

**Adolescent food choices
and preferences in Europe:
results from the HELENA
quantitative study**

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Adolescent food choices and preferences in Europe: Results from the HELENA quantitative study

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EXECUTIVE SUMMARY

As part of the HELENA (“Healthy Lifestyle in Europe by Nutrition in Adolescence”) project, research into adolescent food choices and preferences was undertaken and a purpose-built 'Food Choices and Preferences' (FCP) questionnaire was developed. The FCP questionnaire was administered to 3202 adolescents in 11 European cities (Athens, Dortmund, Ghent, Heraklion, Lille, Pécs, Rome, Stockholm, Vienna, Zaragoza, and Birmingham) as part of a large cross-sectional study with adolescents aged 12.5 to 17.5. The aims of the research were to quantify issues relating to adolescent food choices and preferences, and to examine demographic and geographic differences in attitudes and behaviours. The results presented in this report constitute an overall descriptive summary of the responses obtained from the FCP questionnaire.

Adolescents rated their overall level of agreement to a series of attitude statements. Overall, the statements which achieved the highest level of agreement were:

- I like the food my parents prepare at home (87% agreed to some degree)
- The taste of a food is very important to me (83.3%)
- I choose my own snacks (81.3%)
- I enjoy eating fruit and vegetables (74.8%)
- Food I eat at home is healthy (73.6%)
- I like the food I eat when I am out with my friends (73.5%)

Statements which achieved high levels of disagreement included:

- I tend to eat whatever my friends are eating (66.4% disagreed to some degree)
- Healthy foods do not fill me up (63.1%)
- I often try foods that I see advertised in the media (TV, magazines etc.) (59.1%)
- I have little choice over what I eat at home (58.9%)
- I often skip breakfast (54.5%)
- Most healthy foods do not taste very nice (53.2%)
- Food I eat when I am out with my friends is healthy (52.4%)

Differences between boys and girls were found for several attitude statements. Boys were more concerned with the taste of the food, and were more likely to agree that healthy foods tasted bad and did not fill them up. Girls were more likely to: be concerned about their weight, state that they would choose healthier options such as low fat or whole grain, and say that they enjoyed eating fruit and vegetables; despite this, the boys were more likely to say that their diet was healthy.

Overall, the most preferred snack foods were pizza (90.3% of adolescents expressed liking to some degree), pasta dishes (88.5%), fresh fruit (87.2%), chocolate/chocolate bars/ turó rudi (86.4%), French fries (85.9%), bread/toast (85.1%), sandwiches (84.2%), cookies (82.6%) and sweets (82.5%).

Overall, the most disliked snack foods were oatmeal/porridge (52.1% expressed disliking to some degree), dried fruits (45%) and meat based snacks such as meat sticks (40.1%).

When asked to select their main reason for snacking (single choice selection), 41.4% of adolescents selected 'I feel hungry', 11% selected 'I feel bored', 9.9% selected 'I need some energy', and 9.4% selected 'I'm craving something sweet e.g. cookies or chocolate'.

For boys, the top 3 reasons for snacking were hunger (46.2% selected), needing energy (11%), and boredom (8.3%). For girls, the top 3 reasons for snacking were hunger (37.2% selected), boredom (13.5%), and craving something sweet (11.2%). Girls were more likely than boys to say that they snacked out of boredom, stress and sadness.

Overall, the four most important influences on food choice across all meal occasions were 'how hungry you are', 'the taste of the food', 'your parents or guardian' and 'concerns for your health'. Parents were also considered to be the most trustworthy sources of information regarding healthy eating and lifestyle, followed by 'my doctor'.

Adolescence is a period when children start to gain more autonomy over their food choices. The adolescents in this sample expressed their independence, for example by disagreeing with the statement “I tend to eat whatever my friends are eating” and agreeing with the statement “I choose my own snacks”. Despite this, parents still exert an important influence on their children’s food choices, not only in the provision of meals and snacks, but also as an influential and trusted source of information regarding healthy eating and lifestyle. Schools also play a similar and equally important role in adolescent diet & health.

Although the adolescents expressed that they felt well informed about healthy eating, results from earlier focus groups suggest that information and possibly intervention are needed to make it easier for adolescents to learn how to put this knowledge into practice.

Finally, adolescents' food choices are clearly driven by both the taste of the food and feelings of hunger. The need for convenience, the fact that adolescents often feel hungry, and the perception that healthy foods won't fill them up, may all be contributing to unhealthy snacking. The development, provision and promotion of 'healthy' foods that appeal to adolescents (both from a sensory point of view, but also a marketing point of view) are therefore recommended.

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1 Introduction

1.1 Background: The HELENA Project

The HELENA (“Healthy Lifestyle in Europe by Nutrition in Adolescence”) study was a three-year project which started in May 2005, designed to assess the health status of adolescents in Europe and enhance their nutrition and lifestyle habits (De Henauw *et al.*, 2007; Moreno *et al.*, 2008a). Prior to this study, the health status of adolescents had not been evaluated at a European level using the same methodology in all countries. The HELENA project undertook this research by employing a ‘cross-sectional study’ in 11 European cities, with adolescents between the ages of 12.5 and 17.5. This has provided insights into adolescent dietary intake, body composition, metabolic profile, vitamin status, levels of physical fitness and physical activity, food choices and preferences, nutrition knowledge, and attitudes towards nutrition and physical activity.

In addition to the cross-sectional study, the HELENA project also:

- Developed and tested a web-based educational intervention tool, which provided adolescents with tailored individual advice regarding nutrition and physical activity (Lifestyle Education Intervention study);
- Investigated the impact of low glycaemic index products on physiological and behavioural responses in slightly overweight adolescents (Crossover Multi-Centre Study); and
- Developed new healthy foods targeted towards adolescents and tested their acceptance among adolescents in 5 European countries (Behaviour and Food study).

The study took place in 10 European countries and involved 26 partners from multiple sectors: 16 academic institutions, five food research institutes and five small- to medium-sized enterprises (SMEs).

1.2 Adolescent food choices

Many factors have been identified that affect young people’s food choices. These can include sensory characteristics, such as taste, appearance, texture and preferences, and non-sensory factors such as hunger, familiarity, family habits and feeding practices, peer pressure, schools and teachers, media and advertising, and product cost and availability (Gilbert and Durow, 2006).

Food choices and preferences play an important role in adolescent health. This is because an adolescent’s overall weight and health is influenced by what they like to eat, and therefore what they often choose to consume. In order to achieve positive changes in adolescents’ eating behaviour and lifestyle, knowledge is required regarding their preferences, habits and attitudes towards food choice and healthy eating. The HELENA 'Food Choices and Preferences' work package investigated these issues using both qualitative and quantitative cross-cultural consumer research, which complements and adds a ‘human element’ to the clinical results obtained within the HELENA cross-sectional study. This report relates to the second stage (quantitative research) of the Food Choices and Preferences study.

1.3 Development of the Food Choices and Preferences questionnaire

Focus groups were used to explore attitudes and issues of concern amongst adolescents regarding food choices, preferences, healthy eating and lifestyles. The focus groups were conducted in five European countries (Belgium, Hungary, Spain, Sweden and UK). A total of 44 focus groups with 304 adolescents took place where the groups were evenly divided by gender and age (13-14 and 15-16 years old). Topics of discussion included eating habits at various meal occasions; factors that influence food choice; favourite foods, healthy foods and traditional foods; healthy lifestyle and physical activity; sources of information for healthy eating and lifestyle; and exploration of ideas for new product development. Results of the European focus groups can be found in HELENA Deliverable 11.1 (Gilbert *et al.*, 2008).

The insights gained from the focus groups facilitated the development of a 'Food Choices and Preferences' (FCP) questionnaire (HELENA Deliverable 11.2, 2006; Gilbert *et al.*, 2009). This purpose-built FCP questionnaire was used to gather quantitative information from adolescents in 11 European cities (Athens, Dortmund, Ghent, Heraklion, Lille, Pécs, Rome, Stockholm, Vienna, Zaragoza, and Birmingham) as part of the HELENA cross-sectional study.

1.4 Aims

The aims of this research were:

- To quantify attitudes and behaviours of adolescents regarding food choice and preference
- To examine geographic and demographic differences within European adolescents

1.5 Scope

Results from earlier focus group research, conducted within the HELENA project, led to the development of a purpose-built Food Choices and Preferences (FCP) questionnaire. The FCP questionnaire was administered within the scope of the HELENA cross-sectional study, and gathered quantitative information on food choices and preferences from 3202 adolescents in 11 European cities (Athens, Dortmund, Ghent, Heraklion, Lille, Pécs, Rome, Stockholm, Vienna, Zaragoza, and Birmingham). Results of this quantitative survey are presented in this report.

The results presented in this report constitute an overall descriptive summary of the responses obtained from the Food Choices and Preferences questionnaire. The report is not intended to present a full statistical analysis of the results, as this will form part of future scientific publications.

2 Materials and Methods

2.1 Study design and sampling

Adolescents taking part in the HELENA cross-sectional study (HELENA-CSS) were asked to complete a Food Choices and Preference (FCP) questionnaire as part of the battery of assessments, tests and questionnaires included in the study.

The *full* HELENA-CSS (which included all of the clinical and physical tests, in addition to the FCP) took place in 10 European cities (Athens, Dortmund, Ghent, Heraklion, Lille, Pécs, Rome, Stockholm, Vienna and Zaragoza). Sampling of adolescents was done by randomly sampling classes within schools. Within each of the cities, 10 schools were randomly selected to take part in the study. Within each school, two classes were randomly chosen, representing two different age categories; then, every student in both classes was invited to take part in the study. The sampling of classes and schools was done following a random cluster sampling procedure, stratified for geographic location, age and socio-economic status (Moreno *et al.*, 2008b).

In addition to the 10 cities which took part in the full HELENA-CSS, the FCP questionnaire was also administered to a sample of adolescents from schools in Birmingham, UK. The adolescents in Birmingham only completed attitude questionnaires and did not take part in any of the clinical or physical tests. Selection of schools and classes in Birmingham followed the same random cluster sampling procedure that was used in the other 10 cities, and the same protocols for data collection were followed as for the HELENA-CSS.

The FCP questionnaire was administered on Day 1 (of 5) of data collection within the full HELENA study. In Birmingham, data collection took place in a single day; the FCP data were collected first, followed by a 'social-economic' questionnaire and then by an optional 'determinants of healthy eating' questionnaire.

2.2 Sample size and inclusion criteria

For the analysis of the Food Choices and Preferences data, the following inclusion criteria were applied:

- Only cases with valid age ranges were included (12.5 - 17.49)
- Only cases with 75% completed FCP questionnaire were included
- Only cases with non-missing gender information were included

These were the only inclusion criteria that were applied for the purpose of the analysis presented in this report. Once these filters were applied, the total number of subjects that were used in the analysis of the FCP data (as presented in this report, deliverable 11.3) was 3202.

2.3 Questionnaire and scales

The FCP questionnaire was developed within the scope of the HELENA project, using insights gained from focus groups with adolescents in five countries. The FCP questionnaire was divided into three sections:

Section 1: Your opinions about food choices, preferences, diet and health

- Investigates agreement/disagreement to a series of attitude statements regarding food choices, food choice behaviour, healthy eating and preferences.
- Investigates snacking behaviour during school days and weekends and explores reasons for snacking. Determines where adolescents receive or purchase their lunch during school days and how often they eat outside of school, for example at local shops or fast food restaurants.
- Determines which sources of information regarding healthy eating and lifestyle that adolescents feel are the most trustworthy.

Section 2: Choices and preferences of snack foods and drinks

- For a list of popular snack foods and drinks, identified from the results of the focus groups, adolescents rate:
 - how much they like each food and drink item in general (5-point hedonic scale).
 - how often they consume the drink, or eat the food as a snack (never, sometimes, often).
 - how healthy they perceive each food/drink item to be (5-point ‘healthiness’ scale).

Section 3: Important influences on food choices and preferences

- Adolescents rate a series of key influences on their food choices at various meal occasions (breakfast, main meal and snacks). Adolescents identify which is their main meal of the day and where they usually eat this main meal.

Questionnaires were translated and back-translated into each of the 9 other languages for use in each of the countries. The full version of the Food Choices and Preferences questionnaire (English version) is presented in Appendix I. The following demonstrates the scales used within the FCP and how they were coded.

