

11. What do you think could help you make healthier choices?
12. Are there any information or health advice that you find difficult to use in everyday life?
13. Do you eat all 5 a day?
 - a) why/why not?
 - b) Do you know what 5 a day actually looks like? (1 portion is 100g)

Part 3 - Activity Levels:

14. What are your family's activity level like?
15. Are you active together as a family?
16. Do you think increasing the activity level or eating more healthy is more important?
17. Do you use any tools to monitor your activity levels?
 - a) Tools can be apps, journals, websites, wearables, gym membership, gym classes, running groups etc.

Part 4 - Food Waste:

18. What are your thoughts regarding food waste?
 - a) Do you end up wasting food?
 - b) What are the reasons why you/why you don't sometimes waste food?
21. How often do you go to the grocery store?
22. Have you actively tried to reduce food waste?