

**Food and Drink purchased 'Through the School Gate'**

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# Transcript

## School 4 Focus Group Year 9

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Transcribed by  
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**Duration: 0:50:33**

Interviewer: Different to the choices you would make outside of school, what you might buy on your way to school and other questions as well.  
Okay? There's no right or wrong answers.

So, I know these lights are a bit bright, very bright, but these are photos of your main canteen area and also the menu. So, your school's food environment, I want us to start thinking from that point, actually what's happening around food at your school.

So, I guess the first question is who purchases food here at school?  
Okay, so almost everyone. Everyone but one. Okay. All right, can you tell me how often you purchase food?

Respondent1: Every day.

Interviewer: Every day? Okay.

Respondent2: Every day.

Interviewer: Okay. What about other people?

Respondent3: Two or three times a week.

Interviewer: Two or three times a week. All right. Does anybody have any other answers or...? If you don't bring your food every day, do you bring a packed lunch the other days?

Respondent3: No, I don't.

Interviewer: Okay, so how do you, what do you eat on the days when you don't buy your food at school?

Respondent3: I eat when I get home.

Interviewer: You eat when you get home? Right, okay. And do you buy food on the way home or you eat at home?

Respondent3: I eat at home [inaudible 00:01:27].

Interviewer: Okay, and do you find that you get hungry through the day?

Respondent3: Yeah, sometimes.

Interviewer: Okay, all right. All right, so what do you normally purchase in school? So there seems to be a range of choices, what kinds of things do you eat in school? What do you like? Yes?

Respondent4: Drinks.

Interviewer: Drinks? What sort of drinks?

Respondent4: Water.

Interviewer: Water, all right. Do you have to purchase that or is water free?

Respondent4: You have to buy water.

Interviewer: Buy a bottle, okay. Yeah?

Respondent5: Usually get like a sandwich or something so I can take it out.

Interviewer: Okay, all right. Take it out of the canteen?

Respondent5: Yeah.

Interviewer: Right, so you can only take the packaged foods out of the canteen?

Respondent5: Yeah.

Interviewer: And what sort of sandwiches are there on offer?

Respondent5: Quite a few different ones. So, there's different sandwiches and there's baguettes and stuff like that.

Interviewer: Okay. What do other people choose?

Respondent6: I only buy drinks because there's not many options for me, for vegetarians.

Interviewer: Right, okay. So, there's not a lot of vegetarian options? Okay. And so, when you say that you buy things every day, that's mainly drinks?

Respondent6: Yeah.

Interviewer: So, you're not eating at school?

Respondent6: Not a lot.

Interviewer: Okay. And do you bring any food from home?

Respondent6: Sometimes.

Interviewer: Okay.

Interviewer2: What kind of things do you bring from home?

Respondent6: A sandwich.

Interviewer2: Okay.

Interviewer: What about others? Do others, what about the hot meals? Does anybody have those? Yeah?

Respondent7: [Inaudible 00:03:11].

Interviewer: Yeah, and what do you, how often would you have a hot meal?

Respondent7: Usually if the day's not hot.

Interviewer: Okay. All right, and what sorts of things do you like that they offer in the hot meal range?

Respondent7: I like the ones with a lot of meat in them.

Interviewer: You like the ones with a lot of meat in them, right, okay. What about others? What other food options are available to you that you like here at school? What about chip Fridays? Are they popular?

Respondent4: Yeah.

Interviewer: Yeah? Okay. What other things? What don't you like?

Respondent3: Most of the food is bad. It's not nice.

Interviewer: Oh, it's not nice? Right?

Respondent3: Like unseasoned.

Interviewer: Unseasoned? Okay. So, we have a seasoning problem? Okay, all right, so it's a bit bland?

Respondent3: Yeah.

Interviewer: Okay. Hot and cold?

Respondent3: Hot, just mostly hot.

Interviewer: Mostly hot, okay. What other things don't people like about the food?

Respondent8: Sometimes the hot food isn't actually hot.

Interviewer: Right.

Respondent9: Or they run out.

Interviewer: Or they run out? Okay. [Overspeaking 00:04:35].

Interviewer2: So not hot enough and it's running out?

Respondent5: I know that my friend says it's not worth it because it's too expensive.

Interviewer: Oh, price is an issue too.

Respondent5: Like a fruit pot costs £1.

Interviewer: Right. Okay, so how much would you spend, if you were to have like, sort of buy everything in one day, like how much would you spend? How much on average would you spend? Yeah?



Respondent6: £5.

Interviewer: £5. And would you buy food at your break and lunch, and breakfast club, or do you just choose?

Respondent4: Choose.

Interviewer: Choose.

Respondent3: Like if I buy food at break, I won't buy something at lunch because I won't be hungry.

