

# Supplementary file 1: Focus Group/interview Topic Guide for students

---

My name is XXX and this is my colleague XXX I am carrying out a focus group on behalf of XXX. We are working on a large European project to develop resources for 11-18 year olds on food safety, health and food hygiene and this focus group will help us to develop those resources, taking into consideration what you enjoy, what resources you already use and how you'd like to learn in the future. We would really value any points that you have to make about these topics and there are no right or wrong answers.

I would like to ask you questions about cooking at school and at home, and what you know about food safety and food hygiene. Although I'll be asking you questions, we'd really like you all to get involved in the discussion together and share your points with each other, just treat it as a normal conversation. It's absolutely fine if you change your mind and want to leave the focus group at any time, just let me know. All I ask is that you are respectful of other peoples' opinions and remember that any information shared by the other students is private and should not leave this room. Does that sound okay? Any questions so far?

The focus group will be recorded on tape and we will be taking a few notes as you talk. Please don't worry about us taking notes; we just want to make sure we note down correctly what's been discussed. Everything will be anonymised and we will take away any information such as names after typing it up. Are you happy to go ahead with the focus group?

So that I can get to know you all a little bit better, let's go around the room to start off with, introduce yourselves, give us your name, and as this focus group is on food, tell us what your favourite food is. *What is the weirdest food you have eaten?*

## **Section 1 - Behaviours at home and outside home (20 mins max)**

1. **\*\*Who cooks in the house? How often are you involved in the cooking at home?***(Skills, Social / Professional Role and Identity).*
  - How do others in the family get involved with cooking?
  - shopping
  - Putting food away in fridge, cupboard
2. **\*\*With whom did you learn to cook?** *(Skills, Knowledge)*
  - Family, School, Media
3. **What do you prefer to cook and why?** *(Beliefs about capabilities)*

4. **How do you find out about new recipes and food?** (*Environmental context and resources, Social Influence*)

- recipe book
- celebrity or TV chefs
- Videos, YouTube, social media
- cookery shows

5. **Do you ever eat out? Where?** (*Beliefs about consequences, Social Influence*)

- Concerned about eating in particular places? Why?
- street food, markets

6. **\*\*Do you ever cook outside home, for example your friend's house, school, camping, etc.)**

**Do you think you cook and handle food differently outside of the home? How?**  
(*Environmental context and resources*)

7. **\*\*Where do you think it is safer to cook?** (*Beliefs about consequences, Social Influence*)

- home?
- Is it different to how you would normally cook? Why?

8. **\*\* What hygiene rules do you use when you cook?** (*Skills, Beliefs about capabilities*)

9. **What things do you do to help make food safely?**

10. **Do you feel confident you can handle raw meat safely?**

- How would you handle raw meat?
- Problems with raw meat?

11. **\*\*What / who do you think has helped you form these hygiene rules?** (*Behavioural regulation, Social/Professional Role and Identity*)

12. **Do you do all of these things without thinking?**

- washing hands before preparing food
- storing foods in the right places
- looking at use by dates
- following cooking guidelines and instructions
- not cooking when you have D and V

13. **\*\* So you've got these particular hygiene rules, but have you ever been involved in cooking when you were sick?**

- cold, had stomach ache or flu etc.
- What illnesses stop you from helping out or cooking?

**Section 2: Education in your school on food safety, health and food poisoning (15 mins max)**

14. **\*\* In school, have you learned about handling and cooking food properly?** (*Knowledge*)

- Cooking temperatures and times?
- Food risks?
- Contamination
- health issues?
- Microbes, germs, food poisoning?)

**When? Which year? What course?**

15. **\*\*Can you tell me about your most memorable lesson?** (*Memory, attention and decision processes, Behavioural Regulation*).

- What important things did you learn from this lesson and why do you think it was important?
- Have these lessons affected your day-to-day routine?

16. **\*\*What topics do you enjoy learning about in your food lessons?** (*Memory, attention and decision processes, Environmental context and resources*)

- What do you not enjoy
- What did you learn?
- What activities did you carry out?

17. **What do you find difficult to understand in your lessons?** (*Knowledge*)

- What things do you find easy to understand?

18. **\*\*So why did you choose to study these food subjects?** (*Intentions, Goals*)

- Are you happy you chose these?

19. **How important do you think it is to learn about handling food properly and how to prevent food poisoning?** (*Beliefs about consequences*)

- Relevant to you?

