

Introduction

Thank you for coming along today. I work at Bristol University and I have come to ask you what about healthy lifestyles, so what types of food and drink are healthy as well as what kind of activities will help keep you healthy. Today we are doing what is called a focus group, which is like a discussion. It isn't a test and there are no right or wrong answers. I just want to hear what you think. It is important that you are honest and tell me what you think even if it is different from what the other children are saying.

Confidentiality and ground rules:

Your parents/carers have said that they are happy for you to do this. Please can you also write your name on this form to say that you are happy to take part?

If it is ok with everyone I am going to record the discussion so that I can remember what we have said but no one else will hear the recording. We are doing this in several other schools and we will listen to what all the children are saying. We will use this information to help us change the project. We won't use your names but will say that 'a child' or 'children' said this.

We're going to have a discussion together but please try to wait until someone else has finished talking to that I can hear what everyone has to say. We want all of you to take part. Some children may say something you don't agree with and we need to respect each other's views. Please keep private what the other children say.

Are there any questions?

Here is a sticky label. Please write your name on it and put it on your jumper.

We will then go round the group and I would like you to say your name and what your favourite subject is at school, your favourite food and your favourite activity.

Probe: Discuss some of their choices in more detail

- Easy/ hard to eat these things
- Easy/hard to do these things
- Possibility for change
- Easy/hard to change
- Why change

General healthy lifestyle questions

1. If you wanted to be healthy what sort of things do you need to do?

Probe: More detail

- Anything else?
- Diet/nutrition, exercise/PA, sedentary
- Discussed with others- parents/carers, siblings, friends etc.

2. How easy or hard do you think that might be to make these changes?

Probe: More detail

3. Have any of you changed what you eat/activities that you do since the beginning of year 5?

Probe: More detail inc why

- Involvement of others- parents/carers, siblings, friends

Learning about healthy lifestyles at school

4. Have you ever done any lessons about being healthy at school?

Probe: More detail

- Diet/nutrition health promotion
- Exercise/PA health promotion
- Like/dislike/improvements
- Other health related time/activities at school
- e.g. breakfast club, PE club, sports teams, assembly, break/lunch times, after school club, homework

5. Did anything you learnt at school make you change how much exercise you do or not? Or your diet?

Probe: More detail

- Diet/nutrition health promotion
- Exercise/PA health promotion
- Involvement of others- parents/carers, siblings, friends etc.
- Help or stop making changes

Homeworks/parental involvement

6. When you were learning about being healthy at school, did you talk with anybody at home about what you were doing?

Probe: Parents/carers specifically

- Homeworks- parents involved
- Good/bad things about parental involvement

Other areas

7. Do any of you remember being asked to wear a little red box on a belt? It is used to measure how much activity you do and is called an accelerometer.

Probe: Thoughts/feelings about wearing

- Likes/dislikes

That's all the questions we have for you today. You have helped us a lot.

I'm just going to summarise what we've talked about...

Is there anything else you'd like to tell us about the things we talked about today?

Do you have any questions for me?

Thank you very much for your time and attention. We appreciate you sharing your thoughts and opinions with us!