

## User Observations

Two key user observations were conducted with two families in a family-home setting to observe how parents and their children prepare lunches for the school and work day and to examine current perceptions of what it means to eat healthily. Observations consisting of examining a family (at least one working parent and one high school student child) were carried out on a weekday morning, just before the school and work day.

### Observation 1 - Family A

#### **One Working Parent + 2 High School Children (year 8, year 11)**

- During this observation, I sat to the side and watched this family get ready to leave for the school and work day.
- All three family members continually kept rushing to and from different areas in the house - the two children kept rushing to their rooms and back, bringing their backpacks and fixing their school uniform. An atmosphere of stress was felt.
- I observed the family after breakfast had been served and mainly focussed on how lunches were packed.
- The parent had all three lunchboxes on the bench open and ready to be filled.
- As the children were running to their rooms and back, I watched the parent go to the pantry and fill the lunchboxes with various packaged items - including popcorn, sugary fruit treats and lots of different fruit items.
- I observed that the fruit, grains and protein food groups were mostly covered - however, vegetable and dairy food groups were not filled - except for one of the student's lunchbox which included a babybel cheese and the parent's lunchbox which included some carrot sticks.
- Overall, all three family members were relatively stressed and in a rush. The parent packed the majority of all three lunchboxes and filled them with whatever was most convenient in the moment.
- The children only came up to add in some extra sweet treats such as some apricot bites or to fill up their water bottle.

## Observation 2 - Family B

### **One Working Parent + 1 High School Child (year 9)**

- During this observation, I found the experience to be less stressful than Observation 1.
- Both the parent and the child had more time than the last family and cooperated more to pack their lunches.
- To begin, the parent laid out most of the lunch items to be packed - this included some leftovers for their own work lunch as well as a sandwich for the student.
- Fruit was laid out and some cucumbers were sliced by the parent.
- The student began packing their own lunchbox using these laid out items and placing an ice pack at the end.
- Both lunchboxes were relatively healthy however did not include any dairy components - no yoghurt, milk or cheese snacks.