give me an example of some sweet foods that you like?

1936 32MB4: erm like a chicken burger

1937 IV: that's not sweet unless I am missing something here. OK, so a lot of you have mentioned

1938 appearance, what is a food that looks nice to you?

1939 32FG3: if it looks unappetising, I will not want to eat it.

1940 IV: give me an example?

1941 32FG3: erm at school the pasta sauce always looks really watery

1942 IV: OK 32MR1 what do you not like the look of? And what do you like the look of?

1943 32MR1: I like the look of the pizza toppings in the school canteen, and what I don't like the taste of is

1944 the cheese

1945 IV: OK, 32FY6, what do you not like?

1946 32FY6: In the canteen one thing I really hate is the brownies. They are stiff and crumbly, and they
1947 aren't as soft as normal brownies should be

1948 IV: anything else you do not like the look of in the canteen? Or anything you do like the look of in the
1949 school canteen?

1950 32FY6: sometimes I do buy the fruit, but that is it.

1951 IV: 32MB4 what do you not like the look of in the school canteen?

1952 32MB4: well, I don't really get food from the canteen, but the stuff I don't like the look of its like, I
1953 don't really know what it is, but it looks like sick.

1954 IV: give me a clue

1955 32MB4: I don't know what it is, I think it's a curry. I don't like the sauce. It may be a pie of
1956 something.

1957 IV: OK I am not going to be able to do much with that one - 32FA1?

1958 32FA1: things that I like the look of are the paninis, the stuff which you can tell has just been cooked.
1959 But I don't like the look of things that looks like they've been cooked for three weeks ago.

1960 IV: give me an example?

1961 32FA1: like the pizzas look like they have been crusting, it's disgusting as it feels like it's been made
1962 ages ago.

1963 IV: let's move on - how much do you spend in the canteen roughly?

1964 New person comes in.

1965 32MR1: erm sometimes I have 15 pounds

1966 IV: a day? Can I have your card?

1967 32MR1: no, a week. Sometimes I go up a bit and sometimes it goes down.

1968 32FY6: I think it's hard as sometimes I spend money in the canteen and sometimes I don't but the
1969 most I've spent is about under a pound

1970 32MB4: £1.50

1971 IV: what do you spend it on?

1972 32MB4: a drink and something to eat

1973 32FA1: probably like 1-2 pounds, not a day but when I do go to the canteen

1974 32FG3: just a pound

1975 IV: OK, not big spenders are you guys! so is price important to you? Would price make you want to
1976 feel like that you want to go to the canteen, or would price put you off? Is it expensive or is it
1977 reasonable? Do you think the price of the canteen is good?

1978 32FB5: for my family it is not good, because there are three of us. If all three of us buy a drink and
1979 food, it is about a fiver for my mum.
1980 IV: OK thank you. 32FY6 what do you think about the price of the food?
1981 32FY6: I think they are quite cheap, as you can get a full cooked meal for like 2 to 3 pounds, which is
1982 quite good. But I don't really buy stuff from there. So, if I buy a drink, I see what the prices are, but I
1983 don't really look at them.
1984 IV: OK thank you. 32MB4 what do you think about the prices?
1985 32MB4: I think it's quite expensive.
1986 IV: is there anything you think is expensive?
1987 32MB4: erm no not really.
1988 IV: OK. 32FA1?
1989 32FA1: I think it's quite expensive compared to what it used to be. Like the brownie prices have gone
1990 up quite a lot for just a brownie
1991 IV: OK. 32FG3 do you think it's expensive or cheap?
1992 32FG3: I don't really think about it to be honest, but it is a bit on the expensive side
1993 IV: 32MR1?
1994 32MR1: I think it's just cheap
1995 IV: there are some very mixed views out there. OK if I said to you, you need to categories or call
1996 something an unhealthy food what term do you call unhealthy food? If you put this all together and
1997 call it a what food?
1998 32MB4: butters
1999 32FA1: to be honest the same as 32MB4, it is just a word we all call things it means like disgusting
2000 and really bad
2001 32FG3: unhealthy food
2002 32MR1: I just think its revolting
2003 IV: do you call it fast food, or junk food?
2004 32FB5: junk food
2005 32FY6: I would call it just unhealthy food
2006 IV: right what foods, when you're really hungry, what food would you eat when you're hungry?
2007 What foods would you pick from the canteen when you're hungry? I am so hungry I must have a ...
2008 32FY6 what would you chose?
2009 32FA1: must leave

2010 32FY6: well, I would first look at the healthy options, like I would normally go to the lunch hall first
2011 because that's where they sell the most healthy foods first but if they don't and I would probably get
2012 a drink and then take something out of my pack lunch box.
2013 IV: so, what does the word hungry mean to you 32MB4? And what foods would you go for if you're
2014 hungry?
2015 32MB4: well, I am not normally that hungry, so I get a brownie
2016 IV: OK so something sweet. 32FG3?
2017 32FG3: If I'm hungry I go for a sandwich, but that's not very often
2018 IV: 32MR1 if you get hungry what foods would you choose?-.
2019 32MR1: I would go for a baguette
2020 IV: 32FB5 what would you go for?
2021 32FB5: a brownie as well
2022 IV: if I talk to you about convenience, and I say to your convenience foods tend to be a lot of
2023 handheld foods. Do you agree with that?
2024 Some: yes
2025 IV: would you rather your school did less food on a plate and more hand-held food?
2026 Some: yes
2027 IV: does anyone disagree that they would like handheld food?
2028 32FY6: I am in the middle
2029 IV: OK, so all schools serve different types of food. Some schools sell them in take away boxes and
2030 not on a plate with a knife and fork. Would you eat more main courses if you could eat it not with a
2031 knife and fork?
2032 32FB5: yes, cause then there would be more room in the canteen. You want to sit with your friends
2033 in a group so there is not enough room.
2034 IV: you think if they had more spaces where you could stand and eat your hand-held food that would
2035 be better?
2036 32FB5: outside the canteen there are benches, and everyone comes in from the different blocks and
2037 sit and eat. So, we can't really sit and eat in the canteen unless we can leave with it
2038 IV: does anyone agree with 32FB5
2039 32FG3: if you want hot food, you can't take it out the canteen and eat it, so that's why there are
2040 space issues.
2041 IV: right. Would you eat more hot food if you could, would you go for the hot foods which are more
2042 nutritious?
2043 Some: yeah

- 2044 IV: so, if you would be able to eat out of that environment you would eat the hot meal of the day?
- 2045 32MR1: yeah
- 2046 32FB5: yeah
- 2047 32FG3: yeah
- 2048 32MB4: probably not as I bring a sandwich
- 2049 32FY6: yeah
- 2050 IV: Thank you so much, I would like to meet you again and get more information on your views.

