

Interview Protocol

The following interview protocol will be conducted with target users, consisting of High School Students (Year 7-12) and their working parents. Interviews will aim to evaluate current family eating habits and challenges, lunchbox behaviours and food choices as well as how parents navigate preparing lunches for the school day. Further questions into lunchbox examples and technological solutions will be asked to evaluate user goals and assist in determining key needs and considerations for a potential healthy lunchbox system design. As an extension, teachers may be interviewed to examine the relationship of school lunches and students' views of healthy eating from the eyes of a classroom teacher.

The following questions will be asked with a minimum of five target users:

High School Parent Questions:

Do you feel you eat relatively healthily as a family?

What about weekday lunches?

How would you describe your understanding of healthy eating and knowledge of nutritious food?

What prevents you from eating healthily?

Who is responsible for making sure everyone eats healthily?

Do you have any tools or methods to strive to eat healthier?

Do you or your family members struggle eating healthily? Are there certain foods that are avoided?

Have you or your family members ever tried eating healthier? What was effective?

For a typical work and school week, what do you and your family members usually eat?

Currently as a family, how do you go about planning and packing lunches for the school and work week?

How do you go about packing lunchboxes for the school day? What about for the work day?

What do you usually take to work for lunch? Do you find any struggles packing lunch?

How healthy do you feel the contents of the lunchboxes you pack are?

Have you ever tried meal planning for lunchboxes for the week? If so, how did you find it?

What prevents you from packing healthy lunchboxes?

What would encourage or assist you to pack healthier lunches?

Do you think it would be helpful to meal plan everyone's lunchboxes for the upcoming week?

Would you be interested in using a technological solution that assists in meal planning lunchboxes for the week, showing you key food groups to include for each day?

Would you feel motivated seeing how healthy your lunchbox plan is for the week and having key food groups to include?

How would you feel seeing a healthiness rating of your week's lunches compared to your family? Would this motivate you to pick healthier foods?

High School Student Questions:

What does healthy eating mean to you? What do you know about eating nutritious food?

Do you know what the main food groups are?

Do you feel you eat relatively healthily? What about the rest of your family?

What prevents you from eating healthy foods?

Do you want to eat healthier?

Do you struggle eating healthily? Are there certain foods that you avoid? What about for your school lunches?

What foods do you usually have in your school lunchbox?

Currently as a family, how do you go about planning and packing lunches for the school week? Do you pack your lunches or do your parents?

Do you choose what goes in your lunchbox? If so, why do you choose the foods you pick?

Do you find any challenges when it comes to packing your school lunchbox?

How healthy do you feel the contents of the lunchboxes you take to school are? What about your friends' lunchboxes?

Do you know what meal planning is? Have you ever tried meal planning for lunchboxes for the week? If so, how did you find it?

What prevents you from taking healthy lunchboxes?

What would encourage you to take healthier lunches?

Do you think it would be helpful to meal plan everyone's lunchboxes for the upcoming week?

Would you be interested in using a solution that helps in meal planning lunchboxes for the week, showing you key food groups to include for each day?

Would you feel motivated seeing how healthy your lunchbox plan is for the week and having key food groups to include?

How would you feel seeing a healthiness rating of your week's lunches compared to your family? Would this motivate you to pick healthier foods?

Teacher Questions:

What are some unhealthy lifestyle habits you observe amongst your students at school?

Do you see any impacts of unhealthy lifestyle habits at school?

What do you think of healthy lifestyle education?

What do you think of healthy lifestyle education?

How do you find the state of the lunchboxes students pack today? How healthy are they?

Do you feel your students understand what healthy eating means?

Do you see any impacts of unhealthy eating at school?

What do you think would encourage students to better understand healthy food choices and motivate them to bring healthier foods to school?