Agreement/Disagreement scale:

Label	Code
Strongly agree	7
Moderately agree	6
Slightly agree	5
Neither agree nor disagree	4
Slightly disagree	3
Moderately disagree	2
Strongly disagree	1

Liking scale:

Label	Code
Like strongly	5
Like slightly	4
Neither like or dislike	3
Dislike slightly	2
Dislike strongly	1

Frequency scale:

Label	Code
Often	3
Sometimes	2
Never	1

Healthiness scale:

Label	Code
Very healthy	5
Slightly healthy	4
Neither healthy nor unhealthy	3
Slightly unhealthy	2
Very unhealthy	1

Influence scale:

Label	Code
Very strong influence	5
Strong influence	4
Moderate influence	3
Slight influence	2
No influence	1

2.4 Data analysis

Summary statistics were applied along with a breakdown of full counts and percentages per question, this was done overall and by age group, gender and centre (city). Because the objective of this report was to provide a general description of the results from the Food Choices and Preferences questionnaire, only limited statistical analyses have been applied. In particular, non-parametric tests were used to test for significant differences or associations between (selected) groups of responses:

Mann Whitney Test - Non-parametric test used to establish whether 2 samples of observations come from the same distribution (e.g. used to test for significant differences between boys and girls); analogous to an independent t-test.

Kruskal Wallace Test - Non-parametric test used to establish whether 3 or more samples of observations come from the same distribution (e.g. used to test for significant differences between age groups or cities); analogous to an one-way Analysis of Variance (ANOVA).

Cross-tabulations - Selected categorical variables were cross-tabulated and their associations were analysed using Pearson's Chi-Squared Test.

In addition, for some of the questions, **Principal Components Analysis (PCA)** was used to visualise and identify overall trends in the data. PCA is a multivariate data reduction technique which summarises the overall correlation/covariance captured in a set of data. The Correlation PCA was employed, which effectively standardises the data prior to computing the PCA.

3 Results

3.1 Characteristics of the sample of adolescents

In total, 3202 adolescents ('valid subjects') were included in the Food Choices and Preference (FCP) analysis. The number of subjects by gender, age and country/city are shown in Tables 1, 2 and 3.

Table 1. Number of cases by gender

Gender	Frequency	Percent
Male	1506	47.0
Female	1696	53.0
Total	3202	100.0

Table 2. Number of cases by age

Age	Frequency	Percent
Age between 12.5-13.99 years	978	30.5
Age between 14-14.99 years	841	26.3
Age between 15-15.99 years	765	23.9
Age between 16-17.49 years	618	19.3
Total	3202	100.0

Table 3. Number of cases by centre

Country	Frequency	Percent
Athens in Greece	290	9.1
Birmingham* in UK	247	7.7
Dortmund in Germany	338	10.6
Gent in Belgium	285	8.9
Heraklion in Crete	258	8.1
Lille in France	289	9
Pecs in Hungary	241	7.5
Rome in Italy	286	8.9
Stockholm in Sweden	292	9.1
Vienna in Austria	393	12.3
Zaragoza in Spain	283	8.8
Total	3202	100

* Only took part in the Food Choices and Preferences study

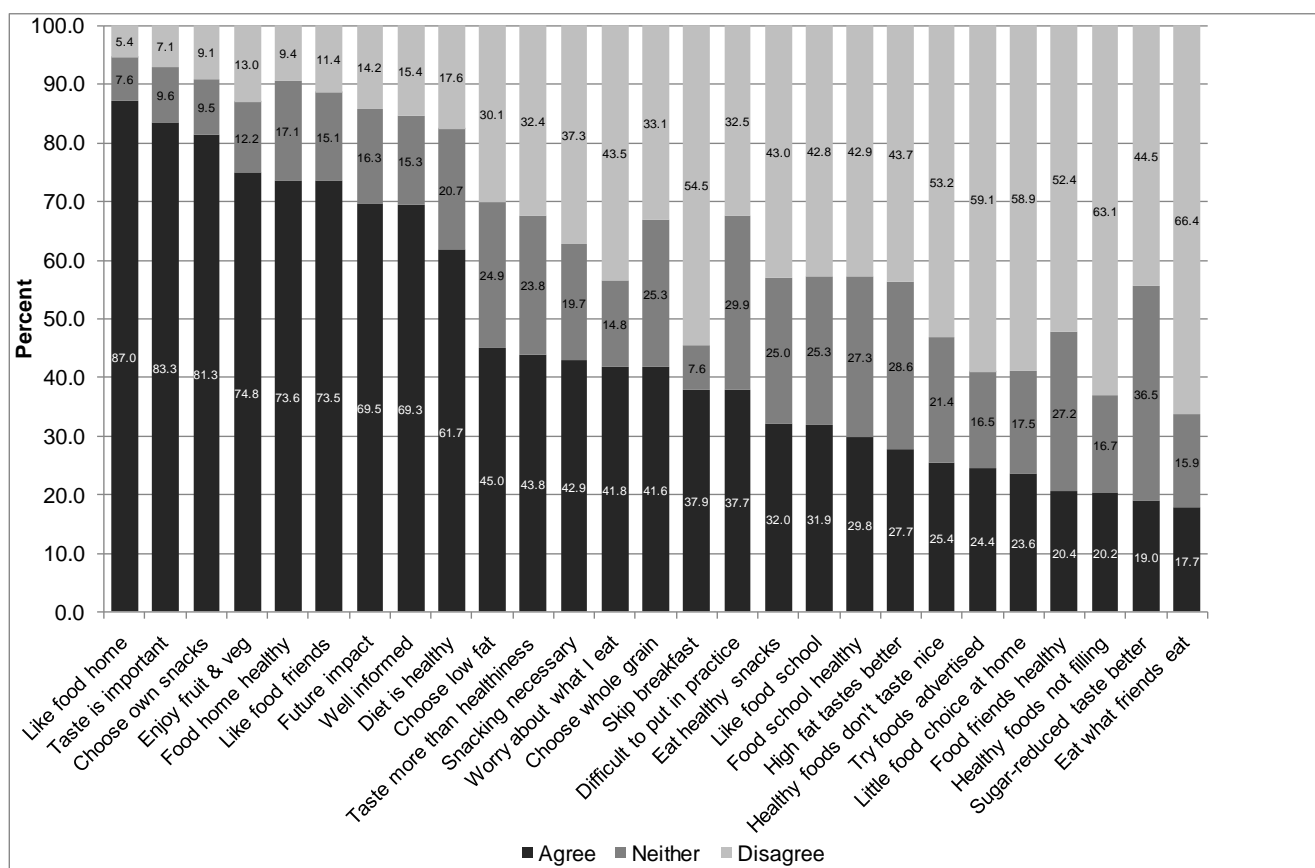
3.2 Section 1 - Opinions about food choices, preferences, diet & health

The full set of results for the questions in Section 1 can be found in Appendix II (tabulations and summary statistics for each question, shown for the overall sample, and also by age and by gender), and in Appendix V (tabulations and summary statistics for each question, shown by centre/city).

Results of Q1.1: Rate your level of agreement for each of the following statements

Figure 1 shows the summary of responses (collapsed percentages) to the statements presented in Q1.1, indicating the percentage of respondents who generally agreed, disagreed, or 'neither agreed nor disagreed' with each of the statements. For the full wording of each statement, please refer to the original questionnaire in Appendix I.

Figure 1. Q1.1 Overall levels of agreement/disagreement to 27 attitude statements



Overall, the statements which achieved the highest level of agreement were:

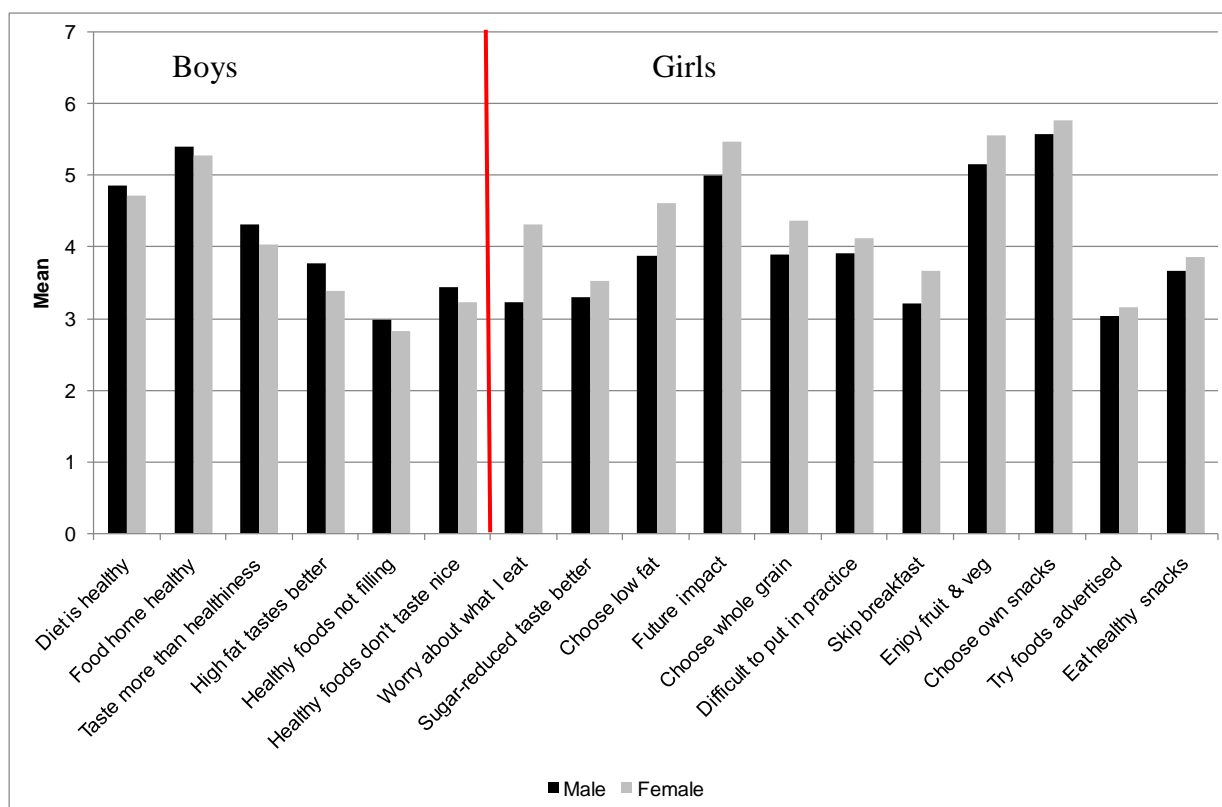
- I like the food my parents prepare at home (87% agreed to some degree)
- The taste of a food is very important to me (83.3%)
- I choose my own snacks (81.3%)
- I enjoy eating fruit and vegetables (74.8%)
- Food I eat at home is healthy (73.6%)
- I like the food I eat when I am out with my friends (73.5%)

Statements which achieved the highest levels of disagreement, overall, included:

- I tend to eat whatever my friends are eating (66.4% disagreed to some degree)
- Healthy foods do not fill me up (63.1%)
- I often try foods that I see advertised in the media (TV, magazines etc.) (59.1%)
- I have little choice over what I eat at home (58.9%)

Statements that exhibited significant ($p < 0.05$) gender differences are shown in Figure 2. For the full table of responses by gender and their significance, see Appendix II.