2051 School Four: First Focus Group: PRE-INTERVENTION 7th November 2017
2052 Males, A1, D9, J2, K3, R4, R9.
2053 Females R3, S7, T4.
2054 IV: Introduction and thank you. I am doing a study about what students/teenagers/adolescents eat
2055 and when I look at this it is what you eat at school not at home. Just a few ground rules. This must
2056 stay in this room, and you won't agree with everyone but that makes my data more interesting. You
2057 don't have to answer any questions if you don't want to, just raise your hand and you are free to
2058 leave at any time, it is at your will. When I do ask you a question it will be to each one of you to ask
2059 your opinion. So, the first question is what time do you like to eat at school? You have 3 break times,
2060 a breakfast, mid-morning, and lunchtime? When I ask you which one you like best, I will probably
2061 also ask you why so that it gives you the idea of the type of things I am going to ask so let's start with
2062 41MR4.
2063 41MR4: I like lunch.
2064 IV: why do you like lunch the best 41MR4?
2065 41MR4: because I think that all lessons that we do first we get tired, and we want to have a break
2066 and have lunch so that's the most important part.
2067 IV: good answer 41MD9 which do you like best and why?
2068 41MD9: lunch because after all the lessons before it, after getting tired, that's when I can get
2069 properly hungry. So that's when I actually start eating the most.
2070 41MJ2: breakfast. I just like it.
2071 41MK3: I like breakfast because it gives me the energy to start my morning.
2072 41MR9: breakfast for energy.
2073 41FS7: lunch because you have breakfast at home, then when you come to school you eventually get
2074 hungry so it's better
2075 41FT4: breakfast because it is the best way to get you started ready to focus in class.
2076 41MA1: lunch because after a certain amount of time you get hungry
2077 41FR3: lunch because after lessons you eventually get hungry after a while.
2078 IV: I have read a lot of journals that list factors or influences that affect what you choose or why you
2079 choose the foods you choose. In front of you are a list of different things, including taste, price,
2080 texture etc. Could you put those in order from what affects you the mood to what affects you the
2081 least? *(Extra time given for students to finish this)* 41MJ2 could you tell me the top three choices
2082 please?
2083 41MJ2: taste, appearance, and convenience
2084 41MD9: taste, health, appearance

2085 41MR4: hunger, familiarity, and time
2086 41MR9: taste, price, and appearance
2087 41FS7: taste, appearance and health and nutrition
2088 41FT4: hunger, familiarity, and health
2089 41MA1: familiarity, culture, and price
2090 41FR3: hunger, taste, and price
2091 IV: interesting a lot of you have used the word taste. So, if I asked you what the word taste means to
2092 you, including what does "tastes good" mean to you and then give me an example of the type of
2093 food that tastes good. Let us start with 41FR3?
2094 41FR3: things that are familiar or things that I have tasted before. I usually don't try new things at
2095 school, I usually pick things that I have tried before. For example, tastes good is what I know. For
2096 example, a muffin I have tasted before so I know what it is like, so I wouldn't take those risks at
2097 school.
2098 IV: OK, why wouldn't you take those risks at school?
2099 41FR3: I just wouldn't, I just don't, I just pick what I know.
2100 IV: Okay. 41MA1 what does food that tastes good to you mean? Give me an example?
2101 41MA1: food that I am familiar with, and it is in my culture. So, the food that I eat at home that is
2102 also at school. A food that is at school that I am familiar with. Erm like the cheese and onion pasty at
2103 school that I am familiar with, so I like having it.
2104 IV: Okay thank you. 41FT4?
2105 41FT4: taste is something I enjoy eating more than once, for example you try it, and you might not
2106 like it so you wouldn't eat it again, but if you like it, you will have it again. For example, I like pizza.
2107 IV: 41FS7, what does the word taste good mean to you, and could you give me an example?
2108 41FS7: mostly what I have tried before, because I don't try things I do not like, like my parents make
2109 as well. So, if I'm not familiar to it I won't try it. So, in school there is pizza and I have had that at
2110 home before, so I know that it tastes nice.
2111 41MR9: pasta.
2112 IV: what type of pasta do you like?
2113 41MR9: Italian pasta.
2114 IV: do you have anything on your pasta?
2115 41MR9: mainly basil. Or something green on top.
2116 41MR4: taste matters on appearance, familiarity, and culture because you need to look at the
2117 appearance and see the smell and the culture what you have at home might link to school foods.
2118 IV: thank you. 41MD9?

2119 41MD9: it is food that I am familiar with and that in my opinion is edible for me and I do not get any
2120 problems eating it. Or food that people have said that is worth trying out.
2121 41MJ2: food that makes you feel good or happy, like pizza.
2122 41MR9: Pizza makes me feel sad.
2123 IV: why does it make you feel sad 41MR9?
2124 41MR9: too much cheese on the pizza for me, that makes me feel sad.
2125 41MA1: food that I have at home, or if I go out with my family. Safer foods.
2126 IV: reversing this what food do you not like - what something do you not like?
2127 41MR9: unseasoned food.
2128 IV: what do you mean by unseasoned foods?
2129 41MR9: no salt and pepper in it, so I won't eat it.
2130 4FS7: tuna sandwiches, I don't like tuna. I tried it once and it didn't taste nice, so I won't eat it again.
2131 41FT4: chicken sandwich.
2132 IV: these are common foods that sell a lot of. Why do you not like chicken sandwiches? Do you like
2133 chicken?
2134 41FT4: sometimes, it depends. I just tasted a chicken sandwich once and didn't like the taste of it.
2135 41MA1: food that has a lot of calories in it.
2136 IV: how do you know how many calories a food has got?
2137 41MA1: because I am familiar with foods that I pick, so I know how many calories it has.
2138 IV: where do you get your information from?
2139 41MA1: from home.
2140 IV: do you talk about calories at home?
2141 41MA1: yeah, my parents are very careful of how much food they eat.
2142 41FR3: I am vegetarian, so it changes my perspective. I do not like any meat items at all.
2143 41MK3: things that have a lot something.
2144 IV: like what?
2145 41MK3: say you have a pizza, and it has a lot of the same thing but everywhere. So, a lot of
2146 something.
2147 IV: why do you not like a lot of something?
2148 41MK3: it's just like the taste is just the same there's no flavour.
2149 IV: thank you. 41MJ2 what do you not like?
2150 41MJ2: bacon sandwich.
2151 IV: what do you not like about bacon sandwiches?
2152 41MJ2: no matter where I go, it's never cooked properly. It is either too crispy or undercooked.

