

Food and Drink purchased 'Through the School Gate'

Principal Investigator: Professor Wendy Wills, University of Hertfordshire

Tel: 01707 286380 Email: w.j.wills@herts.ac.uk

Guidelines for focus groups

Following on from the go-alongs and questionnaire and interviews with retailers, school staff and governors we will conduct focus groups or discussions within the school in both year 8 and year 9 to discuss some of our findings and further explore some issues/themes

To help begin the discussion we will have photos of some of the school dinners, the canteen, the areas where students eat during lunch time, the shops we have seen them visit before and after school and possibly an example of some of the foods we have seen them purchase or have noted from the questionnaire that are popular (e.g. cans of coke, chicken etc)

- **Pictures of:**
 - Meals and main food outlets frequented by young people
 - Areas within the school where students eat
 - Family meal
 - School meals
 - Young people eating out with friends
- 1. **Start with a question and comment about the questionnaires**
- 2. **Ask what they wish they could have or could change around their food environment and why**
 - a. **What would they eat for lunch/snacks/meals if they could choose?**
 - b. **Where would they eat their lunch if they could?**
 - i. **We are interested both in the physical environment (i.e. the school canteen) as well as the social environment (i.e. eating with friends)**
 - ii. **What effect does the food environment have on the students**
- 3. **Ask what they like and dislike in and out of school e.g. don't like school dinners; what they like regarding food offers around the school, give clues why they eat out. Don't like the meals they get given in school?**
- 4. **Talk about where we have seen lots of students visiting before/after school – ask what they think about these places, why do they go there? Would you like to be able to leave school at lunch time or are you happy with what you have?**
- 5. **Free school meals**
 - a. **Can talk about what we found in the questionnaire – make it generic e.g. some people mentioned that they thought FSM were a good/bad idea, what do you think?**
- 6. **Ask about the differences between what they eat with family and what they do with friends (in and out of school) – is there a difference between what they eat at home and at school? Is this because they are with friends/family? What do their parents think about what they eat?**