Questions:

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

Brief overview of the research and the purpose of the interview

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.