2153 IV: are you fussy 41MJ2?
2154 41MJ2: yes
2155 41MD9: I think its food that is too mild, it doesn't have any meaningful flavour or spice to it.
2156 Generally, I like warm foods
2157 IV: warm as in temperature or warm as in spices?
2158 41MD9: temperature and spices and I don't like just raw cheese. I vomit when I eat it as I don't like
2159 the taste.
2160 IV: If I said to you there are foods that are healthy foods and there are foods in a different category.
2161 What do you call that other category?
2162 41FS7: unhealthy
2163 41FT4: food with lots of fats and oily food.
2164 41MR9: maybe unhealthy as well
2165 41MR4: junk food and unhealthy
2166 41MD9: I call them healthy and unhealthy
2167 IV J2 with your bacon sandwiches and unhealthy food I am going to enjoy looking at what you say!
2168 41MJ2: good food. Healthy foods are bad foods and unhealthy are good foods.
2169 41MK3: unhealthy
2170 41MA1: unhealthy
2171 41FR3: unhealthy.
2172 IV: so, the government suggest we eat 5 portions of fruit and vegetables a day, do you think boys or
2173 girls eats more fruit and vegetables a day? Which gender?
2174 41MK3: I would say boys because in my family me, my brother and dad mostly eat fruit but my sister
2175 and sometimes my mum don't eat a lot.
2176 IV: do you think genders eat differently at school?
2177 41MK3: I think it's just what people do and do not like.
2178 41MJ2: boys because they just eat whatever they can find it doesn't matter what or where it is.
2179 IV: do you think genders eat differently at school?
2180 41MJ2: yeah, because whenever I see them, boys don't mind what they eat, but girls will fuss over it.
2181 So, if a girl buys a pizza their friend may call them fat. So, they eat less.
2182 IV: interesting. 41MD9?
2183 41MD9: stereotypically I think it would seem girls eat more fruit and vegetables. But personally, I
2184 think it depends on your personal eating habits, truthfully speaking females are more cautious about
2185 their weight gaining.
2186 IV: so, you think that affects the way they eat at school?

2187 41MD9: just in general but mainly matters on your own taste.

2188 IV: thank you. 41MR4 what do you think?

2189 41MR4: I agree with 41MD9. As I think some people like it depends on taste, appearance, and
2190 culture. Some people might not like certain fruits because of the taste. Maybe in school there are
2191 only selection of fruit, like apples or pears and stuff, and they might not like that so do not eat it.

2192 IV: do you think genders eat differently in the canteen?

2193 41MR4: they eat the same

2194 41MR9: I agree with 41MR4 and 41MD9, because if they are vegetarian's boys or girls, they would
2195 eat more fruit and vegetables. But in school both eat fruit and vegetables.

2196 41FS7: I can't really choose as it depends on what they have, so they may be allergic to them and
2197 there's some people that do eat a lot of fruit and vegetables.

2198 IV: so, you think it's more complicated than just genders eating differently. Do you think that is the
2199 same down in the canteen?

2200 41FS7: no, I think it's the same.

2201 41FT4: I think that they both equally eat fruit and vegetables. It depends on hunger, if they are
2202 hungry, they would eat it.

2203 IV: and do the genders eat differently downstairs?

2204 41FT4: not really.

2205 41MA1: I think it's both, they are the same. They would eat them if they are hungry. And with
2206 vegetables it depends, what specific vegetable they like that is available in the canteen. So, the
2207 genders eat the same in the canteen.

2208 IV: thank you, and 41FR3?

2209 41FR3: I think that girls eat more in general than boys because in our school, boys they play football
2210 during lunch, so they eat at break instead, so they prioritise other things over food.

2211 IV: so, 41MA1 said it's about hunger, if you're hungry and you go down to the canteen what would
2212 you choose to eat and why?

2213 41MR9: maybe a sandwich and bottle of water as it would fill me up

2214 IV: so, you want to be filled up?

2215 41MR9: yes.

2216 IV: why a sandwich?

2217 41MR9: I am not sure

2218 41FR3: it depends on the time you go to eat, if you go earlier there is more variety of food
2219 compared to the end where there are only a few food items.

2220 IV: what would you eat, and you are very hungry and there is everything there?

2221 41FR3: the hot food and I think they fill you up more.

2222 41MA1: filling food so the hot food.

2223 41FT4: hot food as well

2224 IV: why does hot food fill you up more than cold food?

2225 41MA1: because at lunch you would have something that would give you energy for the whole day

2226 up until dinner. The hot food has more calories than the cold food.

2227 41FS7: hot dish.

2228 IV: for what reason?

2229 41FS7: don't know.

2230 IV: OK fair enough. 41MR4?

2231 41MR4: hot food like pizza because I am used to it and usually have it in my school dinners and

2232 maybe a bottle of water. If you have might have a lesson you might be tired and if you have PE you

2233 will need a bottle of water.

2234 IV: 41MD9?

2235 41MD9: I would get fish and chips with beans with a side of coleslaw. Because I just like fish and

2236 chips.

2237 41MJ2: depends on how much money I have on my account.

2238 IV: lots of money on your account what would you go for?

2239 41MJ2: beans on toast. It is good because they put a lot of butter on the bread. It is nice.

2240 IV: 41MK3 what would you choose?

2241 41MK3: hot food

2242 IV: what is hot food to you 41MK3?

2243 41MK3: something that will fill me up but not proper fill me up, so I have some space left. Cos if I

2244 was full up, I won't be able to do any sports. Cos then like ...

2245 IV: so, the question I ask you, hot food to me means main meal of the day or does this include the

2246 mid-morning pizza, pastas, and jacket potatoes. Where are we on hot food?

2247 All: main meal (apart from 41MR9 who thinks breakfast)

2248 IV: how much do you spend on school food a day? 41MA1?

2249 41MA1: £2 pound 10.

2250 IV: is that enough?

2251 41MA1: I think the food should be cheaper.