Interviewer: You won't. Right, okay. All right. What other things can you say? What about, maybe we could stay with talking about the environment in the school for the moment, and these slides are going to jump around because this is going to, like Alex said, this is going to be quite a natural discussion so sometimes we're going to cover things in the slides earlier than we intended.

But what do you think about, saying that things have run out, what do you think about that? What...? Yes?

Respondent5: It's just really annoying because I remember my friends and I wanted to get an ice lolly but they were having them later so we thought we'd go out at lunch and it had run out.

Interviewer: Right, okay.

Respondent5: Like halfway through, so...

Interviewer: And what do you do if they've run out of what you want? What other options are there for you?

Respondent5: Not a lot. Just get something else.

Interviewer: Right. And what about the seating areas? So what options are there in terms of seating for you?

Respondent8: There's like a lot of space but it's always crowded because loads of people just sit there and don't really go.

Interviewer2: So, they sit there even when they've finished eating, you mean? Yes, they're still taking up space.

Respondent8: There aren't enough like seats for people to be there [inaudible 00:06:54] rubbish, you don't want to sit there.

Interviewer: Okay.

Interviewer2: Like cleanliness is a bit of an issue?

Respondent5: Sometimes, like a lot of the time there's food spread across the tables and it can be a bit, like [inaudible 00:07:08] no one wants to sit where the food is all across the table.

Interviewer2: Yeah.

Interviewer: If this, if I had a magic wand and I could change some of the things about the food that was available to you and that way it was made available to you at the school, what might those changes look like? What would you like to see?

Respondent3: Like the food tasting nice.

Interviewer: Okay, the food tastes nice, okay, so seasoning, yeah.

Respondent4: Different options.

Interviewer: Different options. What kinds of options?

Respondent4: [Inaudible 00:07:41].

Interviewer: So, you're a bit bored of the food that is there. Can you give me some suggestions about what you would like to eat? We'll come back to you. Yes?

Respondent5: I feel that one thing that stops a lot of people in the canteen is the queue, it's just really long and it takes quite a lot of lunchtime, it's all really shoving and then if you've got no lunch pass then you've got to wait for ages as well, so it's just...

Respondent8: Just the way it's like dished up in general, like they're really sloppy with it.

Interviewer: Okay.

Interviewer2: So, they don't present it in a nice way, they just sort of slap it on a plate and give it to you, and that puts you off? Okay, I understand that.

Interviewer: I'm going to hand over to you for a bit.

Interviewer2: Okay, I think one of the questions I wanted to revisit, who was it that was saying that they buy food at break, over here, yeah? And if you buy food at break then you don't eat at lunch because you're not hungry. What kind of food do you eat at break then?

Respondent3: Like chicken wraps, sausage rolls.

Interviewer2: Chicken wraps or...?

Respondent3: Sausage rolls.

Interviewer2: Sausage rolls, pizza. Yeah, anything else? What else do you eat at break? Yeah?

Respondent2: We've got like bacon rolls and stuff like that.

Interviewer2: Bacon rolls, yeah. Anything else? Okay, so they're quite, almost, they're quite carb heavy, aren't they? So, I suppose if you ate that at break then you wouldn't want lunch. Okay, and how many of you prefer to eat at break rather than lunch?

Interviewer: And why is that?

Interviewer2: A third of you.

Respondent7: Queue is like less long.

Interviewer2: Shorter queue, okay. Yeah? Any other reasons other than the queue? Do you prefer, do you think the food at break tastes nicer than the food at lunch?

Respondent3: Yeah.

Interviewer2: You do?

Respondent3: Yeah, the chicken wraps.

Interviewer2: I've heard a lot about these chicken wraps, I've heard that they're good.

Interviewer: We're definitely going to have to try the chicken wraps. Okay, well there seems to be some issues. So, there's not a lot of vegetarian options, there's a lot of people who want the same thing at the same time and the queues and the lines are quite stressful and it means the food runs out sometimes. The hot food isn't always hot and there's not really enough options, you would like to see more options. Is there anything else?

So, I know that you can't go outside the school for lunch, but some of the older members of the student body can. How do you feel about that? Is that something, is there enough options close by if you were able to go out for lunch that you would be interested in?

Respondent5: Well, it's sort of like a housing area so there aren't that many options unless you take the bus, but [inaudible 00:10:50] not that many options.

Respondent7: You could always go to [inaudible 00:10:55] because it's quite nearby.

Interviewer: Right, okay.

Interviewer2: You think you could walk there and get back in time? Get the bus?

Interviewer: Right, okay.

Respondent3: Like there's a place near our school that sells like Caribbean food, it's just like a 15-minute walk. The food is actually nice.

Interviewer: Right, so that's somewhere that you would like to go? All right, okay. So, if it were an option for you, so you feel like there are places around that you could go that give you other options. Okay.

