Questions:

How are you doing, I’m Luke, thank you for agreeing to this interview.

A quick recap on the consent form, you can withdraw at any moments with no consequences, all data collected from this interview will be transcribed and made anonymous, once transcribed the video will be destroyed. Before the video is transcribed it will be held on the onedrive for storage. With that out of the way, do you have any questions for me?

Starter:

* What did you have breakfast today?
* Did you know this was going to be your breakfast this morning or did you decide when preparing?

Transition to main questions:

* Have you noticed a change in your eating habits since becoming an adult or moving out? - could you perhaps give a reason as to why?

Main question:

* What does the word sustainable mean to you? – this is the definition given by national geographic, “Sustainability is the practice of using natural resources responsibly today, so they are available for future generations tomorrow.**” –** hearing this, do you think this fits with your answer?
* Could you give an example of a sustainable piece of food?
* What factors would you say affect your decision when making food?
* What do you think would push you to eat sustainably more often?
* Do you believe you have a good understanding of what makes a healthy & balanced meal?
* Currently in society do you believe there is enough awareness around sustainable & healthy eating?

Transition to ending:

* After talking and answering these questions, do you have any opinions or thoughts on the matter you would like to share?

Ending:

Thank you for your time and have a lovely day.