



GETTING STARTED:

YOUNG PEOPLE IDEAS SHEET

Question 4

Theme: food and drink

We want you to enjoy being part of the Trojan project as well as having the chance to tell people about your views on the food and drink that young people get at school or college.

Our theme has **four** different parts to it. You can tell us what you think any way you want to but some of our suggestions about what you can do are listed below.

This question is all about the food and drink that young people get at school or at college, and the places where you can eat and drink.

If you have left school you might still want to think about what was available when you were there. If you don't go to school at the moment think about what you and your friends would like to see happen when it comes to school meals and other ways that food or drink are available – like in breakfast clubs, or vending machines, or drinking water or tuck shops. You can answer as many parts of our questions as you like.

Part 1 is about what you can get: What do you think of the food and drinks that are available at school or at college – tell us good and bad things.

Part 2 is about where you eat: Where do you most like to eat during your school day or college day? Is it in school or college or somewhere else? What things affect your choice of where to eat? Tell us about your school or college dining rooms or canteens.

Part 3 is about free school meals: Some young people get free school meals but then don't take them. Why do you think this is? What could we do about it?

Part 4 is about healthier choices: The food and drinks available at school or college are supposed to be getting healthier, what do you think about that?

You can make your response individually or in a small group and it is helpful if we know your first name, age, gender and the Town or City you are from so that we can show where responses come from. You may also want to check the **Privacy Statement** on the website before you give your response.

A QUESTIONNAIRE about food and drink at school or college

You can print out a number of copies and go round your friends or other groups asking them their views and recording them on individual sheets. You could send us a summary of the views gathered, or if you get lots of replies and are not sure what to do with them, just send them all to us.

QUESTIONNAIRE

This is a questionnaire to find out young people's views on food and drinks available in school or college. We are keen to find out your views so would you mind answering the following questions? You can tick the circles.

Town or city where questionnaire used _____

Person answering was: male female age _____

What is the best thing about food and drinks in school?

What is the worst thing about food and drinks in school?

When it comes to food or drink what would you like to see available in your school/college?



You probably know that schools are encouraging healthier eating choices, tell us if you agree or not with these statements?

I eat healthily already

I agree I disagree

I would like to know more about what is healthy and what's not

I agree I disagree

Schools should help us find out more about healthier eating

I agree I disagree

The food available in our school/college is healthy enough

I agree I disagree

Schools shouldn't tell us what to eat

I agree I disagree

What do you think the best way to encourage young people to eat healthier would be?

Some time young people who can get free school dinners don't take them. Why do you think this is?

What could we do to encourage people who can get free school dinners to take them?

End of Questionnaire

WHAT'S ON THE MENU?

You can either fill in our menu card yourself or do it with a group of people together. To help you think about it imagine a new company has been invited into your organisation to provide food and drinks for everyone, they are doing some market research to find out what people really want:

Go round everyone in your group or ask yourself "What are your favourite things to eat and drink during the day?" make a list of everyone's favourites beside their name or initials

Get the group to decide or you can decide yourself what should be on the menu for both snacks and lunch, try to include something from everyone's list

Write up the menu and send it to us. Feel free to add pictures of people's favourite foods and drinks too.

Notes from any discussion will also be very useful so send them too.



MENU CARD

Breakfast club

Morning break

Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

	Breakfast club	Morning break	Lunch
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

MAKE A LIST OF THE TOP TEN THINGS WHICH SHOULD BE AVAILABLE TO EAT OR DRINK FOR SNACK OR LUNCH IN YOUR ORGANISATION

Top Ten things which should be available and say why

	ITEM	WHY
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Then make a list of the Top Ten things which should not be available and say why

	ITEM	WHY
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		