All right, well we've covered some of these things. In terms of packed lunches, does anyone bring, or when you bring food from home, who brings food from home? So you've said that you bring a sandwich, you do that because of vegetarian options? Can you tell me, what would you bring from home?

Respondent9: Usually I bring like a sandwich, a packet of crisps and like a bottle of water.

Interviewer: Okay.

Respondent9: My mum buys like the big packs.

Interviewer: Right.

Respondent9: So, I just bring that because I know the queue is going to be long.

Interviewer: Okay, all right. Who else brings in food? What's the motivating factor behind bringing in food? So, we've talked about price too which is an issue, choices for your dietary needs and things like the lines.

Respondent5: I would say the queue [inaudible 00:12:32].

Interviewer: Yeah. What do other people think?

Respondent8: Like whenever you go to queue you get pushed and then the teacher, if they see that you got pushed or they think you're pushing they will send you right to the back, so it's quite annoying.

Interviewer: Right, okay. Okay.

Respondent5: Because they always say 'You're not going in until people stop pushing' and people aren't going to stop pushing because it takes absolutely ages for a few people to get in.

Interviewer: Okay.

Interviewer2: So, this side of the room, you never bring food from home?



Respondent3: No.

Interviewer2: No. Okay. Interesting boy-girl split on who brings food from home.

Interviewer: Yeah. Okay, this is a question that we're interested in too. So, there seems to be, I know that you can come on the tube or you can come on the bus, some of you might walk to school or be driven to school, there's lots of ways that you can come. Who buys food on the way to school or on the way home from school? Okay, quite a lot of you. All right, can we talk to each of you who does in turn, find out where you're going and what you're choosing.

Respondent1: After school I go to like Sainsbury's.

Interviewer: Sainsbury's. Okay.

Respondent1: I get a drink.

Interviewer: And what would you buy at Sainsbury's?

Respondent1: A drink, like crisps or doughnuts.

Interviewer: Okay, so doughnuts or crisps, and what sort of drink would you buy?

Respondent1: Kind of a big, big kind of bottle, like 500...

Interviewer: Yeah, like a soft drink?

Respondent1: Yeah.

Interviewer: Okay, all right. What else? Where else do people go? Is Sainsbury's the main ticket?

Respondent1: Yeah.

Interviewer: Yeah, Sainsbury's all right, we'll investigate this further in a minute. Yeah?

Respondent5: I go to the [inaudible 00:14:46] it's really near my house and just outside my stop, so if I get the bus back, just depends on how I feel, sometimes I'll get a doughnut or some crisps or something like that or sometimes I just have an apple or something if I'm not that hungry.

Interviewer: All right. And when the people who do buy it every day, or do buy food on the way to school or on the way home from school, would you do that every day or would it be...? Yeah, you would buy every day? Right, okay. All right, and what, where do, some other people have their hands up, other places, yeah?

Respondent7: I usually go to like Tesco because it's near my house.

Interviewer: Right.

Respondent7: And I go whenever I have money.

Interviewer: Right, okay. Yeah?

Respondent9: Yeah, it's kind of the same, depends on what I'm feeling to what I get.

Interviewer: Right, okay. So, what are some of the things that you might get?

Respondent9: Sometimes I might get a packet of cookies of something, sometimes I get like a pot of fruit.

Interviewer: Okay. All right, what about other people? Are you going to put your hand up? No? Okay, so it doesn't sound like there's, there's the Tesco and there's the Sainsbury's, and Sainsbury's is a clear favourite on this side of the room. What draws you to Sainsbury's? Is it that it's...? [Overspeaking 00:16:20]. Close to the train stations.

Respondent1: [Inaudible 00:16:27].

Respondent5: Like it's close to where people get off and it's cheaper to the alternatives, also it's quite big so it's got a lot of options, you can just go around.

Interviewer: Okay. What about price? Is price an issue?

Respondent3: No.

Interviewer: Pardon?

Respondent7: I think it's cheaper.

Interviewer: You think it's cheaper, yeah? [Overspeaking 00:16:52].

Respondent6: [Inaudible 00:16:55] want to get it cheaper.

Interviewer: Right, okay, so it tastes nicer and you think it's cheaper. What do other people think? So, you go every day, give us a menu, what does it look like?

Respondent7: I normally have money, so I don't buy something at school because I don't really like it. I will save it to get like cookies or chocolate, a drink and things.

Interviewer: Okay.

Respondent9: I think you just get like more for what you're paying. So, like in school a pot of fruit is like £1, then if you go to like Sainsbury's you can get like a bigger pot for £1.50, so there's just more for what you're paying for.

Interviewer: Oh, right, okay. Did you have your hand up? No? No. Okay, and who goes, what's the difference, it sounds like a lot of people are going on the way home rather than on the way to school. Who goes on the way to school to buy food? Yeah? What would you buy in the morning?

Respondent1: A drink.

Interviewer: A drink? Okay, what sort of drink?