Figure 2. Q1.1 Statements with significant differences ($p<0.05$) in responses between gender



Girls showed significantly higher levels ($p<0.05$) of agreement to the following statements, compared to the boys:

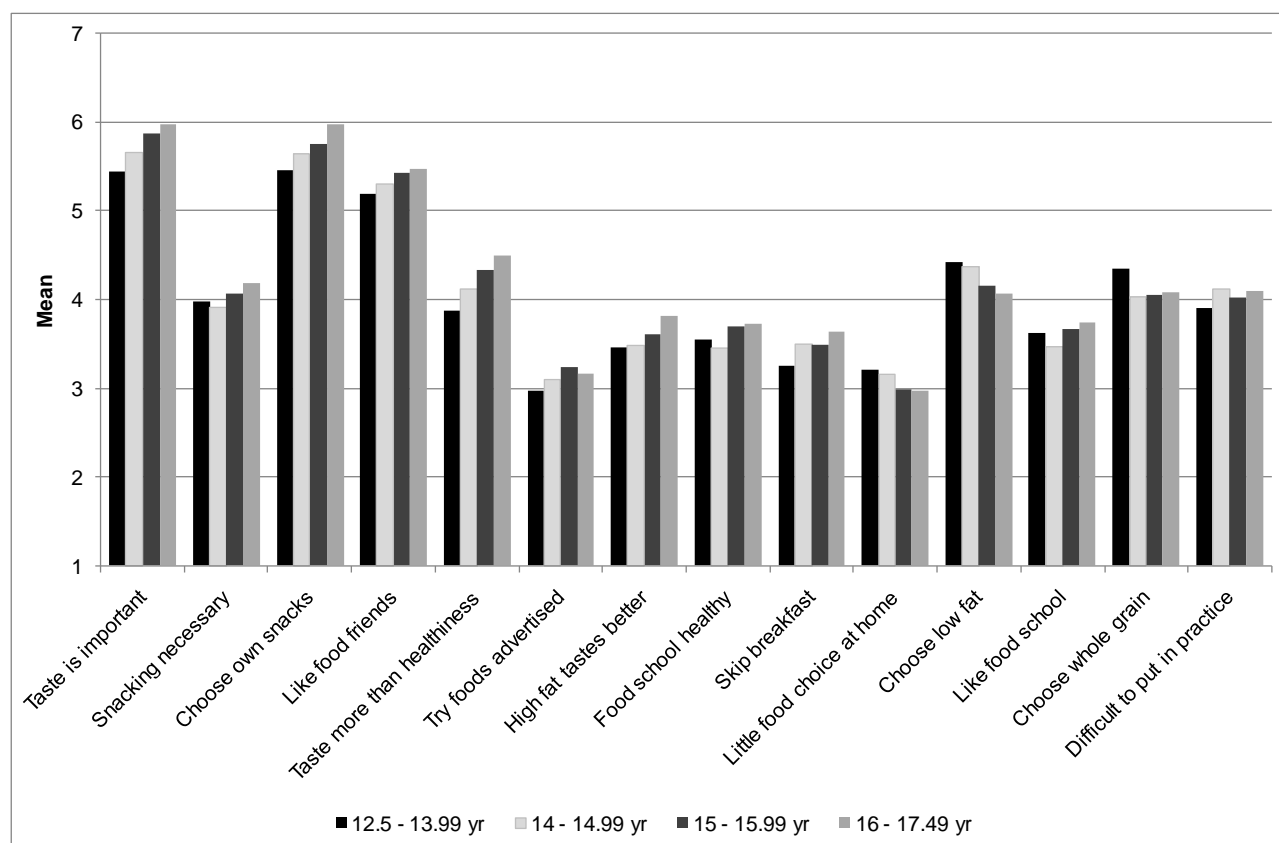
- I worry about what I eat because I do not want to gain weight
- If there is the option to choose a low fat version of a food, I will choose it
- If there is the option to choose a whole grain version of a food, I will choose it
- What I eat now will have a big impact on my future health
- Information regarding healthy eating is difficult to put into practice
- I enjoy eating fruit and vegetables
- I often skip breakfast

On the other hand, boys showed significantly higher agreement ($p<0.05$) to:

- I think that my diet is healthy
- The taste of food is more important to me than the healthiness of the food
- A high fat food tastes better than the lower fat version
- Healthy foods do not fill me up
- Most healthy foods do not taste very nice

Statements that exhibited significant ($p<0.05$) age differences are shown in Figure 3. For the full table of responses by gender and their significance, see Appendix II.

Figure 3. Q1.1 Statements with significant differences ($p<0.05$) in responses between age groups



Levels of agreement increased with age for the following statements:

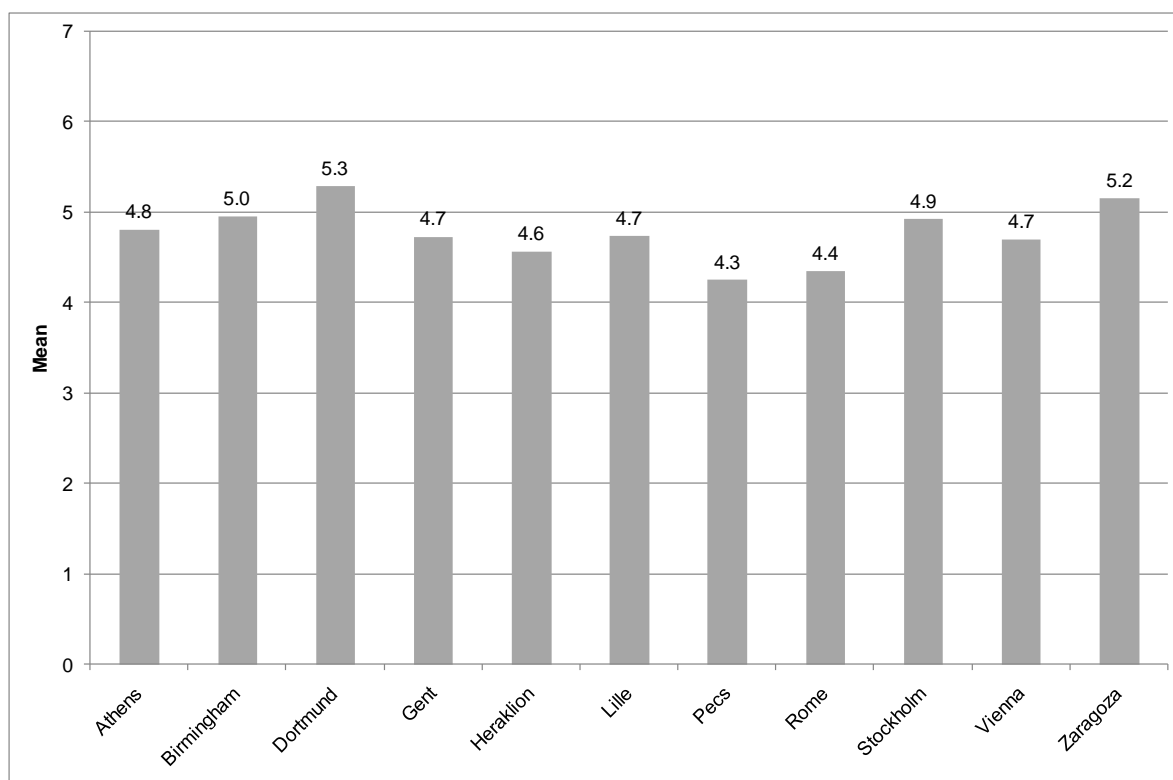
- The taste of a food is very important to me
- I choose my own snacks
- I like the food I eat when I am out with my friends
- The taste of food is more important to me than the healthiness of the food
- A high fat food tastes better than the lower fat version
- I often skip breakfast

On the other hand, the level of agreement generally decreased with age for these statements:

- I have little choice over what I eat at home
- If there is the option to choose a low fat version of a food, I will choose it
- If there is the option to choose a whole grain version of a food, I will choose it

Responses to all statements in Q1.1 by centre/city are provided for reference in Appendix V. Figure 4 shows the overall mean by city for the statement 'I think that my diet is healthy'.

Figure 4. Q1.1 Response to the statement 'I think that my diet is healthy' - by centre/city



Q1.1 - Discussion

The majority of respondents (87%) agreed that they liked the food that their parents prepared at home, with 74% agreeing that the food at home is healthy, and 62% agreeing that they thought they had a healthy diet. Males were more likely than females to agree that they thought their diet was healthy and that the food they ate at home was healthy ($p<0.05$). Interestingly, less respondents agreed that they liked the food they ate when out with friends (73%) as compared to at home (87%), with very few (20%) agreeing that the food they ate when out with friends is healthy.

Generally speaking, the adolescents appeared to be in control over what they ate: a high percentage disagreed that they had little choice over what they ate at home (59%), 81% agreed that they choose their own snacks, and only 18% agreed that they tended to eat what their friend ate.

For 'snacking is a necessary part of a healthy diet', there was a split between agreeing (43%) and disagreeing (37%), with no significant differences shown between gender. The 16-17.49 year-olds showed slightly stronger agreement towards this than the younger age groups ($p<0.05$). Sweden agreed the most strongly that snacking is a necessary part of a healthy diet, with a mean of 5.0; this was followed by Greece, Germany and Crete with means of 4.9. France showed the least agreement with this statement, recording a mean of 2.2, with Spain having the next lowest mean of 2.7.

There was also a split shown for 'most snack foods that I eat are healthy', with 32% agreeing and 43% disagreeing. Significantly more females than males ($p<0.001$) agreed that they choose their own snacks and that they thought most of the snacks they ate were healthy. There was a difference over country for 'most snacks that I eat are healthy', with France disagreeing the most with this statement, recording a mean of 2.7. Crete and Greece also showed lower agreement with this statement recording means of 3.3 and 3.4 respectively. Germany and Sweden showed the highest agreement with means of 4.6 and 4.4.

There was a split shown for 'I like the food prepared at the school canteen', with 32% agreeing and 43% disagreeing, with no significant differences between gender. There were differences between countries for this statement; Germany showed the strongest agreement with a mean of 4.6, followed by the Greece and Sweden with means of 3.9. Hungary and France showed the lowest overall agreement with means of 3.0. A fairly low percentage of adolescents (30%) thought that the food in the school canteen was healthy.

Looking at possible barriers to healthy eating, there was a high response to feeling well informed about what are healthy foods (69%), with 69% agreeing that what they eat now will have a big impact on future health. Only 20% agreed that 'healthy foods don't fill me up', with 63% disagreeing with this statement. Significantly more males than females ($p<0.01$) agreed that 'healthy foods do not fill me up', with significantly more females ($p<0.001$) agreeing that 'what I eat now will have a big impact on my future health'.

There was a fairly even split across agreement, disagreement and neither/nor for 'information regarding healthy eating is difficult to put into practice', with significantly more females than males ($p<0.001$) agreeing with this statement; adolescents may have differing views on the difficulty of putting healthy eating into practice, or it could be that the adolescents perhaps did not fully understand this statement. Sweden and Spain gave the lowest agreement for this statement, with means of 3.7, with Italy recording the highest mean at 4.3.

Looking at preferences for healthy eating, adolescents had a fairly positive outlook to healthy products. Just over half (53%) disagreed that most healthy foods do not taste very nice; only 25% did agree with this statement, with significantly more males than females agreeing ($p<0.01$).

The majority (75%) of adolescents agreed that they enjoyed eating fruit and vegetables; from section 2, 87% indicated that they liked eating fresh fruit as a snack, with 39% eating it often as a snack, and only 11% stating that they never ate it. Only 19% agreed that sugar reduced products taste better than the 'regular' version, with significantly more females than males ($p<0.001$) agreeing with this statement. Only 28% agreed that high a fat food tastes better than the lower fat version, with significantly males than females ($p<0.001$) agreeing with this statement.

In total, 83% of teenagers agreed that the taste of food was very important, although only 44% agreed that the taste of food was more important than the healthiness of the food. There was no significant difference between gender for the taste of food being important, but significantly more males than females ($p<0.001$) agreed that the taste of food was more important than the healthiness.

A reasonable number of teenagers agreed that they would choose a low fat version of a food (45%) and choose a wholegrain version (42%), although 30-33% indicated disagreement with these two statements. Significantly more females than males ($p<0.001$) agreed with these two statements.

Just over half (54%) of teenagers disagreed that they often skipped breakfast and 38% agreed that they did; females showed significantly higher agreement with this statement ($p<0.001$). The statement 'I worry about what I eat because I don't want to gain weight' showed a fairly evenly split between agreement (42%) and disagreement (43%), with significantly more females showing agreement ($p<0.001$). Teenagers generally disagreed (59%) that they often tried foods advertised in the media, with significantly more females agreeing than males ($p<0.05$). Germany and Austria showed the lowest agreement with this statement recording means of 2.8 and 2.9 respectively. Italy and the UK showed the strongest agreement with means of 3.7 and 3.5.

Significant differences were shown between the different countries for all of the statements in Question 1.1. Germany showed the highest agreement that their diet was healthy, with a mean of 5.3, followed by Spain with a mean of 5.2. Hungary and Italy recorded the lowest agreement with means of 4.3 and 4.4 respectively. All countries agreed that the taste of food was very important, with Germany showing the highest agreement with a mean of 6.3, followed by Austria with a mean of 6.2. Crete and Spain showed the lowest agreement with a mean of 5.3. None of the countries showed a high agreement that they had little choice over what they ate; Sweden recorded the highest mean at 4.2. Austria showed the strongest disagreement with a mean of 2.4. Germany showed the highest agreement that they enjoyed eating vegetables and that the food they ate at home was healthy. Spain and Italy showed the lowest agreement that they enjoyed eating fruit and vegetables, with means of 4.6 and 4.7 respectively.

Results of Q1.2 to Q1.8

Figures 5 to 21 summarise the responses to questions 1.2 to 1.8.