2252 IV: if the food was cheaper would you eat better?

2253 A lot of voices: yes

2254 IV: 41FR3, 41MA1, 41MR9 all said yes. So, cheaper food you would eat more off and of better foods.
2255 Does anyone disagree?
2256 41MD9: I agree with the fact that it being cheaper as your money will last longer and you can buy
2257 more foods, but it depends on your personal taste and how hungry you are at the time because one
2258 day you are hungry and buy more food and the next day, you're not the same amount of hungry so
2259 you will just buy a sandwich or something.
2260 IV: OK interesting. And how much do you spend on your school food?
2261 41MD9: in a week, it's probably 12 pounds
2262 41MJ2: I spend 50p a week on food, I do not eat at the canteen much
2263 41MK3: 10 pounds a week.
2264 41MR9: 15 pounds a week as I must have breakfast. It's a bit cheaper than lunch as beans on toast is
2265 1.50, so it is cheaper.
2266 IV: one of the things I want to ask you, is that a lot of journals I have read have said a lot of people
2267 are influenced by their friendships and they want to be considered a group when they eat. Do you
2268 think your friends influence what you select to eat school?
2269 All: no
2270 IV: OK so everyone around the table has said no. is there anyone that it would affect?
2271 **SILENCE**
2272 IV: OK so everyone around the table do you think you have enough time to eat? 41MD9, 41MR4 are
2273 both yes. 41MJ2, 41MR9 and 41MK3 No.
2274 41MJ2: you only get 50 minutes and sometimes when you line up, that's the longest bit which takes
2275 up about 20-30 minutes.
2276 IV: so, do you think the time you have affects what you have and why does time affect what we
2277 have? 41MR9 said. Why is that the case?
2278 41FR3: because sometimes I don't eat at school because of how long it takes to line up and you line
2279 up outside for 15 minutes then line up again and then you must get your lunch and sit down and eat
2280 it and your lunch is over.
2281 41MA1: you lose your appetite in that time. You're hungry after 4 lessons and then in the line you
2282 wait 30 minutes, and you lose your appetite and go hungry for the rest of the day.
2283 IV: how does that make you feel in class?
2284 41MA1: moody.
2285 IV: OK and how does it make you feel 41FR3?
2286 41FR3: I don't feel like participating and talking I just stay quiet.
2287 IV: so, it is very important for you to eat at lunch time. 41FT4 do you think time is an issue?

2288 41FT4: yes

2289 IV: and how does that affect you in your food choices?

2290 41FT4: when the line is long the time it takes to line up takes up the time I could spend outside with

2291 my friends.

2292 IV: OK do you ever miss your food at lunchtime and if you do how does that make you feel?

2293 41FT4: It doesn't really make a difference, but I still try to focus in class, but you would still feel

2294 hungry you would still feel hungry if you didn't eat.

2295 IV: OK 41FS7 is time an issue for you?

2296 41FS7: because of the lining up it can cause an issue towards what you want to eat, but if you're

2297 early and get in quick enough time is not an issue.

2298 IV: OK and do you ever miss a meal? No? Okay 41MR9 do you miss a meal?

2299 41MR9: I miss lunch time a lot and today I didn't have any lunch. It is because I am busy and must

2300 rehearse certain things, sometimes I give up my time to get things done but if I have water

2301 throughout the day, I am fine.

2302 IV: so, you would keep full by using water?

2303 41MR9: yes, I have bought 5 big bottles of water and I just drink that throughout the day.

2304 IV: does that affect your concentration throughout the day? No? okay alright thank you 41MR9.

2305 41MR4 is time an issue for you?

2306 41MR4: I agree and disagree because year 7, 8 and 9 the queues are longer so that is a problem but

2307 in year 10 and 11 there are only two lines, so they are quicker, so they are done quickly. So, you do

2308 get your lunch there, but in year seven, eight and nine I think there is a problem.

2309 IV: do you ever miss a lunch due to time issues?

2310 41MR4: yes years 7, 8 and 9. But not in year 10 and 11.

2311 IV: how does that make you feel in the classroom afterwards?

2312 41MR4: I think I stayed concentrated but then it gets into you mind sometime while learning.

2313 IV: OK 41MD9 time an issue for you?

2314 41MD9: no

2315 IV: you think you have enough?

2316 41MD9: yeah 50 minutes is enough time for me, as I know getting into the lunch hall lining up it is

2317 long, but I have seen people buying just a drink or a sandwich and they are not managing their time

2318 very well as outside there is a little window that sells the exact same things. So, I go out there rather

2319 than inside wasting my time.

2320 IV: do you think people do not know it's there?

2321 41MD9: a lot of people know, but I don't think they realise they sell the exact same things. But on
2322 Fridays because we have fish and chips that's the only time I go inside.

2323 IV: thank you 41MD9, 41MJ2 do you think you have enough time for lunch?

2324 41MJ2: yes.

2325 IV: ever miss a meal?

2326 41MJ2: yes

2327 IV: how does it make you feel?

2328 41MJ2: hungry.

2329 IV: and when you are hungry how does that make you feel in class?

2330 41MJ2: tiered

2331 IV: can you concentrate?

2332 41MJ2: no

2333 IV: 41MK3?

2334 41MK3: yeah, time is an issue because when I was in primary it was an hour so we would have time
2335 to eat and to play.

2336 IV: thank you for that. Did you want to say something 41MR9?

2337 41MR9: its only cold things outside, so its quicker but its only cold things really.

2338 IV: so, some schools I go to they do not eat with a knife and fork, it is in a takeaway. A lot of studies I
2339 have read have all said that your generation does not like eating with a plate and a knife and fork
2340 and they want food on the go, to hold it in their hand so food they can take away that they can hold
2341 in their hands and move around. What do you feel about that comment, 41MD9?

2342 41MD9: if it is a sandwich is a baguette or muffin that is edible in your hands as you would use a
2343 plate for that. It is made for on the go. But things like fish and chips you need a plate.

2344 IV: in some school's they give them a polystyrene container and give them a fork.

2345 41MD9: that is weird. I think that foods that are made for on the go are fine but meals like main
2346 meals they should be eaten on plates with knife and forks.

2347 41MR9: in the way I have grown up we always use knives and forks; we do not eat with our hands
2348 that much as it's not that type of food you can eat with your hands.

2349 IV: does anyone else agree or disagree with this?

2350 41FR3: that isn't an option in our school as you can't go around with the food as there is only one
2351 area where we can have our food.

2352 IV: but if it was an option to have it in a takeaway containers and plastic fork or disposable would
2353 you choose to eat like that?