Respondent1: An energy drink.

Interviewer: An energy drink, oh, right, the cornerstone of any nutritious breakfast. I'm joking.

Interviewer2: Is that going to change now?

Respondent1: Pardon?

Interviewer2: They've changed their policy recently about being over 16 to buy energy drinks, so has that affected, are you able to buy them still or does that change?

Respondent1: [Overspeaking 00:18:35] like a soft drink.

Interviewer2: Oh, like a fizzy drink, just a fizzy drink?

Interviewer: A fizzy drink.

Interviewer2: Yeah.

Interviewer: Okay.

Respondent5: Well, if I forget to have breakfast or I've not got the time then I'll just get something from Sainsbury's and buy a cereal bar or something for breakfast, but that doesn't usually happen, just sometimes.

Interviewer: Okay, so what I'm hearing though is that there is a variation in how much money you all have in terms of the money that you might be able to spend on food in a week, and so there are certain decisions that you need to make about value and what you think constitutes good value for money. And so, you do feel that the food is too

expensive at school. I guess maybe we could talk about free school meals. Shall we?

Interviewer2: Yeah.

Interviewer: Are you aware, so we raised this in the questionnaires today, we raised this question of free school meals. Everybody understands what that initiative is? Okay, so it's a government initiative to be able to make provisions available for students who come from families who might not have the money to be able to afford school meals and they basically make provisions for those meals to be available. And that is an initiative across schools in the UK.

Who was aware of that scheme before? All right, so quite a lot of you really were aware of it. Who wasn't aware of it before the questionnaire yesterday? Okay, and what are your thoughts, those of you who just heard, what are your thoughts generally about that scheme?

Respondent2: I don't really get it.

Interviewer: Sorry?

Respondent2: I don't really understand it.

Interviewer: Well I guess it's saying that everybody has the right, every student has the right to have access to food, at school, good nutritious food, so that they can, because that's also important for education, apart

from the fact that we all need to eat, it's important for education so that you can think and you can focus and you have energy.

But not everybody in the world has the same ability to be able to purchase food or to be from a family that is able to purchase good nutritious food or food at all, and so the government has agreed to actually provide funds to cover the cost of food for some people who need it, who are eligible for that scheme. What do you think about that?

Respondent2: I don't think it's fair.

Interviewer: You don't think it's fair? Can you tell me why?

Respondent2: Because some people like have free food and some people have to pay a lot, so basically, we're paying for their meals.

Interviewer: Okay, all right. Yeah?

Respondent5: I see the point but I think that if you, those are people who wouldn't get any food otherwise and it gets people education because they can't concentrate in school, so I think it's quite a good idea.  
[Overspeaking 00:21:55].

Respondent2: Not many people will spend their money on school food if they don't like it.



Interviewer: Yes, I take that point.

Interviewer2: It's not given as actual money though, necessarily.

Interviewer: No. There's an allowance that is made, it's not like people are given cash money. An allowance is made for students to be able to access food that they might not otherwise have. And I understand what you're saying, you're saying 'We pay and they don't pay, so that's not fair' but I guess the thing is that some people might be in a position to pay for their food that other people might not be, and that's not fair either, in a way. I mean I don't know, you tell me. What do you think? Yeah?

Respondent5: Well, I think, forgot what I was going to say, sorry.

Interviewer: That's all right, that's all right. Do other people have thoughts?

Respondent3: I do think it's good for people because you need to eat and some people don't get food outside of school, they need to get food somewhere.

Interviewer: Right, okay.

Respondent5: I know that [inaudible 00:23:11] they don't, but they can't spend, so it's a good idea because otherwise they wouldn't get the same

opportunity, even though it's only a school meal that doesn't taste very nice, but at least it's food, for them at least it's food.

Respondent9: I think it's quite good because say if like a single parent with five kids and they're working but they still can't afford it, like you're helping them out in a way that, you're helping them out. So, if they can't afford to feed their children you're still helping them out in a way that might not be very big but it is help.

Interviewer: Okay.

Respondent6: I think it does help but just not, they don't know everyone who doesn't have enough money, so it will just be like certain people but even though there's like other people.

Interviewer: I think that's a really good point, and I think that that's always the problem, isn't it? Is that certain people might meet certain eligibility criteria for schemes but other people might miss out because of whatever reason, and so it does become difficult.

When you, I mean we talked about hunger, maybe we can talk a little bit about hunger, because it seems like some of you eat regularly at school but not all of you do. Do you feel hungry, and how does hunger affect you? You're not eating.

Respondent3: Just I don't like the school food, but I don't mind because I'm not going to force myself to eat something I don't like, so I can really wait to get home.

Interviewer: You were nodding too. Is that why you, but you buy things at school too, don't you?

Respondent1: Not often. I'll wait until Sainsbury's.