Figure 5. Q1.2 On a regular school day, when do you usually snack (select all that apply)

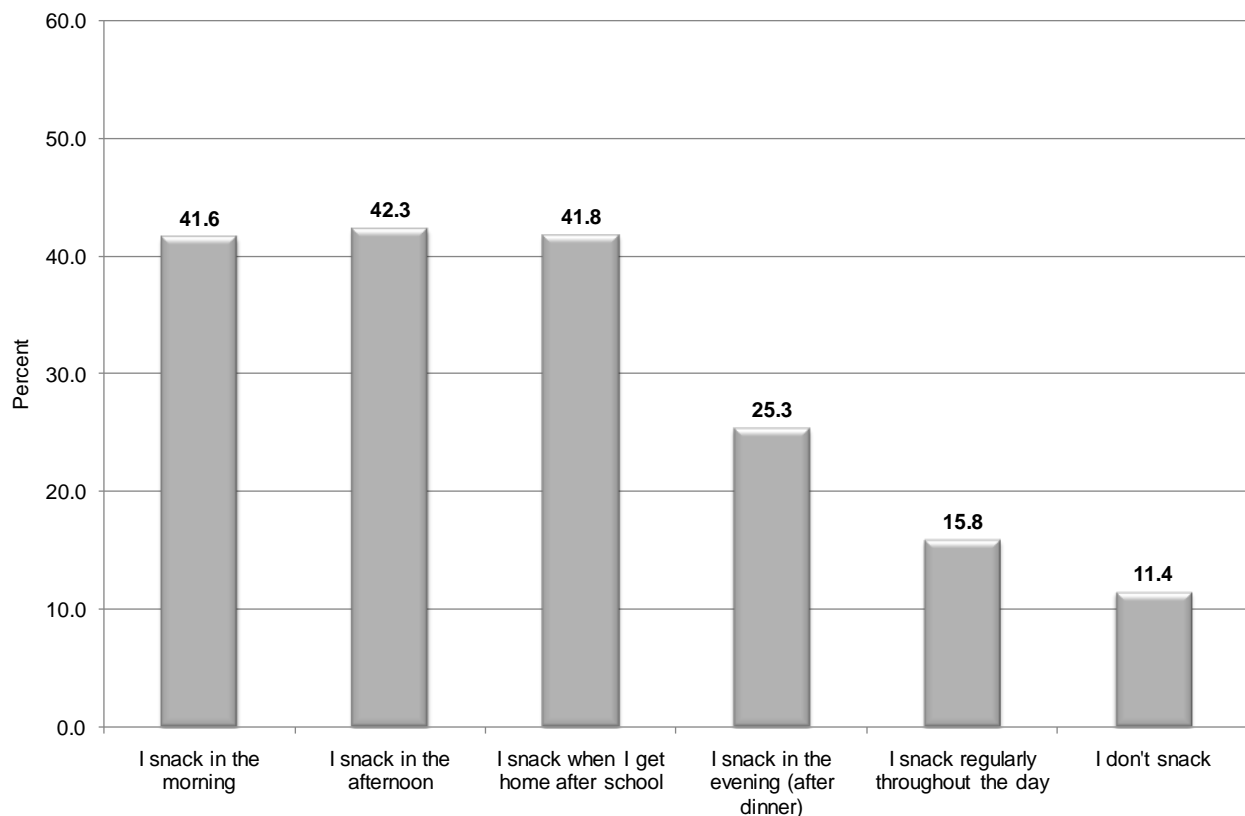
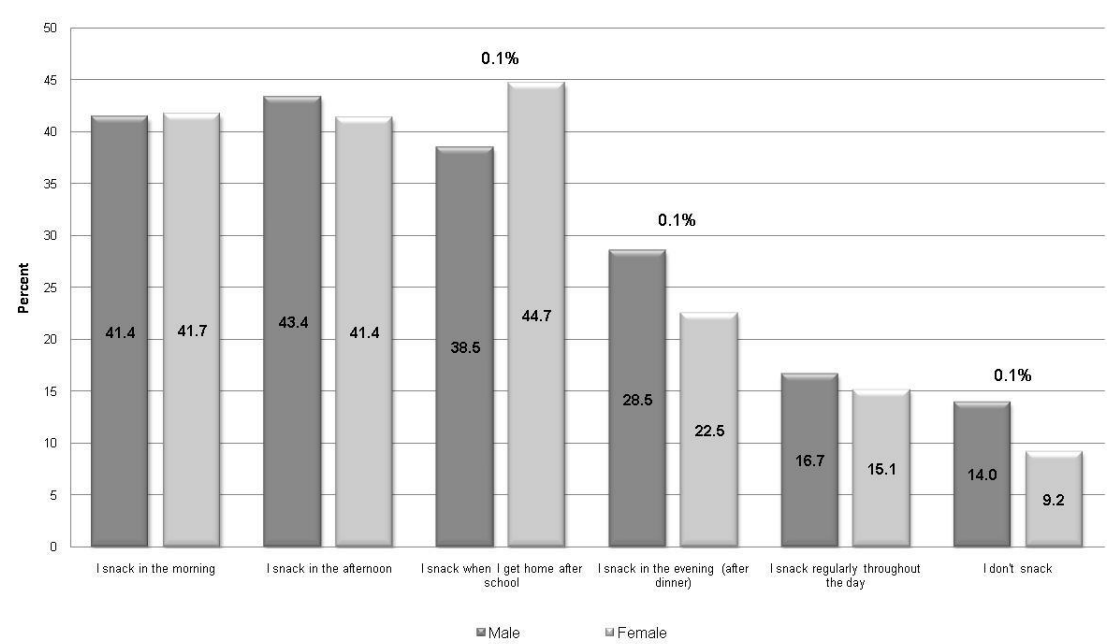


Figure 6. Q1.2 On a regular school day, when do you usually snack - by gender*



* significance levels are indicated

Figure 7. Q1.3 At the weekend, when do you usually snack (select all that apply)

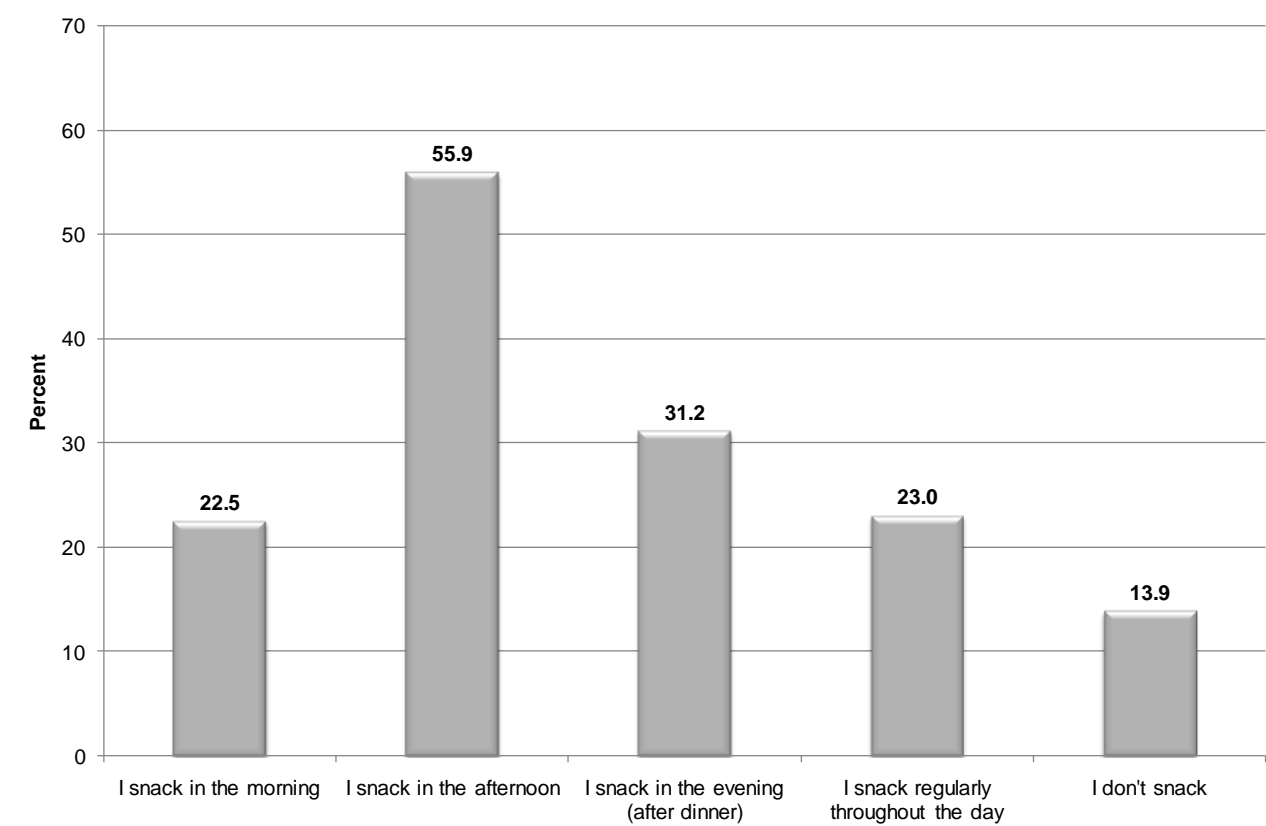


Figure 8. Q1.3 At the weekend, when do you usually snack - by gender

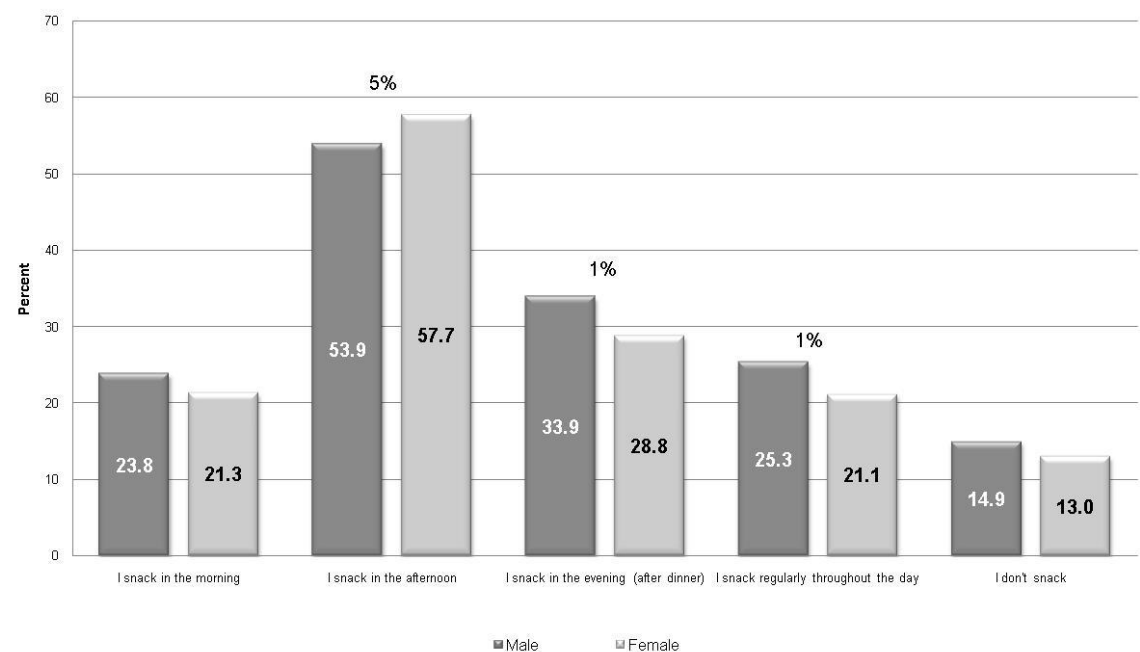


Figure 9. Q1.4 What are your reasons for snacking? (select all that apply)

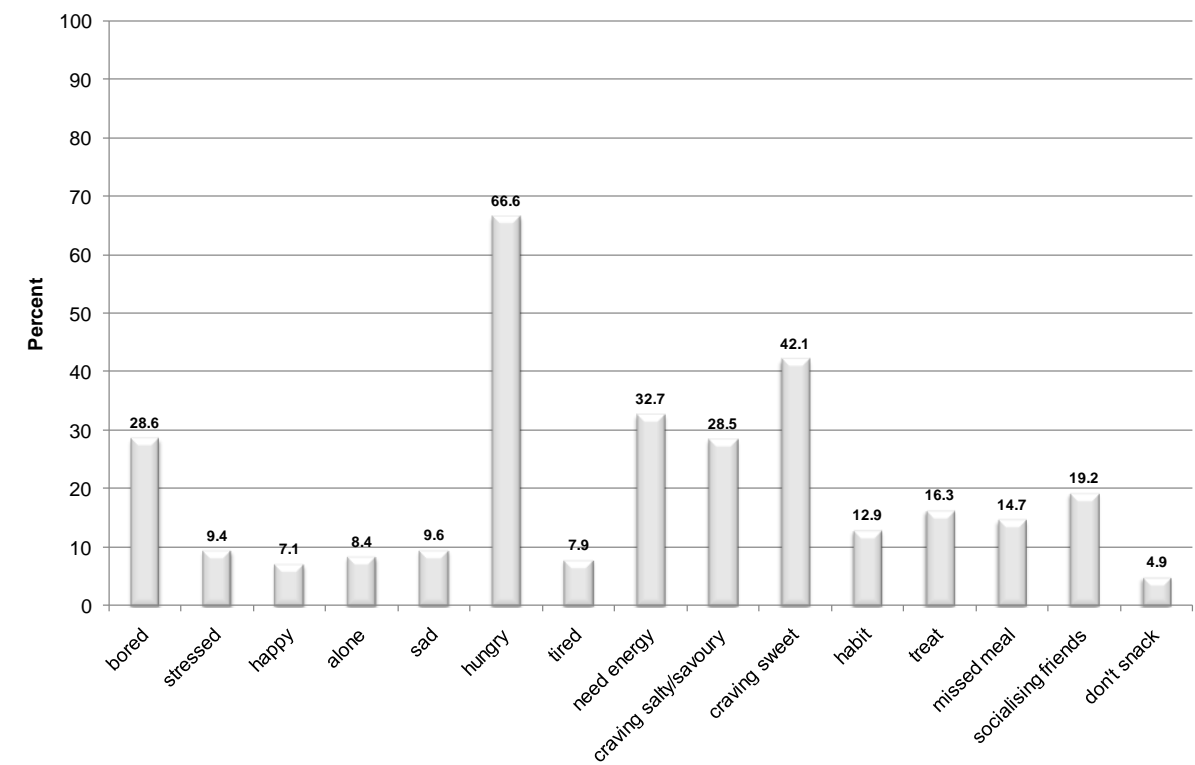


Figure 10. Q1.4 What are your reasons for snacking (select all that apply) - by gender

