Thank you for volunteering for my research project. It will take about 15 minutes to go through these questions, if you need me to explain anything or repeat the question then please let me know.

**Section 1 – Demographics:**

Name:

Age:

Postcode (if known):

Sex:

**Section 2 – Background:**

1. What do you understand by the term ‘healthy eating’?

**Prompt – have you heard about eating a balanced diet? Is this something you consider important? Can you explain why?**

1. Are you interested in learning more about healthy eating?
2. Can you explain the reasons behind your answer to this (question 2)?
3. i) Have you ever used any resources to learn more about healthy eating? Yes/no

ii) If yes which resources have you used?

iii) What did you like or dislike about these resources?

**Section 3 – Format**:

1. Which of the following would you prefer as an option for learning about healthy eating?
2. App on your phone
3. Website
4. Paper based for example a leaflet or booklet (show prompt)
5. Interactive sessions at Streetsport for example games
6. TV adverts
7. Other

1. Can you explain why you chose (answer to question 1)
2. What apps are you currently using? If they need a prompt give examples including facebook, snapchat, Instagram, twitter.
3. What do you like about these apps?

**Section 4 – Content:**

1. How do you feel about setting healthy eating targets? If a prompt is required use examples such as swapping chocolate or crisps with fruit.
2. Food diaries can be used to look at what you eat. If you were to keep a food diary would you prefer a photographic food diary (show prompt) or a written food diary (show prompt).

**A photographic food diary means you take photos of the meals and snacks you eat and upload them onto a diary. The written diary would involve you writing down everything you eat.**

1. Please can you explain why you prefer (answer to question 2)?
2. How would you feel about having healthy eating reminders send to you? **Examples of reminders include text messages or pop ups on your phone.**

1. Would knowing what healthy foods a celebrity sports person eats motivate you to make healthier food choices?

**Prompt -** **For example Andy Murray or Lionel Messi (allow the participant the opportunity to name any potential role models).**

1. How would you feel about doing healthy eating quizzes as a way of learning more about healthy food options?
2. Food swaps are a good way to make healthier food choices. If you were to swap a fizzy drink, for example coke or Irn Bru, which of the following would you be most likely to choose? Use prompt
3. Half a portion of coke or Irn Bru
4. Diet coke or diet Irn Bru
5. Diluting juice
6. Water
7. Other (ask what other options they might choose)

1. If you were to swap a chocolate bar, for example a galaxy or mars bar, which of the following would you be most likely to choose? Use prompt
2. A smaller portion for example a snack size mars bar
3. A cereal bar
4. A piece of fruit
5. Other (ask what other options they might choose)

1. Out of the following, which would you be most interested in learning more about? You can pick as many or as few as you like.
2. Information on sugar and health
3. Health benefits of fruit and vegetables
4. Ways to increase fruit and vegetable consumption
5. Making healthy food choices at lunch time
6. Energy balance and weight
7. How eating effects your teeth
8. How to keep a food diary
9. Other

**Section 5 – Barriers and facilitators:**

1. Is there anything specific that would stop you using a healthy eating resource?
2. Can you explain why?

1. Can you describe anything that could potentially encourage or motivate you to using a healthy eating tool?

**Prompt – looking good (good skin, healthy teeth), feeling good, weight loss, long term health benefits**

1. Can you explain why?

 **Section 6 – Participant input:**

1. Is there anything that we have not discussed that think is particularly important for a nutrition tool?
2. Why do you feel this would be important?

Thank you for taking the time to speak with me today. Your answers will remain confidential and you will not be named in the final report for this research. If you have any questions please let me know.