Interviewer: Okay, all right. Holding yourself for Sainsbury's, yeah.

Respondent5: I can't speak for myself, but I know with my friends, they don't really eat lunch, like yesterday didn't eat breakfast or lunch, they got really grumpy but then they like [inaudible 00:25:23] after school they have a sandwich and they have dinner later, so I don't know, it does make you grumpy in yourself.

Interviewer: What about other people?

Respondent6: It just makes me quite sad.

Interviewer: It makes you sad?

Respondent6: Because I can't eat anything.

Interviewer: So, are there any vegetarian options available?

Respondent6: There are, but not like every day.

Interviewer: Okay, all right. And of the options that are available, are there any that you like?

Respondent6: Not most of them.

Interviewer: Not most of them? Okay.

Respondent9: The vegetarian options, they're always like jacket potatoes are quite cool and like pasta.

Respondent6: And cheese.

Respondent9: Yeah, pasta and cheese and like, they're just like, it's like jacket potato three times a week, they copy the schedule every week so it's like you just kind of get sick of the food that they're giving so you just don't eat it.

Interviewer: Okay, so variety is an issue, all right. What do you think on this side? Show me who buys food in school again here on this side? Okay, so you've said a lot about the good people at Sainsbury's, but not so much about what you said, you said there's some things that you don't like, but are there things that you do like that are offered at the school apart from chicken wraps?

Respondent3: Fish and chips.

Interviewer: Fish and chips? Okay. Yeah?

Respondent1: The chips.

Interviewer: The chips, okay. And the chips are limited to one day a week, aren't they, Friday? Okay, and is that a very popular item, do you think?

Respondent1: Yeah.

Interviewer: Okay. Yeah?

Respondent9: Like, you know with the free school meal system, I think that it's pointless if, because chips are quite popular, towards the end of lunch they run out so it's like, and they send people away from the line. So, if you're free school meals, I think it's quite pointless on those days if you go there and there's no food left because then like there's no point of people trying to help you out if there's nothing to get.

Interviewer: How long over a lunch hour, for example, would there be food available before it runs out?

Respondent9: It's like up until like one, like ten-minutes-to-one it runs out.

Interviewer: So, there would be ten minutes left of lunch? That would be...? No.

Respondent2: Half an hour for lunch.

Interviewer: Half an hour.

Respondent2: The canteen shuts at 1pm.

Interviewer: Okay, all right.

Respondent6: Sometimes they have loads of options first but then they don't make much of it so then there will still have food but they won't have the same options there were at first, so there's like not that much left, even before [inaudible 00:28:26].

Interviewer: Okay. I suppose I was just going to ask too is what affects the choices that you make. So, I mean you've talked about what you don't like, you know, if you don't like it then you're not going to make yourself eat something you don't like. If you're vegetarian and you don't feel like the options are palatable then you're not going to eat them.

But there's so many reasons that we make choices about food that are not just about hunger. So, what might some of the choices that you make be driven by?

Respondent5: How big the queue is and also sort of what mood I'm in, so what I'm in the mood for each day. [inaudible 0:29:10] If it's really hot I'm not going to buy a hot meal.

Interviewer: Okay, yeah, all good, practical reasons.

Respondent9: Yeah, I was going to say mood as well.

Interviewer: And what kinds of, can you talk to me, what do you mean? What does mood mean?

Respondent9: If I'm in a certain mood I'll crave like a certain thing. So, like say I wanted like chicken pasta then I would get chicken pasta. If I wanted like chips then I would get chips.

Interviewer: Right, okay.

Respondent3: I'll have food because if it doesn't look nice, they won't eat [inaudible 00:29:47].

Interviewer: So, you eat with your eyes?

Respondent3: Yeah.

Interviewer: You like a nice plate, plated up, Heston Blumenthal style? Okay, all right. So, you feel like it doesn't look very palatable?

Respondent3: It doesn't look disgusting, but it doesn't look the best.

Interviewer: Okay, all right.

Respondent6: If it doesn't look good then you're obviously not going to eat it because it doesn't look appetising.

Respondent5: I would say it would be mood for me, if I just had say a geography test or something I'm more likely to go for an iced bun or something like that than something that I'd usually have. Yeah.

Interviewer: All right, okay.

Interviewer2: Are any of you impacted by what your group of friends are doing? So, if they're bringing in packed lunches, do you want to bring a packed lunch so that you can sit with them? Does that affect the choices that you make?

Respondent5: I'd say yes because when my friends want to go outside then I'm not going to get a hot meal because I can take a sandwich out, because [inaudible 00:30:52] I really want to go here today, we need to do this, and sometimes we're allowed to have our lunch outside so I usually get a sandwich.



Interviewer2: So, like last week when the weather was nice everybody wanted to sit outside, you'd have got a sandwich because you could go sit outside rather than...? Okay, well that makes perfect sense. What about this side of the room, do you change your choices based on what your friends are doing, if they're playing football at break or...?