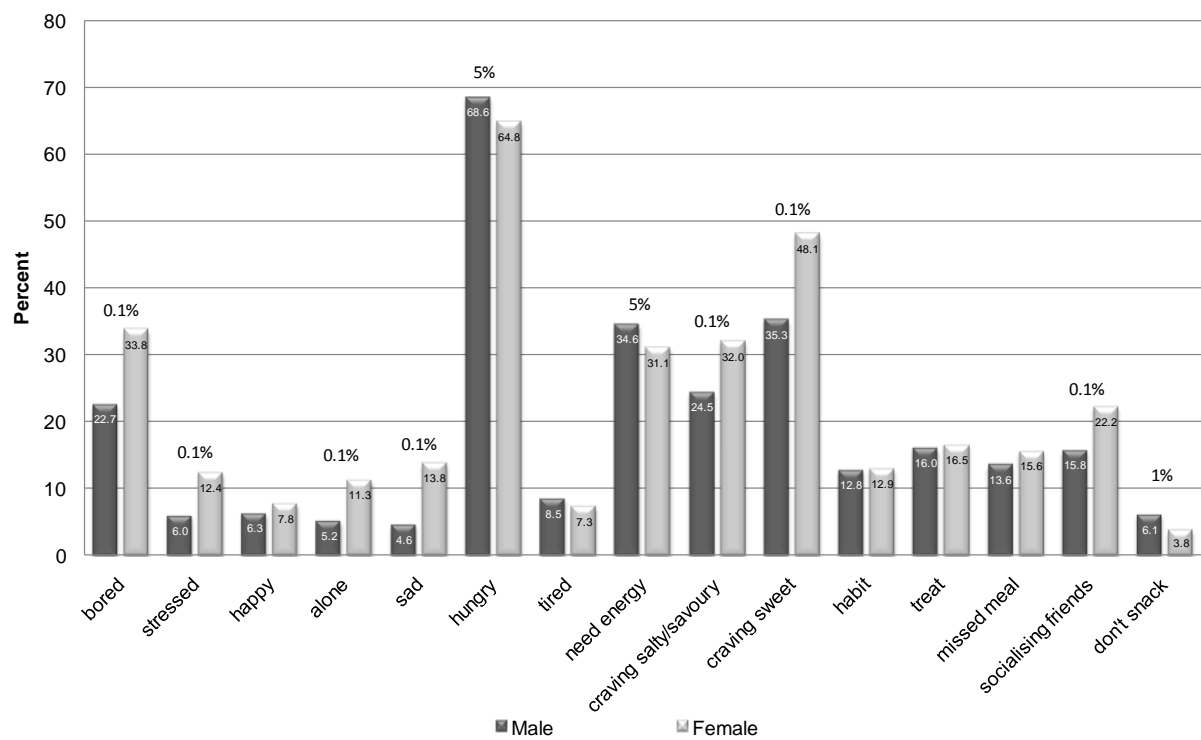


Figure 11. Q1.5 What would you say is your main reason for snacking? (please select one)

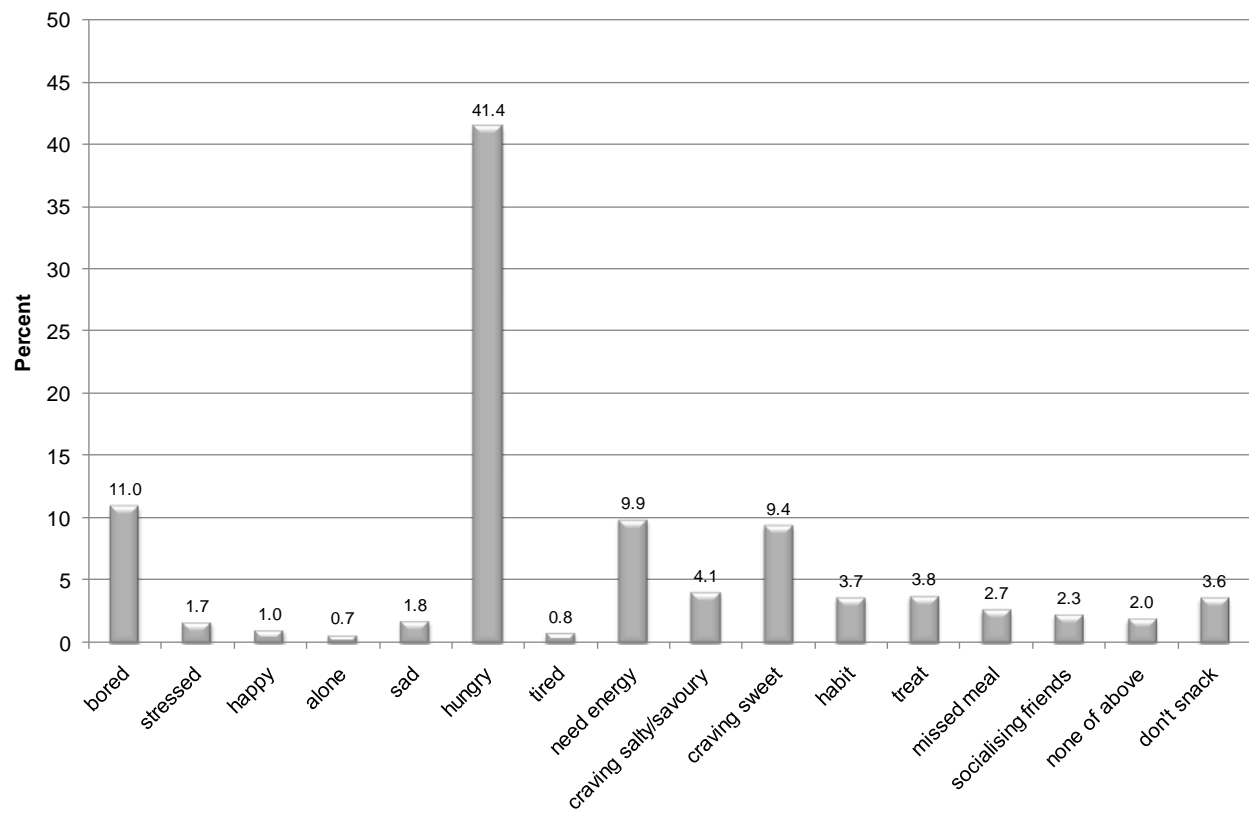


Figure 12. Q1.5 What would you say is your main reason for snacking (please select one) - by gender ($p<0.01$)

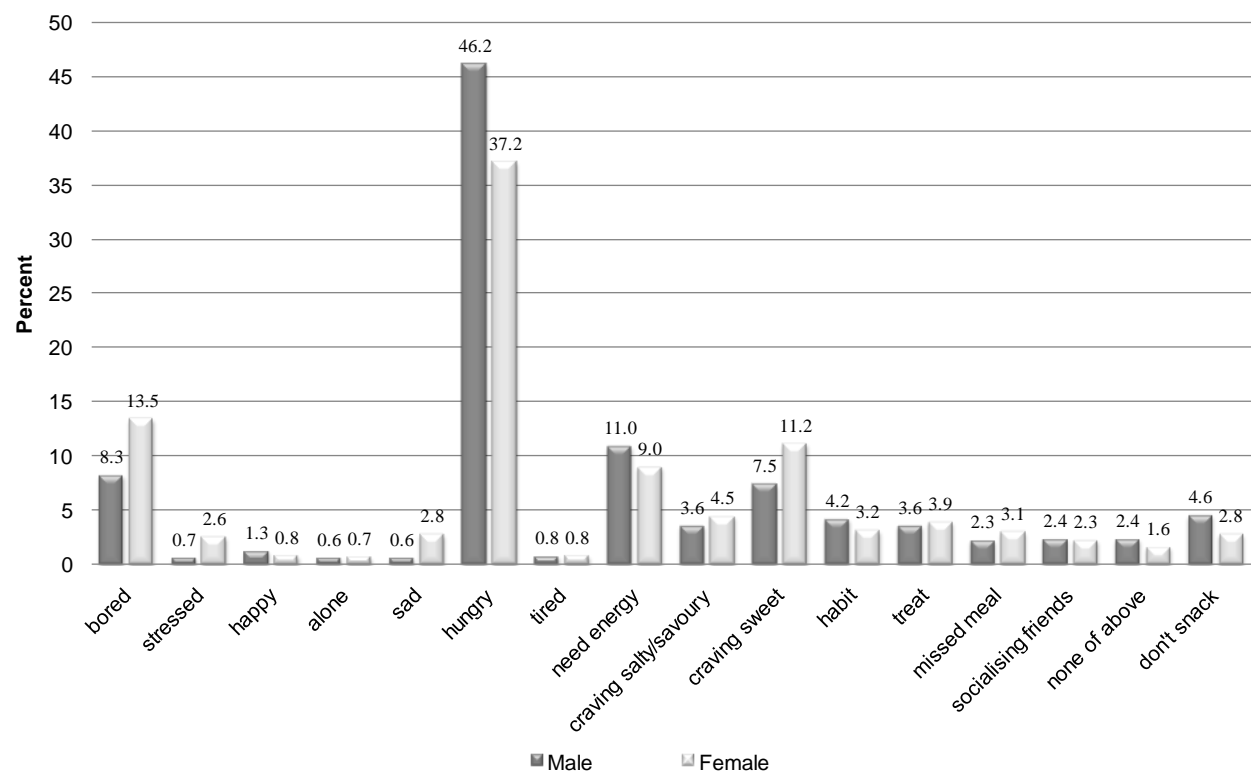


Figure 13. Q1.5 What would you say is your main reason for snacking (please select one) - by age group ($p<0.10$)

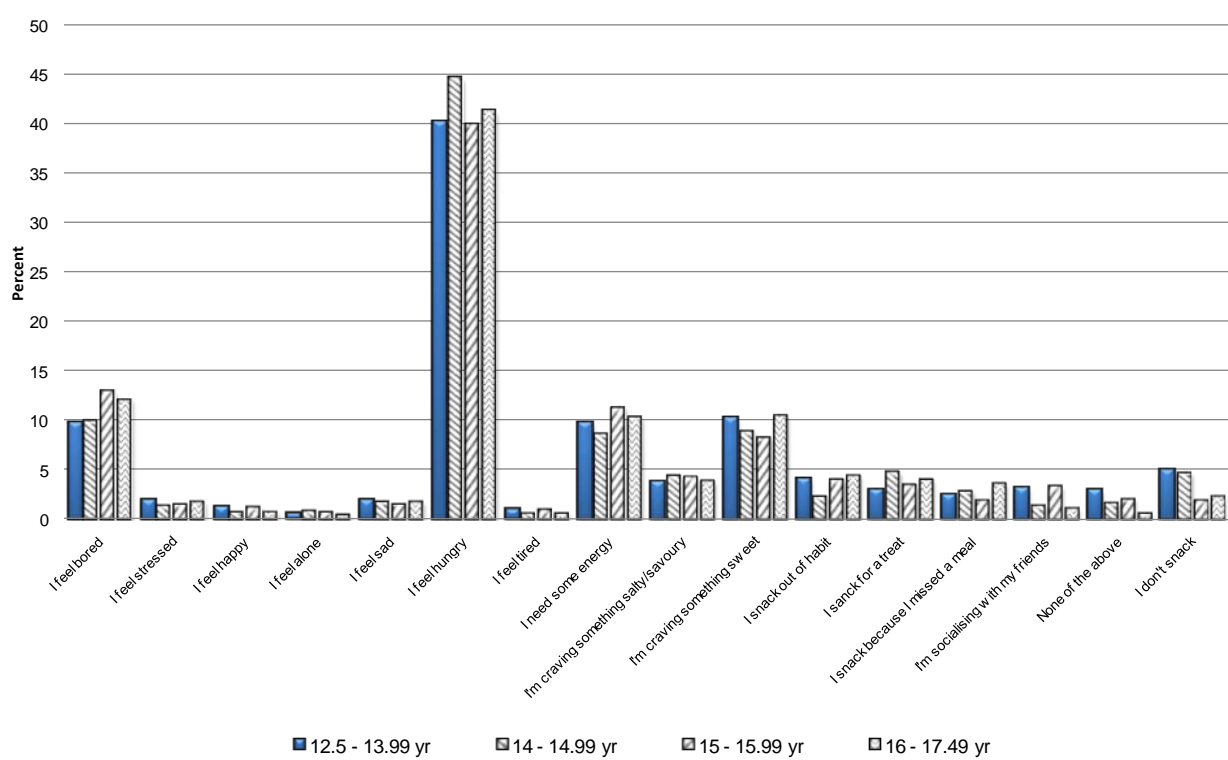


Figure 14. Q1.6 During the week, where do you usually receive or purchase your lunch (please select one)