2354 41FR3: it depends on, like 41MR9 said he has other things he has to do during lunch so it would be
2355 convenient if you have other commitments. But if you have time, you can sit down so it's not really
2356 necessary.

2357 41FT4: I wouldn't move around as its better to keep the environment clean, so if you were to eat
2358 around the school you might accidentally put the rubbish on the floor. So it would make the school
2359 dirty. So it is better to have one place that needs clearing up rather than making the school dirty.

2360 41MA1: I would like to move around and eat so for example if they had benches outside or
2361 somewhere to sit down it would be really good as there is fresh air outside and it is really hot in the
2362 dining hall so you would get to sit outside and enjoy the fresh air.

2363 IV: if that was the case 41MA1 would you go for a main meal or something you can eat in your
2364 hands?

2365 41MA1: it is only based on hunger, if I'm hungry I would sit in the dining hall but if I wasn't that
2366 hungry, then I would just get a roll or a muffin. But there is nowhere to sit if you get a roll.

2367 IV: but your school is massive

2368 41MR9: it is much smaller than it used to be. There were two of them

2369 41MD9: it is half the size of what it used to be

2370 IV: I see- do you feel the lack of space is the problem?

2371 All: yes

2372 IV: so, if they staggered the times of the lunches

2373 41MJ2: they do. They have KS3 and then KS4 otherwise it would be too crowded. But for us we have
2374 5 lessons before we have our lunch which are 50 minutes each.

2375 41MD9: I think that year 7, 8 and 9 they have their lunch at 1:20pm but year 10 and 11 have their
2376 lunch at 12:30pm. But this is fair as they do more complicated work and year 7,8 and 9 they are
2377 doing lower graded work so we have more on our shoulders.

2378 41FT4: I disagree with D9 as year 7s are younger than year 10 and 11 so they would get hungry
2379 before and year 10s can stay focused. So, the younger years should have their lunches before.

2380 IV: D9 you are not popular now

2381 41FS7: I also disagree as your hunger changes with age. So, if you're younger you are more hungry
2382 and less controllable of it. But when you're older in age you can control it. But it depends on what
2383 type of person you are but you can keep it.

2384 41FR3: in our school the year 10 and 11 think they are better than us because they are doing their
2385 exams but at the end of the day, we all have to eat so it doesn't matter.

2386 41MR4: I agree with 41MD9 because year 10 and 11 have GCSE so they are the priority, so they need
2387 to be learning.

2388 IV: so what I am going to be doing is an experiment with the whole school and then I would like to
2389 talk to you about your health and how you feel about it including what can make you eat healthier.
2390 Thank you for your time.

2391 School Four: Second Focus Group: PRE-INTERVENTION 21st of November 2017
2392 Males A7, H1, H6.
2393 Females A5, H7, S5, S9.
2394 IV: introduction to myself and the project. Ground rules and how to code yourself.
2395 What you say is kept in the room and if you're not comfortable raise your hand and I won't ask you
2396 that question. Can we also keep this to school rather than outside of school or at home? It's about
2397 you and you eating at school.
2398 First question I want to ask you is what time of the day do you most like eating at school, breakfast,
2399 mid-morning or lunchtime?
2400 42FH7: lunch
2401 IV: why do you prefer lunch?
2402 42FH7: because ..I don't know
2403 IV: OK. 42FS9 what do you prefer?
2404 42FS9: lunch.
2405 IV: OK and why do you prefer lunch?
2406 42FS9: I just think it's good to eat then I dunno its just my preference.
2407 IV: 42FA5 what do you prefer?
2408 42FA5: lunch
2409 IV: and why do you prefer lunch?
2410 42FA5: because you get more time to eat?
2411 IV: good answer OK. 42FS5?
2412 42FS5: lunch because that's the time I usually get hungry
2413 IV: and do you eat breakfast?
2414 42FS5: yes
2415 IV: 42MA7 what time?
2416 42MA7: break time.
2417 IV: why do you prefer break time?
2418 42MA7: because you can eat more snacks at break time
2419 IV: and what snacks do you eat at break time?
2420 42MA7: maybe an apple or banana something like that
2421 IV: OK great. 42MH1 what do you prefer?
2422 42MH1: lunch because there are more food choices
2423 IV: OK and 42MH6?
2424 42MH6: lunch

2425 IV: and why do you prefer lunch?
2426 42MH6: I don't know
2427 IV: in front of you are headings, there are 10 of them. I would like you to put them in an order on
2428 what has the biggest influence and affects your food choices the most at school. So, if taste affects
2429 you the most put that as number one. So, put them in an order of what affects you the most to the
2430 least in an order keeping it to school. So, what is everyone's top three choices or reasons that affects
2431 your food choices?
2432 42MA7: taste, health, and hunger
2433 42FA5: price, appearance, and health and nutrition
2434 42FS5: hunger, time, and price
2435 42FH7: appearance, taste, and price
2436 42FS9: taste, price, and hunger
2437 42MH1: appearance, taste and health and nutrition
2438 42MH6: appearance, price and health and nutrition
2439 IV: thank you, there are quite a lot that are similar and reoccur in your groups so if I asked you to
2440 think about the taste of food, what does food that tastes good mean to you?
2441 42FH7: it has flavour
2442 IV: OK and what kind of flavours do you like?
2443 42FH7: spicy or I dunno
2444 IV: what does taste good to you mean 42FS9?
2445 42FS9: erm she kind of answered the question.
2446 IV: OK so the same thing- flavours and spicy
2447 42FS9: yeah
2448 IV: OK and if I went back to 42FH7 and said give me an example of food that taste good to you what
2449 examples would you give me?
2450 42FH7: urm lasagne
2451 IV: lasagne is not spicy though
2452 42FA5: if you are Asian then your mum would put spice in it.
2453 IV: awesome what spices would she put into it A5?
2454 42FA5: red chilies
2455 IV: laughs S9 says why not OK so 42FA5 what does taste good to you mean?
2456 42FA5: spicy same as H7
2457 IV: so, is this a cultural thing?
2458 42FA5: yeah

2459 IV: so, it is what you are used to?

2460 42FA5: yeah

2461 IV: so, when you go to school do, they put spices in your food here?

2462 42FA5, 42FS9, 42FH7: no

2463 IV: so, would you still eat it - do you still like the taste of it?

2464 42FH7: no

2465 42FS9: no

2466 42FA5: yes

2467 IV: so why do you like this here 42FA5

2468 42FA5: I don't really eat the school meals, but I have had it not a lot, but it is OK I guess

2469 IV: 42FS5 what does food that taste good mean to you?

2470 42FS5: what they said

2471 IV: what does taste good mean to you 42MA7 and can you give me an example?

2472 42MA7: sometimes spice, sometimes it depends on the category like strawberry or vanilla,

2473 sometimes its spicy

2474 IV: and 42MH1 what does taste good mean to you?

2475 42MH1: when it's not cold its hot and when its ready.