Respondent3: No, not really.

Interviewer2: No?

Interviewer: I think, yeah, that's a really interesting question, isn't it, too, about the choices that we make being influenced by our friends, because sometimes, I know sometimes if you're a girl you can sometimes feel anxious about your body and if someone is having a salad you feel like you have to have a salad even though you really want a cupcake, which is pretty much the story of my life. But, you know, it's interesting to think about, well, what role do our friends play in that? This is interesting when it comes to going outside of school too and buying things on the way to and from school.

Now, there seems to be a Sainsbury's fan club. If there's a Sainsbury's fan club, is there a social element do you think to going to Sainsbury's? I mean would you go on your own with a shopping trolley and a little shopping list, or would you go with a mate?

Respondent1: Go with a mate.

Interviewer: Okay. So, you always go in as a group? Okay. Yeah?

Respondent9: It depends what like, what time it is, because if it's after school my friends are getting the bus and then we'll be like 'Oh, are you going to Sainsbury's?' and we'll all just go in and have to go and you have to rush home for people who have to rush home.

I would say my food choices are based on my friends, whether I'd go in or not.

Interviewer: Okay, all right. So, you might not go in if it weren't for your friends. Okay, yeah?

Respondent5: I usually do just go in on my own because most of my friends get lifts and I do sometimes but sometimes I don't. Sometimes I just go and do a bit of shopping, but I always see people that I know with their group of friends, so I might say hi and then carry on with what I'm doing. So, a lot of people go with their friends.

Interviewer: Just from what Alex is saying, or what two of you were saying, I'm interested in what Alex is saying about your friends' influence on you, but sometimes there's, I don't know and I wonder if you can tell me whether or not there's any pressure around the things that you eat. Do you feel that your friends kind of, that there's any other key pressure around things to eat? Yes?

Respondent7: I don't feel that way, to be honest.

Interviewer: You don't?

Respondent7: No, because then like sometimes my friend will be eating like a salad or something and if I wanted chicken I would go for like chicken.

Interviewer: Yes?

Respondent9: That's what I feel. I feel like my friends don't really affect the way I eat. At the end of the day it's my body, it's not really their decision. What I eat, it's my decision. If I want to take care of my body in that way, if I want to put this, I might have carbs in my body one day, my friends don't really affect that choice.

Interviewer: Okay, great.

Respondent6: [Inaudible 00:34:25] different, but if my friends are being healthy then I probably will be healthy with her. But if she's eating junk food, I'll eat junk food with her. If she's eating junk food then like being healthy I don't really [inaudible 00:34:37].

Interviewer: Okay, all right. So, there is an element of kind of, you know, your friend is doing something and then you want to belong, yes.

Respondent5: I agree with that because like my friends don't really eat lunch, need to get out the hall so we can go, and they don't consciously affect it

but when they're not eating, I'm busy eating my sandwich and fruit, say, it does feel a bit, yeah.

Interviewer: Yeah? What does that mean?

Respondent5: I don't know, because it doesn't really impact my lunch, I used to notice that [inaudible 00:35:21] eating and it sort of feels like you're a bit like the odd one out because they're not really eating anything and you are. It's not like affecting my decision on whether I'm going to eat or not, it just makes you feel a certain way about it.

Interviewer: Okay. All right, thank you.

Respondent6: I agree, I think like I would still eat, but I still feel sort of self-conscious because I do get hungry, I do eat at lunch, some of my friends don't so I have to sort of be awkward.

Interviewer: Right.

Respondent9: Like if my friend was like all of a sudden wanted to become a vegetarian, then I would be like 'Yeah, we'll do it together' it doesn't affect like if I'm eating and then it doesn't affect whether I'm eating or not. Like if I get hungry then I'm going to eat, I'm not just going to like not eat something just because they're not, then I'm putting myself and my body under pressure for no reason.

Interviewer: Yeah. Yes?

Respondent10: Going back to the influencing thing, like if I'm [inaudible 00:36:26] my friends, we all like know what we're buying so like if someone is buying something on the train to like share it, if two people want a drink then they'll share a drink, share food with each other [inaudible 00:36:43]. If someone is already buying something, multiple people, they wouldn't necessarily get that. But if they wanted it, you can.

Interviewer: Okay. But there is that social element too then about sharing food, but sometimes you don't choose what it is that you're sharing. Is that sort of...?

Respondent1: Yeah.

Interviewer: Yeah? Other things from this side? No? Yeah?

