

Semi Structured Interview Questions:

Introduction:

The aim of this interview is to investigate the understanding and challenges young adults (in particular young parents) have regarding dietary requirements and activity levels for themselves and their children/future children. This information will be used to pinpoint what they find most challenging about making sure they eat healthy and provide their children with healthy, nutritious food. In addition to this I am interesting in hearing about your understanding of available information and guides regarding nutrition and whether you use any tools to help you.

Part 1 - current eating habits:

1. First I would like you to tell me about your food habits during a regular day:

- a) eat at specific time? b) Do you eat the same things for breakfast and lunch every day? c) Are most of your meals homemade? d) Do you make packed lunches for yourself and your children (if any)?

2. Are your children picky eaters, or are there some food groups they won't touch?

3. Do you find it difficult to plan what to have for dinner?

4. Who cooks at home? Do your children help sometimes?

5. Do you consider your family's diet to be healthy and balanced?

- a) Do you find it difficult to eat healthy?

6. Have you had concerns regarding what your children should or should not eat? Do you have any rules regarding this?

- a) Do you eat the same meals you serve your children?

7. Do you like cooking food?

8. In your opinion, why do you think sometimes families with young children find it difficult to eat healthy?

9. Did/do you have any concerns about becoming a parent and being responsible for furthering healthy habits to your children?

Part 2 - Have you tried to change your diet in the past or do you wish to change your diet?

If yes: what was your motivation for this change?

10. Have you ever used any tools to help you make these changes? Such as apps or website, schedules, plans, groups or forums to help you?