



RESEARCH HANDOUT: SESSION 1

Focus Group Guide for In-Class Exercise

“How you decide what food to eat”

Goal:

What factors influence teens’ daily food choices? **(Do not read to group.)**

Script:

Hi everyone.

Welcome and thanks for joining us today.

My name is [xxx] and these are [names] who will be helping me out today. I’m here to ask questions and guide the discussion, but you all will be doing most of the talking. We really want to hear what you have to say. Today, we’re going to talk about how you decide on the foods and drinks you have each day and where you get them from.

It’s important to know that there are no right or wrong or weird answers. Everyone’s experiences and opinions are important to us so we ask you to speak up. I may call on you if I haven’t heard from you in a while. Also, you may not agree with what others are saying, but we want to hear what everyone has to say. You also have no obligation to stay for the entire session. To make sure we finish on time, I may have to move us on to different topics, or give someone else time to talk.

We will also record our discussion to make sure that we remember all of the great information you share. But everything you say here will be confidential, so no one outside of this room will know what you said.

Does anyone have questions?

Ok, let’s get started.

Questions:

What are some of your favorite foods?

How often do you eat them?

What types of snack foods do you like best?

Where do you usually get snacks? Different on weekdays than weekends?

How do you feel about the food options in your house?

Is what you like available or would you like to have something else?

At home, how do you choose what to eat when you need to pick something out yourself?

What things/factors are important to you when you are choosing what to eat?

Do you have more choices over certain meals? Times of day?

How much input do you have in grocery shopping for the house?

Do you help make lists or go along shopping?

Some other way? How often do you get the things you want?

How would you describe your process of picking food to eat after school?

At home? Out?

How do you make meal choices when you are not with your parent/caregivers?

What motivates you toward certain foods?

Do you spend your own money on foods/snacks?

What makes your food choices different than your parent/guardians?

Different than siblings?

Different than friends at school or other kids?

If it was up to your parents or parent/caregivers, would you eat differently?

What would they like you to eat more of? Less of?

How much do your parents/caregivers know about what you eat or drink when you are not with them?

Is there anything you specifically don't tell them? Why?

Is there anything you wish was different about how you choose your food?

Is there anything else you'd like to share?