Respondent5: I don't really know if this [inaudible 00:37:10] that much, but I remember one sports day, I don't really do sports that much so I was just sort of hanging out on the field, and if one of my friends brings a bag of sweets then I'm going to eat it with her, because it's sweets and we can all share it together. But if one of my friends brings, I don't know, something else that you can share that's a bit more healthy then they'll probably just eat it. It's not really as much of an inclusive thing to bring something healthy. Everyone sort of, in my friendship group at least, they want to contribute to these sorts

of things, they want [inaudible 00:37:45] a bit of a healthy snack as much, like on the days [inaudible 00:37:49].

Interviewer: Right. So, on this side, the girls were saying that there is and there isn't instances of being influenced, and you sort of started to talk about that too. Do you think it's different in your experience maybe as boys, you know, I mean in terms of what each other eats, is that just your personal decision and you're not moved by what other people do?

Respondent1: Yeah. [Overspeaking 00:38:20]. I think it's more like [inaudible 00:38:22].

Interviewer: Okay, all right. What about, you were going to say something? No?

Respondent4: Same.

Interviewer: Same sort of thing? Okay. I think...

Interviewer2: Have we covered...?

Interviewer: I think pretty much we have. This is one thing, and I mean just to say, you were talking about Sainsbury's, obviously you don't sit down in one of the aisles of Sainsbury's and just have a sandwich together and a chat, right? But are there other places, are there

other cafes or takeaway shops or anything like that where you can like sit after school or...?

Interviewer2: Someone said Starbucks.

Interviewer: Starbucks, ah, Starbucks. Let's talk about Starbucks. What happens at Starbucks? I mean I know what happens at Starbucks, but what happens?

Respondent7: You get your drink and you sit down and you talk to your friends.

Interviewer: All right, I walked into that, that was fair, yeah.

Respondent9: Like because most of the drinks are like quite cold, if it's like a cold day you're like sitting inside so you don't have to hold it, plus Starbucks have Wi-Fi, so like most people run out of data. It's just a place to sit and talk, just like that atmosphere.

Interviewer: That hangout vibe, okay. Yeah?

Respondent5: For me it's really different because generally [inaudible 00:39:59] go around the town on Saturdays so if we get dropped off somewhere or take the bus there, we will usually go to Starbucks and get something, but because we have a limited amount of time we will take it out and go to the shops and stuff like that if we want to do stuff.

Interviewer: Okay, so I guess maybe just kind of as a closing question, what roles does food, and we've started to talk about this, what role does food play in your social lives? How important is it to the way that you socialise with your friends?

Respondent1: Pretty important.

Interviewer: Pretty important. Why?

Respondent10: Because if like you don't eat something, you might not feel the best, like when you're talking to your friends you might not have as much energy. So, if you're eating something, that's it, you'll be more social, you'll be more [inaudible 00:40:59] less tired and drowsy.

Interviewer: Okay, so it's fuel to energise you for socialising, okay. Yes?

Respondent5: It can have an impact because if you have an argument it's usually after lunch when my friends are hungry and sort of not [inaudible 00:41:24] sit down, get up and do stuff. There is a bit of a clash if one friend eats something, it can sort of, I don't know, haven't got that [inaudible 00:41:38].

Respondent9: I don't know if it's like really relevant, but my, at home my mum eats pretty healthy, sometimes like if I invite a friend round I feel awkward, like embarrassed, if it's a friend who doesn't usually eat that.



Interviewer: What, because it's not fun food?

Respondent9: Yeah.

Interviewer: Right, okay. [Inaudible 00:41:57]. Okay, so food might be something that people judge you on or you feel that way. Okay.

Respondent3: If you're out with your friends and you want to go to one place and like stay together to eat, [inaudible 00:42:11].

Interviewer: If you all sit down together.

Respondent7: Going back to [inaudible 00:42:16] point, when I invite my friends round, because I'm from Russia so we have like different kinds of cultural food, so if I invite my friends round they always ask me 'What's that? How do you eat that?' because they think it's disgusting or something. So, it kind of makes you feel a bit self-conscious.

Interviewer: Right, okay. And does that change the way that you might have friends over to your house? Does that change...?

Respondent7: A little bit, but not a lot.

Interviewer: Okay.

Respondent9: Like the same with me, because I'm from the Caribbean my mum likes to put like spice in stuff and so when my friends eat it they find it like spicy and so like there's certain things you can't cook because they don't eat it or they find it disgusting or they find it spicy.

Interviewer: Okay, all right.

Respondent5: With me, I sort of agree with the last point, sort of sometimes my dad will want to make it quite interesting and he's quite adventurous with stuff you can put in your food, like last night we had a salad and it had like almonds in and stuff like that, random stuff you'd put in to finish everything up, and sometimes my friends can think, my friends can be 'Your dad is a bit weird, isn't he?' and stuff like that. Which I think is reasonable, but it can sometimes, like not affect it in a bad way, it's just quite funny.

Interviewer: Yeah, because we all eat differently, don't we? You were going to say something?