2476 IV: so, ready quickly or available food?

2477 42FH7: yeah

2478 IV: and when we are saying how do you mean hot spicy or hot temperature?

2479 42FH7: hot temperature

2480 IV: can you give me an example?

2481 42FH7: when you get a jacket potato when it's when it's hot it does taste as good as when it is hot

2482 IV: 42MH6 what does the word taste good mean to you?

2483 42MH6: spice

2484 IV: can you give me an example

2485 42MH6: spaghetti

2486 IV: is spaghetti spicy or is it when they add chili?

2487 42MH6: when you add chilli

2488 IV: what foods don't you like? What food makes you go yuck? What springs to your mind about a

2489 yuck food?

2490 42FS5: broccoli

2491 IV: why don't you like broccoli?

2492 42FS5: I just don't like it and its green

2493 42FH7: it's like a branch

2494 IV: so why do you not like it, is it the look the smell the taste?

2495 42FS5: it's the taste,

2496 IV: it doesn't taste like anything unless you put chillies on it

2497 IV: so, are you saying S5 that vegetables don't taste good?

2498 42FS5: yeah

2499 IV: how would we get vegetables to taste good?

2500 42FS5: I don't think you can

2501 IV: laughs OK S5 thank you so, 42MA7 what makes you go yuck?

2502 42MA7: urmm I'm not sure

2503 IV: 42MH1 do you have a yuck food?

2504 42MH1: a combination of foods that do not go well together

2505 IV: and what would that type of combination be?

2506 42MH1: let us say you put fish and chicken together it doesn't taste nice

2507 IV: would you ever eat fish and chicken together?

2508 42MH1: no

2509 IV: OK. 42MH6 what makes you go yuck?

2510 42MH6: beans

2511 IV: baked beans or green beans?

2512 42MH6: yes, baked beans

2513 IV: why don't you like beans H6?

2514 42MH6: their appearance and their taste

2515 IV: 42FA5 what makes you go yuck?

2516 42FA5: erm I do not know.

2517 42FH7: I know something about you. If she smells food and it doesn't smell good, she won't like it

2518 (sisters)

2519 IV: and what do you not like the smell of 42FA5?

2520 42FA5: I don't know

2521 42FH7: I don't know the type of food, but if she sees food, she would smell it and if it smells nice, she

2522 would eat it and if it doesn't smell nice she will leave it she won't touch it at all

2523 IV: so, smell is important. 42FS9 what makes you go yuck?

2524 42FS9: I don't have a food, but the same as her smell. If it doesn't smell good, I won't eat it.

2525 IV: what does a food that doesn't smell good smell like?

2526 42FS9: don't know just gross

2527 IV: what smells gross? How am I going to know what these are?
2528 42FS9: raw beef
2529 IV: but raw beef can smell good if it is fresh, can't it?
2530 42MA7: when you're around people who are cooking it, it smells disgusting. Everyone was saying it
2531 smells disgusting
2532 42FA5: that's because they probably don't know how to cook
2533 IV: OK alright. Now some of the things you talked about is the appearance, so the appearance of
2534 your food is important to a lot of you. So, what do you mean by the appearance of your food affects
2535 your choice?
2536 42MH1: coz when you look at it, when you're processing it you think that something else might be
2537 better than it
2538 IV: so, you're looking at it visually and you go through the line as to what looks nice. So, what looks
2539 nice to you?
2540 42MH1: at school, at break time, you might get pizza because it looks nice
2541 IV: OK thank you 42MH1. What foods look good to you?
2542 42FS5: baguette
2543 IV: you like the baguette? what do you like about them
2544 42FS5: they put chili sauce in it at school.
2545 42FS9: it's the only chilli they use in all their food
2546 IV: would you like to see more chili in the food?
2547 42FS9: yeah
2548 42MH1: yeah
2549 42FS5: yeah
2550 42FH7: yeah
2551 IV: do you have a school council?
2552 All: yeah
2553 IV: have you fed this into about what you want in school
2554 42FA5: no because I don't think they will allow us
2555 IV: but surely that's the point of a school council to get you to eat food that is good for you and
2556 nutritious that you want to eat that's the whole point of the school council? Am I losing the plot?
2557 42FS5: maybe we bring it up
2558 IV: would you eat more food if you had your say and could apply more of your culture to it?
2559 All: yeah

2560 IV: unanimous yeas OK interesting. So, let's go back to appearance so we like baguettes because
2561 they have chilli in them did, I get that right? chili what? flakes?
2562 42FS5: sauce
2563 IV: what else appearance wise does everyone like?
2564 42MA7: the overall view of it
2565 IV: OK what do you mean by that? What draws you to choose something?
2566 42MA7: if I can see something like a pizza for example, I like the stuff like the tomatoes and all the
2567 green stuff that's included sometimes. So, that if I'm ordering a pizza from Papa Johns for example
2568 it's like I would check what's in there and if I like what's in there, I will check the ingredients.
2569 IV: OK but you can't check the ingredients at school, can you?
2570 Unknown: No
2571 IV: but you can visually see the ingredients?
2572 42MA7: yeah
2573 42FH7: I think if the food does look appealing then I would go for it but if it doesn't look appealing
2574 then it's a no
2575 IV: so, what does an appealing food look to you?
2576 42FH7: it has to look nice
2577 IV: and what does nice look like to you? Is it sloppy, is it a slice?
2578 42FA5: it has to look like a cheese and onion pastry.
2579 42FH7: it has to look neat and presentable.
2580 42FA5: and it shouldn't or doesn't need to be green, non-vegetables
2581 IV: don't you like vegetables A5
2582 42FA5: not really
2583 IV: OK some of the things you have talked about is taste, appearance so one of the things I want to
2584 talk to you about is being hungry, some of you say when you're hungry this will affect and determine
2585 what you choose. So, if you're hungry and you're in school and you go to your school canteen what
2586 foods would you want to eat when you are really hungry?
2587 42MH6: baguette
2588 IV: why a baguette if you are really hungry?
2589 42MH6: because it fills you up
2590 IV: Is being full up important to you?
2591 42MH6: yeah
2592 IV: OK, what would you choose if you're really hungry
2593 42MA7: anything with a lot of chili in it, I'm being honest here