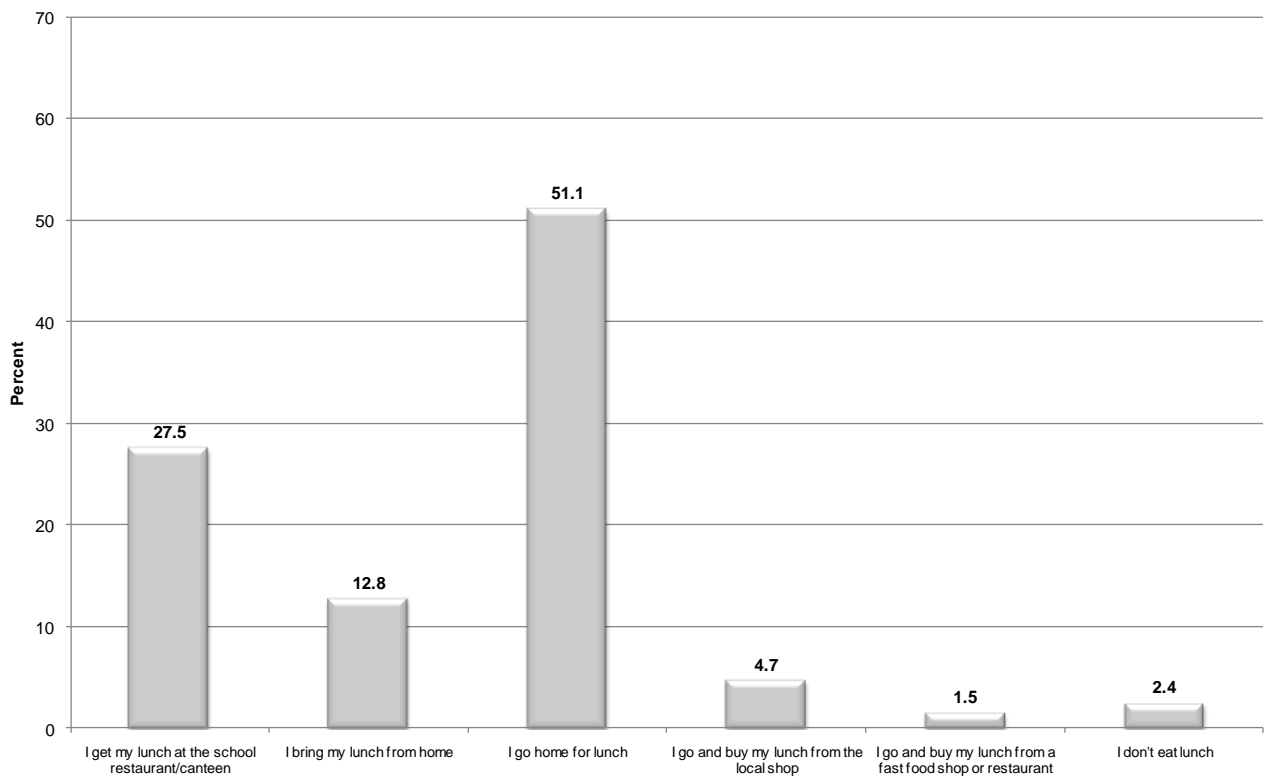


Figure 15. Q1.6 During the week, where do you usually receive or purchase your lunch - by gender

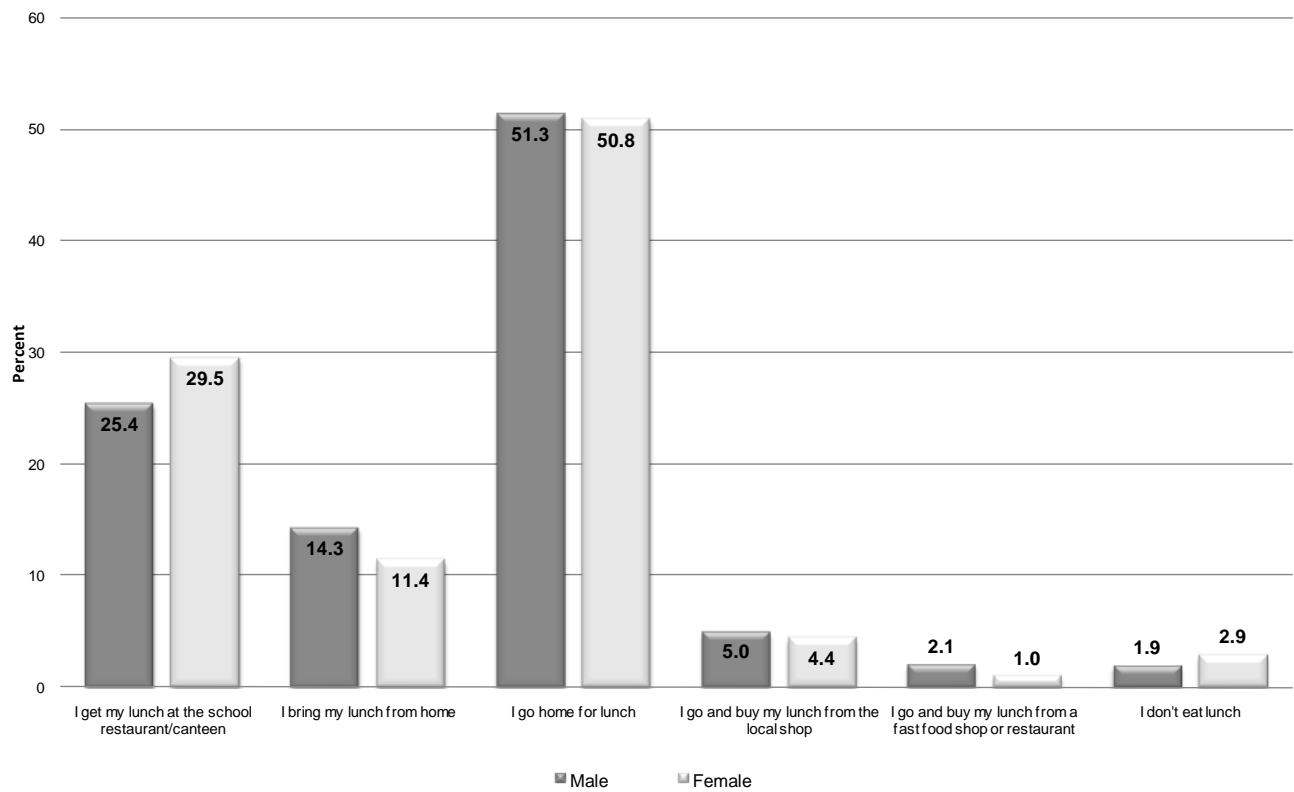


Figure 16. Q1.6 During the week, where do you usually receive or purchase your lunch - by age group

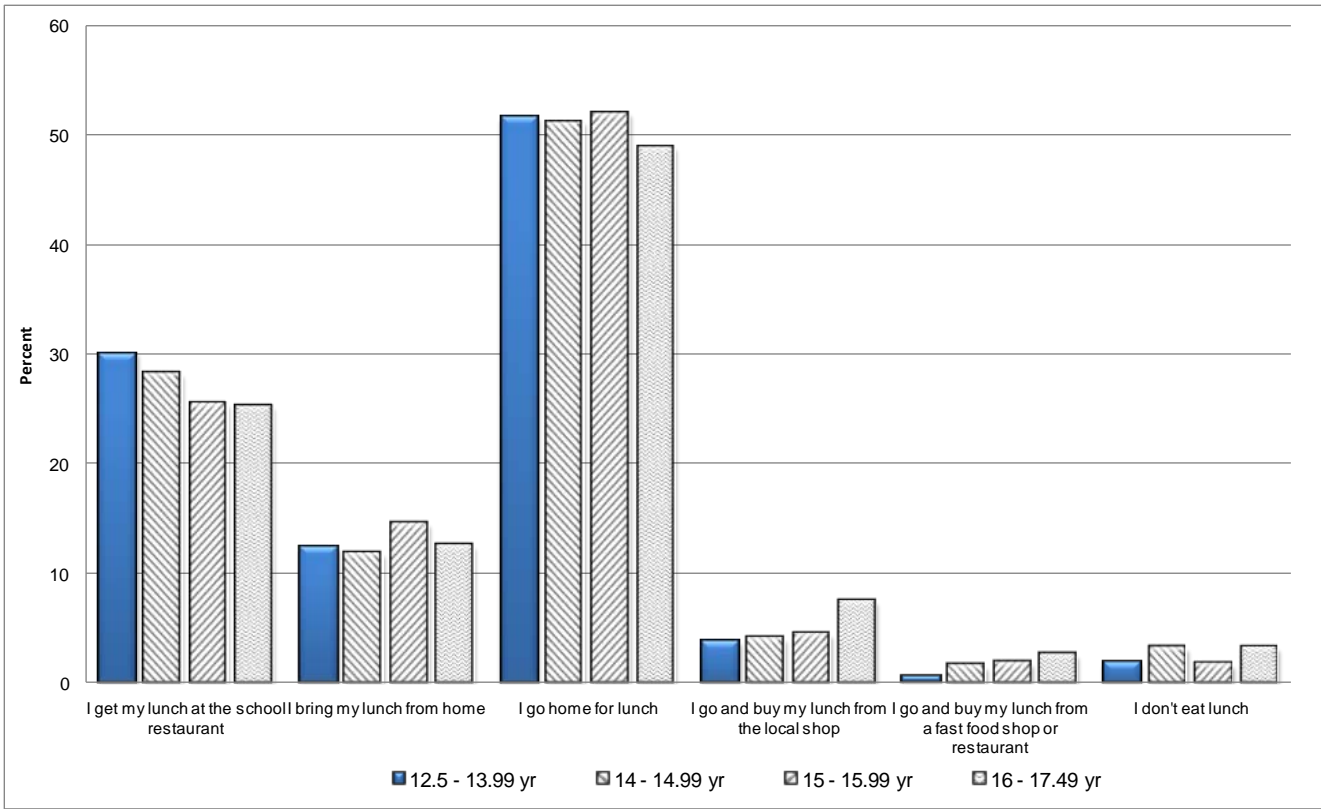


Figure 17. Q1.7 During a typical school day, how often do you eat 'outside' of school, e.g. at a fast food restaurant, food from the local shop, etc. (please select one)