20. **What would encourage you to study food safety and health?** *(Social influences)*

- Friends, family, media

21. **\*\*What aspects of food safety, health and food poisoning do you think are most important to learn about?** *(Beliefs about consequences)*

- Hand washing and personal hygiene
- Food choice (shopping and use by dates)
- food labelling
- food handling and how to prevent microbes spreading from raw meat/veg
- food washing (fruit and veg)
- food preparation
- cooking food properly (i.e. poultry)
- cooling food properly
- cross contamination (food-food, food-surface, food-cloths, food-kitchen equipment)
- Storing - food properly to prevent food poisoning
- Preparing and serving leftovers

22. **\*\* So can I have a show of hands, how many of you have a part-time job?**  
*(Social/Professional Role and Identity; Environmental context and resources).*

- Work experience?

**Does this at all involve working with or serving food, drinks or refreshments?**

- Training, refresher training?

**Section 3: A bit about you and your food hygiene and food poisoning knowledge (12 mins max)**

23. **\*\*In your own words what do you understand by 'food safety'?** *(Knowledge)*

- Talk about what comes to mind; there are no right or wrong answers
- If you were to give a definition to someone what would you say?

24. **\*\*In your own words what do you understand by 'food hygiene'?** *(Knowledge)*

- Talk about what comes to mind; there are no right or wrong answers
- If you were to give a definition to someone what would you say?

25. **Can you think of anything you have been taught as being 'good food hygiene' and 'bad food hygiene'?** *(Knowledge)*

- *personal hygiene, handling raw meat, food storage, food preparation, food handling.*

26. **\*\*What are your experiences, if any, of food poisoning?** (*Emotions, Memory, attention and decision making*)

- Have you ever been sick after eating food?
- What kind of food? When? Who? Where?
- What did it affect? Did you seek medical advice/got medical help?
- Changing routines? How, what? (*Knowledge through personal experience*)

27. **\*\*Do you have an idea of foods that are risky to eat?** (*Knowledge, Beliefs about consequences, Reinforcement*)

- Dangerous foods?
- How do deal with them, eggs, seafood, raw chicken, fruit and vegetables)

28. **\*\*And what foods do you consider less risky to eat?**

- What foods can you eat without getting worried?
- What foods do you associate with safety, cleanliness and that you can eat without any concerns...why?

29. **How would you go about reheating different foods safely, such as rice? Also chicken?**  
(*Knowledge, Beliefs about consequences*)

30. **What foods do you think are riskier to reheat compared to others?**

31. **\*\*What do you think causes food poisoning?** (*Knowledge*)

- Microbe, germs, bacteria, viruses

32. **\*\*Can you name some examples of bacteria that cause food poisoning?** (*Knowledge*)

- Salmonella, E. coli, Campylobacter

33. **\*\*Tell me about the consequences of food poisoning?** (*Knowledge, Beliefs about consequences*)

- hospital admission
- time off school
- may spread to everyone else in the household

34. **\*\*Do you ever worry about getting food poisoning?** (*Beliefs about consequences*)

**Section 4: School environment and resources (7 mins max)**

35. **\*\*Have you seen any hand washing or other food safety/hygiene posters around the school?** (*Environmental context and resources*)

- Are there any posters in the canteen for instance or in the kitchens used for classes?
- Have you carried out any handwashing activities that demonstrate how bacteria spread? e.g. shaking hands with glitter on hands

36. **Do you wear aprons in class whilst cooking?**

- Can you think of any other protective equipment you might wear /use?
- Do you take off jewellery and tie up long hair?

37. **\*\*What kinds of activities have you used to learn about food poisoning and food hygiene?** (*Environmental context and resources*)

- Have you played games online, used websites, worksheets, had class discussions, or interactive activities?

38. **\*\*What's your favourite way to learn? What activities do you prefer to use and learn from?** (*Environmental context and resources*)

- Videos, books, presentations, audio, animations, mobile apps, games, websites, YouTube.
- Would you like to learn about food issues/cooking/safety/health through these platforms?

39. **\*\*Where else have you learned about food hygiene and food poisoning? Have you learnt about food poisoning outside of school?** (*Environmental context and resources, Social/professional role and identity*)

- Have your parents taught you anything specific? Have you learnt anything from watching videos, TV, internet, clubs?