Respondent9: [Inaudible 00:43:50] most of my friends, like I'm from the Caribbean as well as African, I've got like one friend who is English, in a way, when she comes round my house we don't really cook, we go to McDonald's or something. I feel in a way if she is going to be like 'Oh, that's too spicy' or something, it's like we can't change that for her, so it makes sense if we just go and eat somewhere else.

Interviewer: But that is so interesting what you said too, is that, you know, your friend is English and instead of being able to feel comfortable with her sharing food from your cultural heritage, go to McDonald's. It's like that's interesting that we kind of associate particular kinds of things with particular kinds of backgrounds as well.

So, yeah, I mean because I'm half Egyptian and I know that like, I remember some of the things that my dad used to cook when I was a kid, yeah, you probably wouldn't feel comfortable giving to, you know, Mary Jane who lived down the road. So, I know what you're talking about, but it is interesting, isn't it, how it affects that.

Does anybody else have anything to say about that before we...?

Interviewer2: No, okay.

Interviewer3: Have you asked any questions about finance?

Interviewer: We have asked about money, yes.

Interviewer3: I missed that.

Interviewer: But yeah, we may as well just ask one more time. So actually, there was one question about finance that I wanted to ask, some of you say that you're looking for value for money but you need to make a decision between where and when you spend your money in terms of how many times a day you buy food, but I'm interested, do your

parents take an interest in money that you spend on food? Do they want to know about it?

Respondent9: Mine do, mine like take an interest in like how much I spend on like junk food, how much I spend on it, how much, like what's the ratio of junk food, what's like fruit and healthy stuff.

Interviewer: Okay, and do you, and you have to give them that information? Do you have like a cap on how much money you've got to spend in a week?

Respondent7: Yeah, usually if I go to Sainsbury's I don't spend more than something like £2 and I just like keep the rest of the money for topping up my thing or buying fruit or just like another day.

Interviewer: Okay, great.

Respondent2: My mum doesn't really mind how much money I spend on food as long as it's like not towards junk food and it's something healthy. She usually asks me [inaudible 00:47:00].

Interviewer: It's hard to answer that, isn't it? Yeah?

Respondent9: My parents won't really give me money for food, they put it on my Oyster Card, but I'll like take a few coins for myself and spend it on food. But they won't really ask about it because they would ask the

question like 'So you put the money on your Oyster Card?' and I'll be like 'Yeah' but I wouldn't really tell them I used a little myself.

Interviewer: All right, working the angles.

Respondent6: At school my parents don't really care like how much I spend [inaudible 00:47:43].

Interviewer: Okay. And is that something that they check by looking at what you've bought at school?

Respondent6: Not like every day, but my mum does [inaudible 00:47:53].

Interviewer: She'll have a look.

Respondent6: But not like regular.

Interviewer: Right, okay.

Respondent5: My dad, he does check when he tops up my, what I've been spending it on, because that's his money that he puts onto my account so he wants me to spend that wisely and that I'm putting the stuff that...

Interviewer: But over and above what you would spend at school on your card, would you tell your parents about what it is that you would buy in a supermarket, your doughnuts and your crisps or whatever?

Respondent5: I mean I tell him, but outside of school it's my money that I spend so I tend to be quite careful with it anyway, I don't get that much pocket money so I save it over time and like only occasionally take some out to spend on a doughnut or something like that. I do tell my dad, but he doesn't really mind what I spend it on, because that's my money to spend, it's my choice.

Interviewer: Okay.

Respondent3: My mum doesn't like me spending money on junk food at all, she doesn't mind [inaudible 00:48:53]. She would prefer me spending £10 on good food than on McDonald's, because it will fill me up [inaudible 00:49:00].

Interviewer: Okay, great, thank you. Yes? Last...

Respondent9: When I buy stuff, I shop, I usually get home with it, so my mum sees it and she usually like figures out around a price because it will always be like [inaudible 00:49:19] a deal where it's like less or it's two for this amount of money. So, like she always knows around about how much money I've spent.

Interviewer: Do the promotions at Sainsbury's appeal to you or is it something that you look for or do you just buy what you want?

Respondent1: Look for promotions.

Interviewer: You do look for promotions? All right, you're a savvy shopper, all right. Anyone else a promotional shopper?

Respondent7: Like I'll look for promotions but sometimes like I'll be like 'I want to get this so I'll get it' even though there is something else cheaper.

Interviewer: Okay, all right. Last point.

Respondent5: What do you mean by [inaudible 00:49:58]?

Interviewer: So if they, say a two-for-one deal or, you know, £4 for seven roast chickens, which would never happen, but something like that. So those kinds of promotions, or get a drink and you get like a...

Interviewer2: Like a meal deal or something.

Interviewer: [Overspeaking 00:50:15] or something like that. All right? Thank you so much. I really enjoyed this conversation, thank you all for participating and answering all our questions and yes, go forth into the world with happiness. Thank you. END OF AUDIO