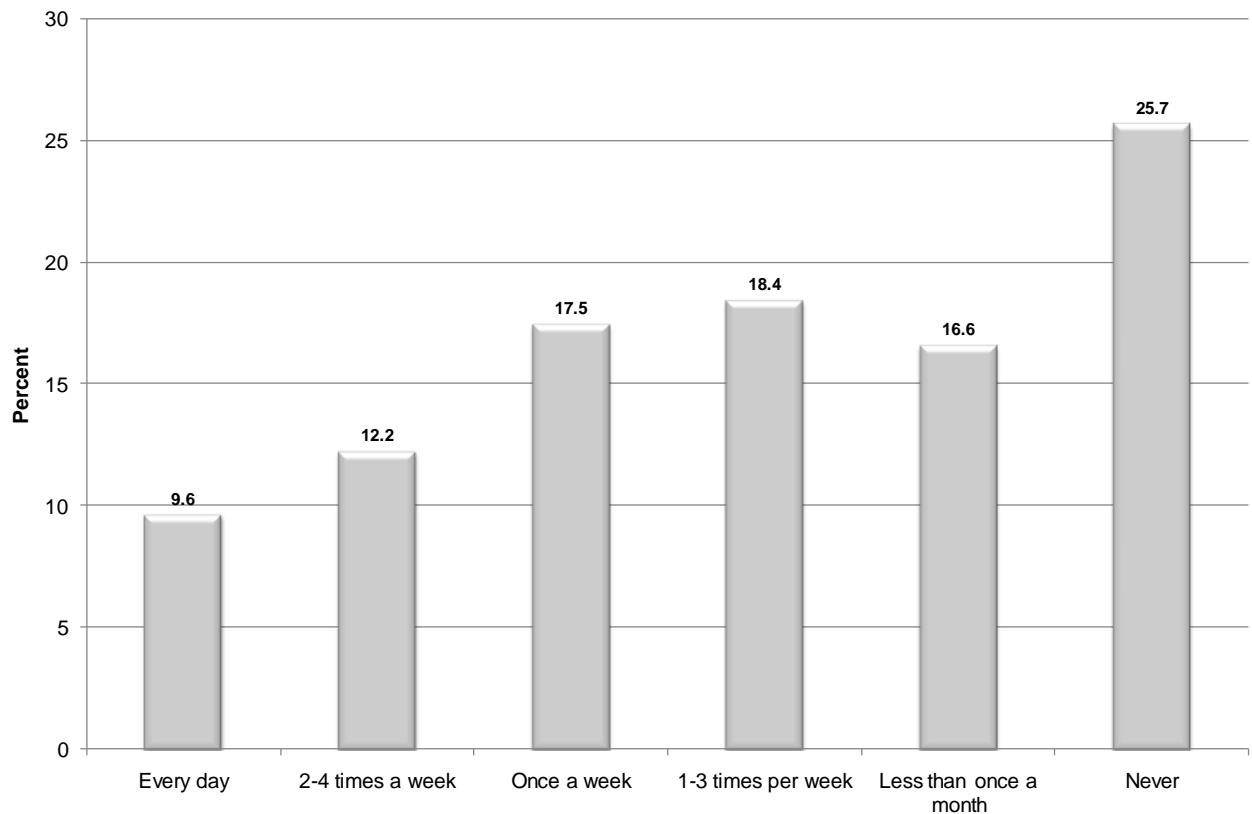


Figure 18. Q1.7 During a typical school day, how often do you eat 'outside' of school, e.g. at a fast food restaurant, food from the local shop, etc. - by gender

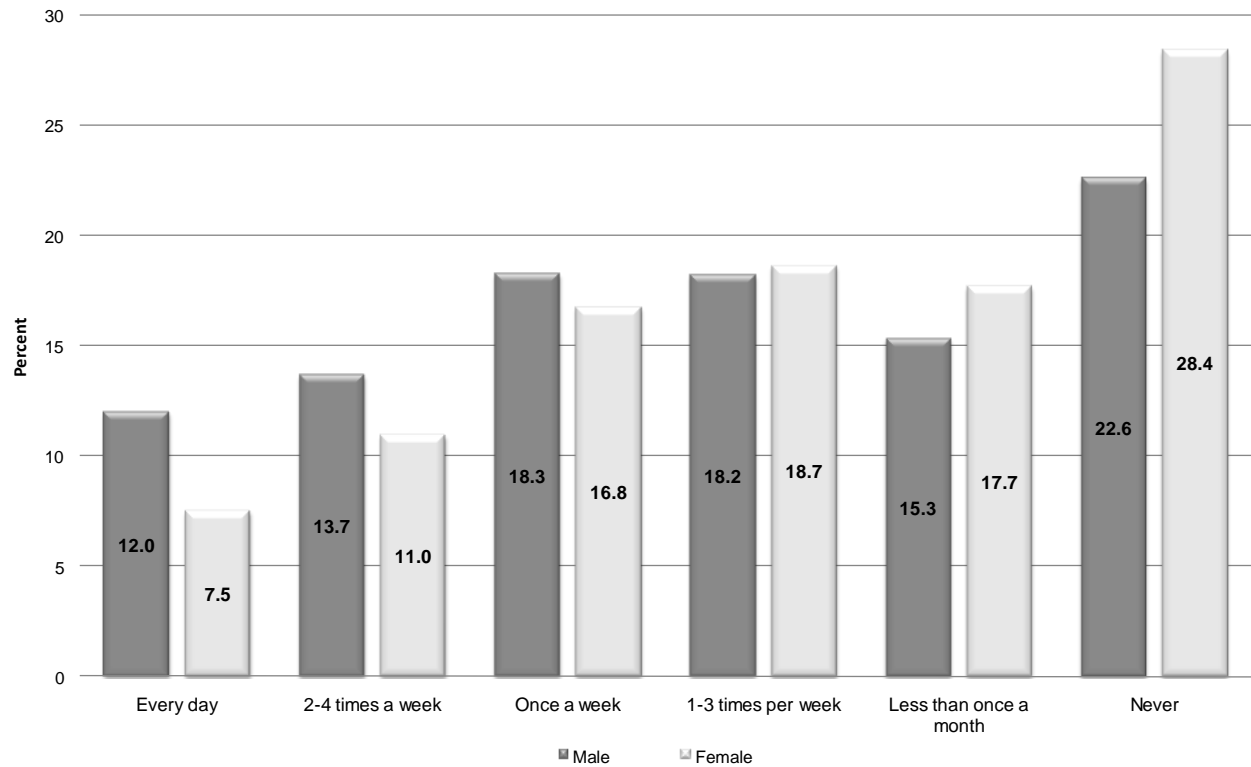


Figure 19. Q1.7 During a typical school day, how often do you eat 'outside' of school, e.g. at a fast food restaurant, food from the local shop, etc. - by age group

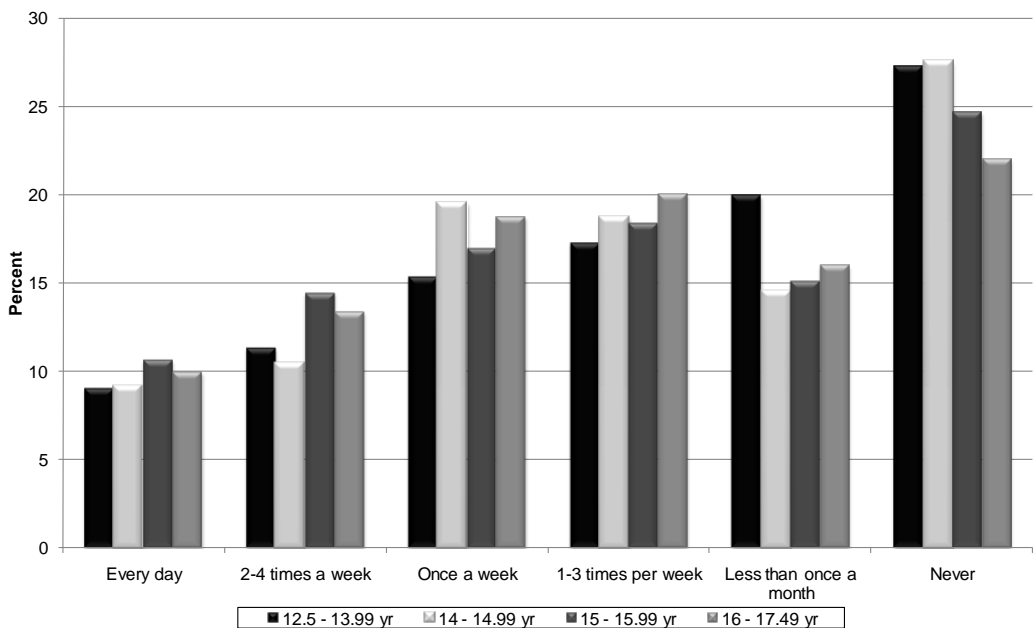


Figure 20. Q1.8 The sources of information that you feel are trustworthy (select all that apply)

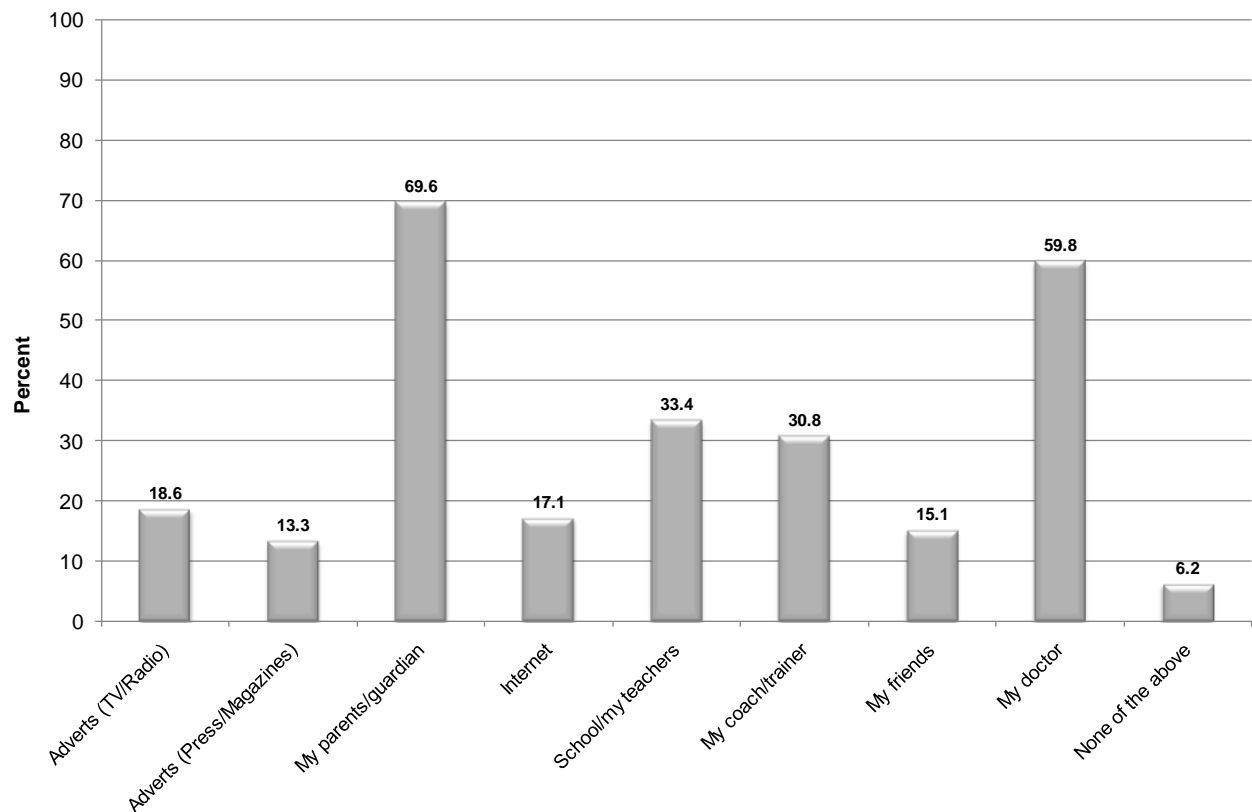
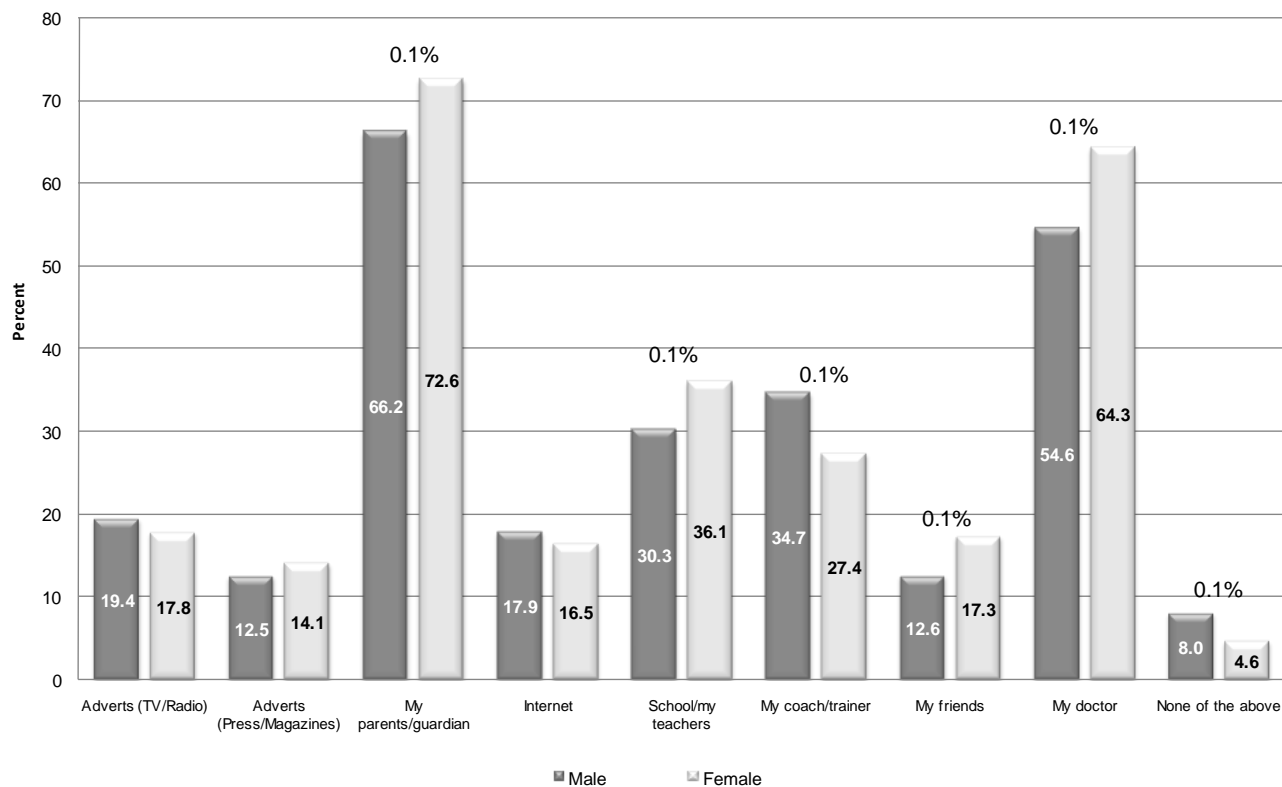