2594 IV: how do you know if it has chili in it. If its school food and they don't put chilli in it, we are back to
2595 square one where we don't have chilli in the food
2596 42MA7: sometimes the smell of it you can smell it
2597 IV: if you take the chili out, just for a moment, I know I am taking that away from your culture but if
2598 you went into the school canteen and it was what was on display for either breakfast, breaktime or
2599 lunch, and you're hungry what would you choose and why?
2600 42MA7: anything fattening
2601 IV: how do you know its fattening?
2602 42MA7: based on my opinion, so like I know chocolate is fattening
2603 IV: so, would you go for something sweet?
2604 42MA7: yeah
2605 IV: give me an example
2606 42MA7: starbursts, the sweets
2607 42MH1: I would get a big meal
2608 IV: so, a main meal?
2609 42MH1: yeah, or a meal deal
2610 IV: why would you go for that 42MH1?
2611 42MH1: you can get a drink with it and a muffin
2612 IV: so, a main meal, drink, and pudding
2613 42MH1: yeah, we call it a desert
2614 IV: OK check you. 42FS5 what would you go for?
2615 11MX1: a lot.
2616 IV: and why would you go for a full meal 42FS5?
2617 42FS5: because it is more filling than getting little snacks
2618 IV: thank you what about you 42FA5?
2619 42FA5: a full meal
2620 IV: and why would you go for a full meal?
2621 42FA5: because it's delicious and fills me up
2622 IV: OK and what about you 42FS9?
2623 42FS9: a jacket potato coz its warm and fills me up
2624 IV: OK thanks. And what about you 42FH7?
2625 42FH7: I would go for something that I know will fill me up as there's no point taking something that
2626 you know won't fill you up.

2627 IV: OK thank you. Right, I want to talk to you about price. What do you think about the price of the
2628 school meals here?
2629 42FA5: the price is too high, and the food isn't that nice so what's the points of putting the food up
2630 IV: what do you call a high price A5?
2631 42FA5: like food the baguette
2632 42FS5: the baguette is 1.50
2633 42FA5: take the 50 off
2634 42FA5: more like a pound
2635 IV: would you go to normal supermarkets (Waitrose, Lidl, Marks and Spencer, Coop and expect to
2636 pay that for a baguette?
2637 42MA7: you can go to Lidl and get the vegetarian healthy pizza slices for 60p
2638 IV: OK A7 how much is a pizza slice here?
2639 42FA5: 1 pound
2640 IV: but if its freshly made on site, with a homemade sauce and is that not better for your health is
2641 that not worth the extra 40p?
2642 42FH7, 42FS9, 42FA5: no because it's only tomato sauce and cheese and the slice is tiny, and the
2643 quality is not that good
2644 42MH6: it's more expensive, and the other shops its more
2645 better as it is giving it better quality, but the school prices are high, and the quality is not that high
2646 IV: what do others have to say on the price?
2647 42FH7: I would say that I understand why they would put the prices up but they give a less portion
2648 for a high portion, and sometimes it doesn't actually fill you up and you get a smaller portion and
2649 you're paying 2-3 pound for the whole meal together
2650 42FA5: when you want a full meal and sometimes, they have samosa, and they only give you one
2651 samosa on the plate and you're paying 2 pounds something for just a samosa.
2652 IV: surly a samosa comes with something. What are you getting a samosa with?
2653 42FA5: 4 or 5 chips on the plate
2654 42FH7: so sometimes when my friends when they buy a school lunch, they get 3 or 4 potatoes and a
2655 samosa that's it and a drink and they have to pay 2 or 3 pound something just for that which isn't
2656 ideal
2657 42FS9: that's not right
2658 42MA7: say if you were going to buy a muffin but not just a muffin the unhealthy stuff is very cheap,
2659 and the healthy stuff is very expensive
2660 IV: OK 42MA7 so if it was the other way around would that make you eat better food through price?

2661 42MA7: yeah, because you would be paying less for better food
2662 IV: anyone else want to say anything on price?
2663 42MH1: also, when there's a price lift and you don't have enough in your account, so you top it up
2664 for a month the food there is not always what you want and sometimes the food runs out really
2665 quickly so at break time everyone always really rushes to the queue
2666 IV: so 42MH1 says the problem is price and time, so time affects what you eat?
2667 42MH1: yeah
2668 42MH6: if they put the price up, they should at least make the food nice
2669 IV: let's move onto time. Some of you have mentioned time affects what they choose to eat. How
2670 does time affect what you choose to eat?
2671 42FH7: you might just go for something small, like just as a quick snack
2672 IV: because of what?
2673 42FH7: because of time
2674 IV: OK and how long do you have?
2675 42FH7: break we have 20 minutes so let's say that's 15 minutes as you have to line up and
2676 everything and at lunch, we do have a lot of time, but sometimes the food that you might want
2677 might be finished so you just have to pick what is left
2678 IV: so, if that's the case, when food has run out. What runs out? Is it the main meals?
2679 42FH7: sometimes main meals and sometimes it could be the baguette or the pizza.
2680 42FS5: our lunch has changed now, so when I has the old lunch at 1:20 I would sometimes come
2681 later after doing revision or homework or maybe detention, and when they do come late it is not
2682 their fault, so the main meal and the hot food has gone
2683 IV: so, would you want to see more hot food S5 that's a general consensus is yes, that's interesting
2684 42MA7: in the morning, sometimes I arrive at 12 past and the tea, and the coffee have run out
2685 IV: so, the time affects what you choose. 42FH7 is saying it affects you because if there's no main
2686 meals then you have to have a sandwich 42FS9 how does it affect you in relation to time?
2687 42FS9: so, there's this procedure where you have to line up that takes up the majority of our lunch
2688 time, which is really annoying, and the food runs out and it just whatever is left over you have to
2689 choose from which I believe is not right as if you are paying for your food, you should have the right
2690 to choose from all the food
2691 IV: OK so 42FS9 what is the answer to the problem? So, you are all saying it is the queuing and then
2692 there's no food left so a lack of choice. So, if I put you in charge of this school what would you do?
2693 42FS9: make more portions so they do not run and perhaps I wouldn't let everyone go in, but I
2694 wouldn't take up their time

2695 42FS5: I don't really think the queue is the problem, as it is there for a reason and without it there
2696 would be chaos in my opinion. But if you just make more food or more hot food then even if they
2697 are late, they wouldn't run out of food