**That's all of our questions, do you have any comments or questions for us? Thank you very much for taking part.**

## Linked to the Theoretical Domains framework (TDF)

TDF domain	Questions
Knowledge	<p>What do you understand by the word food hygiene? Can you think of anything you have been taught as being 'good food hygiene' and 'bad food hygiene'?</p> <p>What do you think is meant by food safety?</p> <p>Tell me about the consequences of bad food hygiene (e.g. not washing hands) Probe – hospital admission, time off school, may spread to everyone else in the household</p>
Skills	
Memory, Attention and Decision Processes	<p>Can you remember any food hygiene or food safety lessons you have had in secondary school? What did you enjoy about them? What did you not enjoy? Does the topic interest you? Probe – What did you learn? What activities did you carry out?</p> <p>Tell me about the most important message(s) you can remember from any food hygiene or food safety lessons. Why do you think they are important? How much influence do you think they have had on your actions day-to-day?</p>
Behavioural Regulation	<p>Tell me about any food hygiene habits you have developed, and in what way do they influence you at school / home / work? What / who do you think played a role in you developing these habits? E.g. washing hands before preparing food, storing foods in the right places, looking at use by dates, following cooking guidelines and instructions</p> <p>Tell me about the most important message(s) you can remember from any food hygiene and food safety lessons. Why do you think they are important? How much influence do you think they have had on your actions day-to-day?</p> <p>Tell me about the washing facilities you have at school. How often would you wash your hands at school, and after which activities? E.g. do you wash your hands before meals, after using the toilet?</p>

Social Influences	What factors would encourage you to learn about food hygiene and food safety? How much do you think your friends or classmates would influence you, if they were studying the subject?
Environmental Context and Resources	<p>Can you remember any food hygiene or food safety lessons you have had in secondary school? What did you enjoy about them? What did you not enjoy? Does the topic interest you? Probe – What did you learn? What activities did you carry out?</p> <p>Tell me about the washing facilities you have at school. How often would you wash your hands at school, and after which activities? E.g. do you wash your hands before meals, after using the toilet?</p> <p>Are you aware of any food hygiene posters around the school? E.g. are there any posters in the canteen for instance, in the kitchens used for classes?</p> <p>What kinds of resources have you used to learn about food hygiene and food safety, for example in the classroom or at home? Probe - Have you played games online, used websites, worksheets, had class discussions, or interactive activities?</p> <p>What kinds of resources would you, as a student, like to see on the topic of food hygiene and food safety? E.g. interactive activities, worksheets, games.</p> <p>Do you have a part-time job? If yes, does this involve working in a food establishment, or serving food, drinks, or refreshments? What training have you had, if any, to help you carry out your role? Probe – What has the training involved? Do you need to carry out any refresher training?</p>
Social/Professional Role & Identity	Tell me about any food hygiene habits you have developed, and in what way do they influence you at school / home / work? What / who do you think played a role in you developing these

	<p>habits? E.g. washing hands before preparing food, storing foods in the right places, looking at use by dates, following cooking guidelines and instructions.</p> <p>Where do you think you should learn about food hygiene and food safety? Probe – at home, school, work, other?</p> <p>Have you learnt about food hygiene and food safety elsewhere? Probe – Have your parents taught you anything specific? Have you learnt anything from watching videos, TV, internet?</p> <p>Do you have a part-time job? If yes, does this involve working in a food establishment, or serving food, drinks, or refreshments? What training have you had, if any, to help you carry out your role? Probe – What has the training involved? Do you need to carry out any refresher training?</p>
Beliefs about Consequences	<p>Tell me about the consequences of bad food hygiene (e.g. not washing hands) Probe – hospital admission, time off school, may spread to everyone else in the household</p> <p>How important do you think it is to learn about food hygiene and food safety? Probe – Do you think this is relevant to you, how come?</p> <p>What aspects of food hygiene and food safety do you think are most important to learn about? (<i>Beliefs about consequences</i>) Probe</p> <ul style="list-style-type: none"> <li>- food storage</li> <li>- food handling</li> <li>- food preparation</li> <li>- food labelling etc.</li> <li>- hand washing</li> </ul>
Beliefs about Capabilities	
Intentions	What subjects are you taking at school? If you are studying about food hygiene or food safety, why have you chosen this subject?
Goals	What subjects are you taking at school? If you are studying about food hygiene or food safety, why have you chosen this subject?
Optimism	
Emotion	
Reinforcement	