2698 42MH1: there should be more food counters so like that there can be more places that you can go
2699 to, so it is more convenient, and everyone doesn't go in one place

2700 IV: so, there are 2 service stations and a hatch outside, is that correct?

2701 Everyone: yeah

2702 IV: that means there are three service points, so you think there should be something else then?

2703 42MH1: yeah

2704 IV: serving hot food as well?

2705 42MH1: yeah

2706 42FH7: I think the whole point of us having queue is because if the children go in and there's a lot of
2707 chaos as children rush for their food because the food runs out that is why everyone rushes. So, if
2708 they make extra food or more food then maybe no one would have to like rush in, and everyone
2709 would actually line up and go in and get their food

2710 IV: OK alright that's interesting. So, do you think genders eat differently?

2711 42FH7: yeah

2712 IV: can you give me an example of what boys choose and can you give me an example of what
2713 women/girls choose?

2714 42FH7: girls would go and pick a hot meal, so the big meal, and boys would get a quick snack like
2715 pizza, baguette, muffin or drink and then they will just walk out

2716 IV: 42FS9 what do you think gender differences and food?

2717 42FS9: I think they kind of eat the same thing as it is open to everyone in the school, so it is probably
2718 what they prefer to choose from the canteen, so all depends on them

2719 IV: OK so you think it is the same.

2720 42FS9: yeah

2721 IV: OK no gender difference. 42FA5?

2722 42FA5: there is no gender difference

2723 42FS5: I don't think it's a gender difference I think it's more friends. What I might mean for friends is
2724 if most of your friends, so if you're in a group of 5 people and most of them are getting pizza and
2725 baguettes, you're not going to be the only one getting a main meal.

2726 IV: OK can I come back to that one as it is on my list. 42MA7 gender differences in food is there any?

2727 42MA7: yeah, so basically girls pick more healthier foods and boys pick more fatty foods.

2728 IV: really, interesting do you think that is true, so who do you think eats more fruits and vegetables
2729 girls or boys?
2730 42FA5: girls
2731 42FH7: boys
2732 42MA7: girls
2733 42FS5: both
2734 42MH6: girls
2735 42MH1: girls
2736 IV: boys do eat more fruits and vegetables statistically. But very interesting that you think the
2737 genders eat healthier 42MH1 and H6 gender differences?
2738 42MH6 are there are gender differences in the food eaten by boys and girls?
2739 42MH1: no difference
2740 42MH6: no difference
2741 IV: OK thank you. 42FS5 made an interesting comment about friends that if all her friends were
2742 eating a pizza or baguette she wouldn't go for a main meal. Does anyone else around this table think
2743 that peers or friendships have an impact on what you eat.
2744 42MH1: yes
2745 IV: OK so what sort of impact does it have on you?
2746 42MH1: peer pressure or something that like you don't want to feel left out or awkward out of the
2747 group
2748 IV: OK so you want to fit in and be the same. 42FS9 are you agreeing with 42MH1?
2749 42FS9: yeah, kind of. But then I would say uhm because they are all picking a snack, they might not
2750 wait for you and that might like affect you so you might not pick a big meal
2751 IV: thank you 42FS9. Anyone else agree with that?
2752 42FS5: it's not like they personally think it, it's like they decide together, like say we are going to do
2753 this so let's just quickly grab a snack then tomorrow we will get a meal. It's like togetherness.
2754 IV: OK alright.
2755 42FS5: it's not you're thinking separately.
2756 IV: so, you decide and plan as a team?
2757 42FS5: yeah, kind of
2758 IV: OK interesting thank you 42FS5. 42MA7 do you think peer pressure affects what you eat?
2759 42MA7: yeah
2760 IV: how, do you agree with 42FS5 on what it does to you?
2761 42MA7: yeah

2762 IV: OK thank you. 42FA5 what do you think?
2763 42FA5: I kind of disagree, because I have friends that if one person gets a hot meal and one gets a
2764 snack, we all agree that we wait for each other
2765 IV: OK, you have nice friends A unlike the rest of you (laughs). You are the only groups and I have
2766 interviewed 8 groups who says friends influence their food choices everyone else say no - so meal
2767 patterns do you ever miss a meal, breakfast lunch or dinner?
2768 42FS9: yes
2769 IV: on a regular basis?
2770 42FS9: no not a regular basis. When I think I am running late from somewhere where I need to be
2771 that I think is important I will just ...
2772 IV: OK alright but it's not a regular thing?
2773 42FS9: no or it will affect my health
2774 IV: 42MH1?
2775 42MH1: sometimes when I am playing football, I just forget
2776 IV: how do you forget it's my highlight of the day
2777 IV: 42FS5 do you ever miss a meal?
2778 42FS5: no
2779 42MA7: no
2780 42FH7: no
2781 42FA5: never
2782 42MH6: no
2783 IV: culture and you want spices and flavours, does anyone around the table like the food here
2784 because it is very different to what they serve at home?
2785 42FS5: I wouldn't want what my parents or my mum cooks at home, but I would like to try another
2786 culture instead
2787 IV: so, when I talk to other people, they don't like spending their money on something they do not
2788 like the taste of. So, if they bought in a new culture food here to try or have as lunch, would you buy
2789 it because you wouldn't know if you liked it?
2790 42MH1: not always. Let's say a friend had recommended it to you you, might get it, but you also
2791 don't know if it tastes nice or not
2792 42FS5: but that's when appearance comes in
2793 IV: so, what cultural foods would you like to see 42FS5?
2794 42FS5: not sure
2795 42FA5: you know how Chinese people eat ramen because it is nice and spicy.

2796 IV: so 42MA7 what do you think about this, people going for food that they know, that they are
2797 familiar with, that fills them up?
2798 42MA7: yeah, I think they should give samples, so if you're going from the food, they have now
2799 which is general bulk food, to other food, for example something that is very posh. They should at
2800 least give a few samples.
2801 IV: OK so have taster days, thank you
2802 42MH1: back to different cultures, for example when I went to Morocco the food there, there was
2803 one popular food called tagine, when my mum bought a few and bought it home and occasionally
2804 we have it at home.
2805 IV: and do you like it?
2806 42MH1: yeah
2807 IV: is it because you have tasted it and it has good flavour and you want to bring it into your family?
2808 42MH1: yeah
2809 IV: OK thank you for your time (explanation of the experiment and asking them to come back).