Figure 21. Q1.8 The sources of information that you feel are trustworthy - by gender



Q1.2 to Q1.8 - Discussion

During a regular school day, adolescents snacked in the morning, in the afternoon, and after school, with equal frequency (42%), with 16% saying that they snacked regularly throughout the day. Only 11% of adolescents reported not snacking, this was lower than the 14% indicating that they didn't snack at the weekend. Similar responses were shown between gender for snacking in the morning and afternoon. Significantly more females snacked when they got home after school, while significantly more males snacked after dinner ($p<0.001$); males were more likely to say that they didn't snack on a regular school day ($p<0.001$). Snacking after dinner was predominant among the older age groups ($p<0.05$), while the frequency of selecting 'I don't snack' decreased as the adolescents got older ($p<0.001$).

At the weekend, the most popular time to snack was in the afternoon (56%), followed by in the evening after dinner (31%); 23% indicated that they snacked regularly throughout the day, and 22% snacked in the morning. At the weekends, significantly more females ($p<0.05$) snacked in the afternoon, while significantly more males ($p<0.01$) snacking in the evening and throughout the day. The 16-17.49 year-olds were less likely to snack in the morning ($p<0.05$), probably due to sleeping in late as discussed during the focus groups.

When allowed to select 'all that apply', the most popular reason for snacking was due to feeling hungry (67%), followed by craving something sweet (42%), and needing energy (33%). Significantly more males than females stated that they snacked due to hunger and needing energy ($p<0.05$). Significantly more females than males ($p<0.001$) reported snacking due to feeling bored, craving sweet or savoury things, when socialising with friends, and when feeling stressed, alone or sad.

When asked to select their main reason for snacking (single choice selection), 41.4% of adolescents selected 'I feel hungry', 11% selected 'I feel bored', 9.9% selected 'I need some energy', and 9.4% selected 'I'm craving something sweet e.g. cookies or chocolate'. For boys, the top 3 reasons for snacking were hunger (46.2% selected), needing energy (11%), and boredom (8.3%). For girls, the top 3 reasons for snacking were hunger (37.2% selected), boredom (13.5%), and craving something sweet (11.2%).

During a typical school week, 51% of adolescents said they go home for lunch, 28% eat at the school restaurant or canteen and 13% bring their lunch from home. Very few teenagers bought their lunch from a fast food place (1.5%) or the local shop (5%); 26% never ate outside school, although 17% said they do so once a week and 18% said they do so 1-3 times a week.

The most trustworthy sources of information regarding healthy eating and lifestyle were: parents/guardian (70%), doctor (60%), school/teacher (33%) and coach/trainer (31%). Similar response patterns were found between genders, although significantly more females selected parent/guardian, doctor, school/teacher and friends, and significantly more males selected coach/trainer ($p<0.001$).

3.3 Section 2 – Choices and Preferences of Snack Foods and Drinks

The full set of results for the questions in Section 2 can be found in Appendix III (tabulations and summary statistics for each question, shown for the overall sample, and also by age and by gender), and in Appendix VI (tabulations and summary statistics for each question, shown by centre/city).

Q2.1a and Q2.1b: Liking and frequency of consumption of snack foods

Question 2.1 defined snacks as "any foods that are eaten between meals". Adolescents were provided with a list of popular snack foods, identified from the results of the focus groups, and asked to identify a) how much they liked the food item and b) how frequently they ate it as a snack.

Figure 22. Q2.1 a How much do you like these snack foods

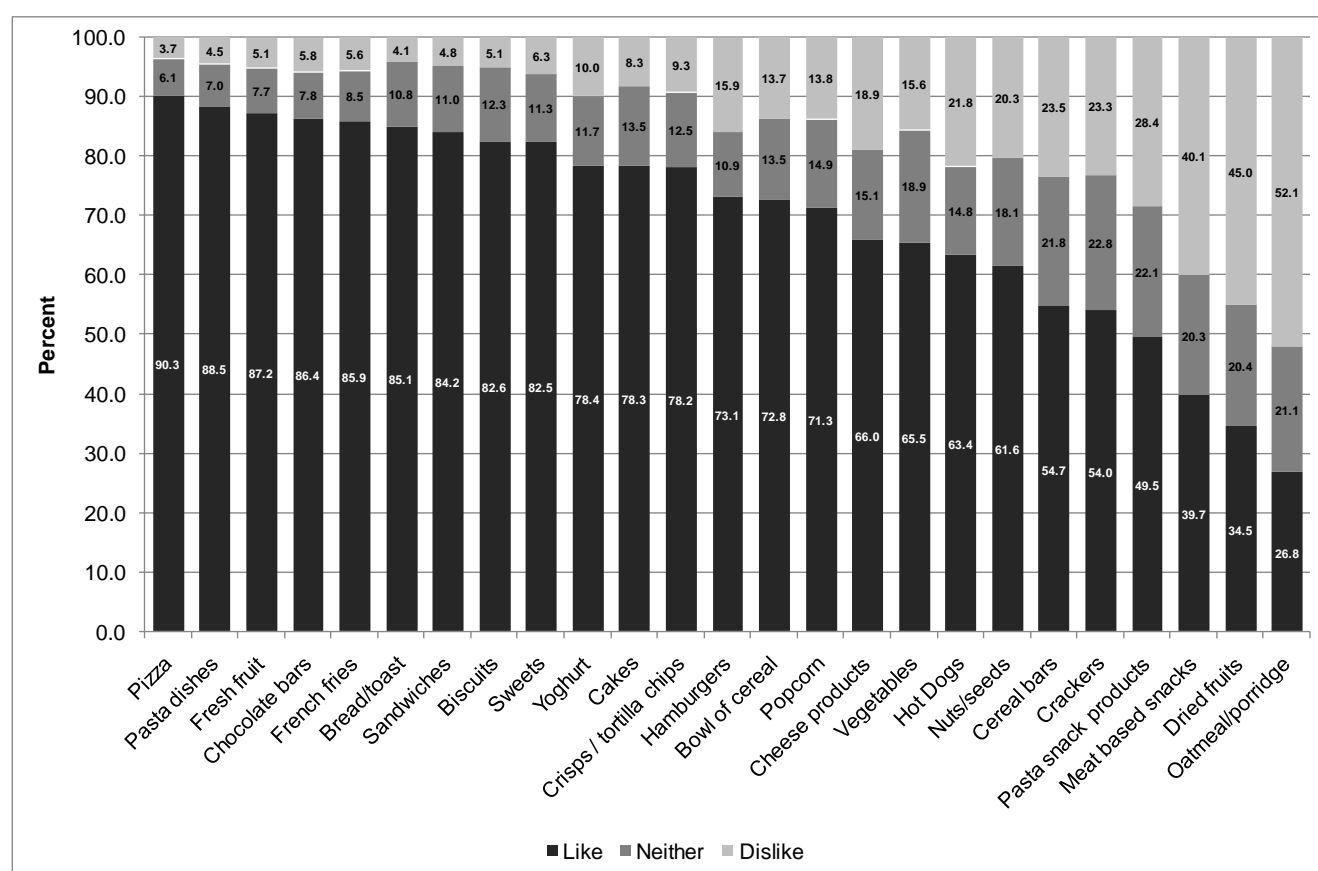
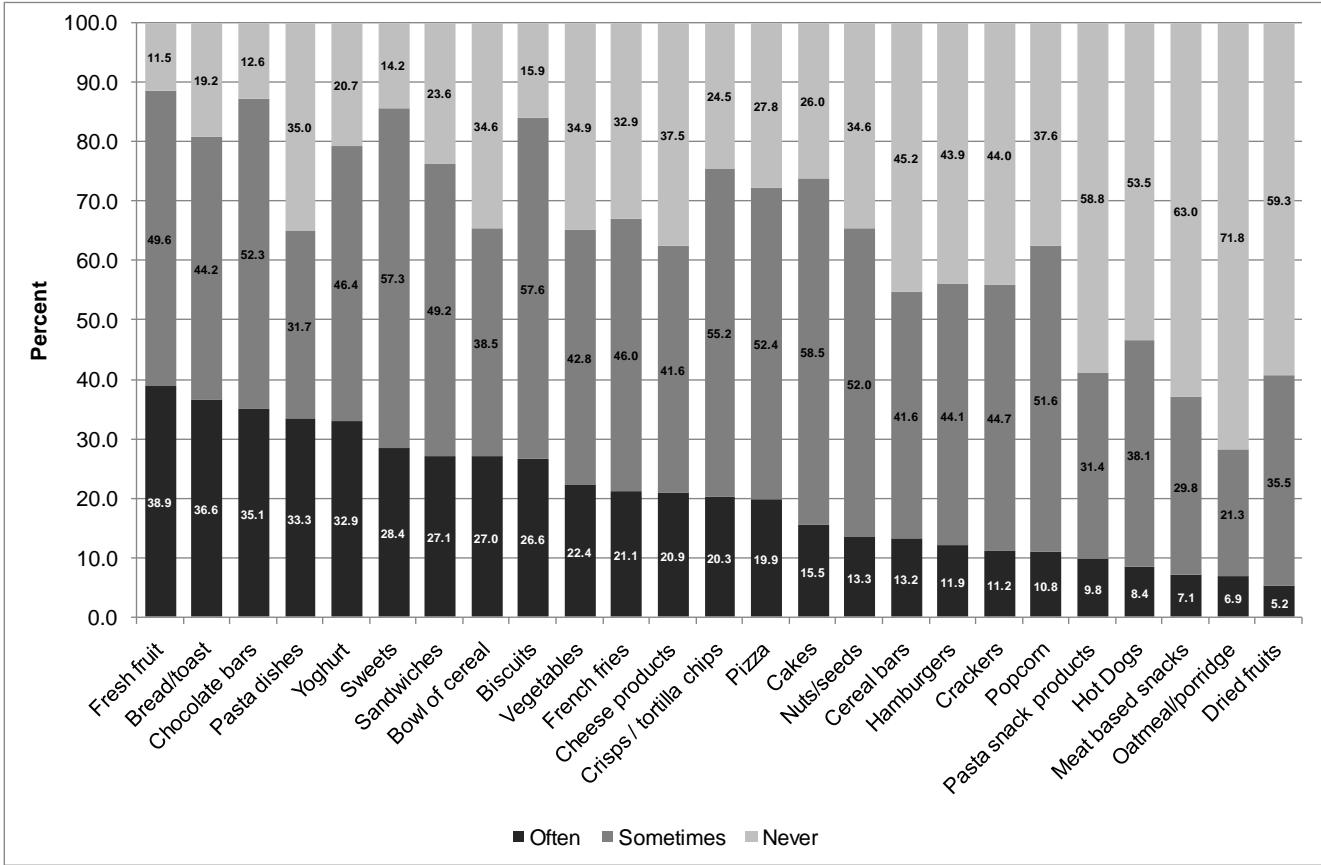


Figure 23. Q2.1b Frequency snack foods eaten



Q2.2a and Q2.2b: Liking and frequency of consumption of drinks

In Question 2.2, adolescents were provided with a list of drinks and asked to identify their liking and frequency of consumption for each drink item.

Figure 24. Q2.2a How much do you like these drinks

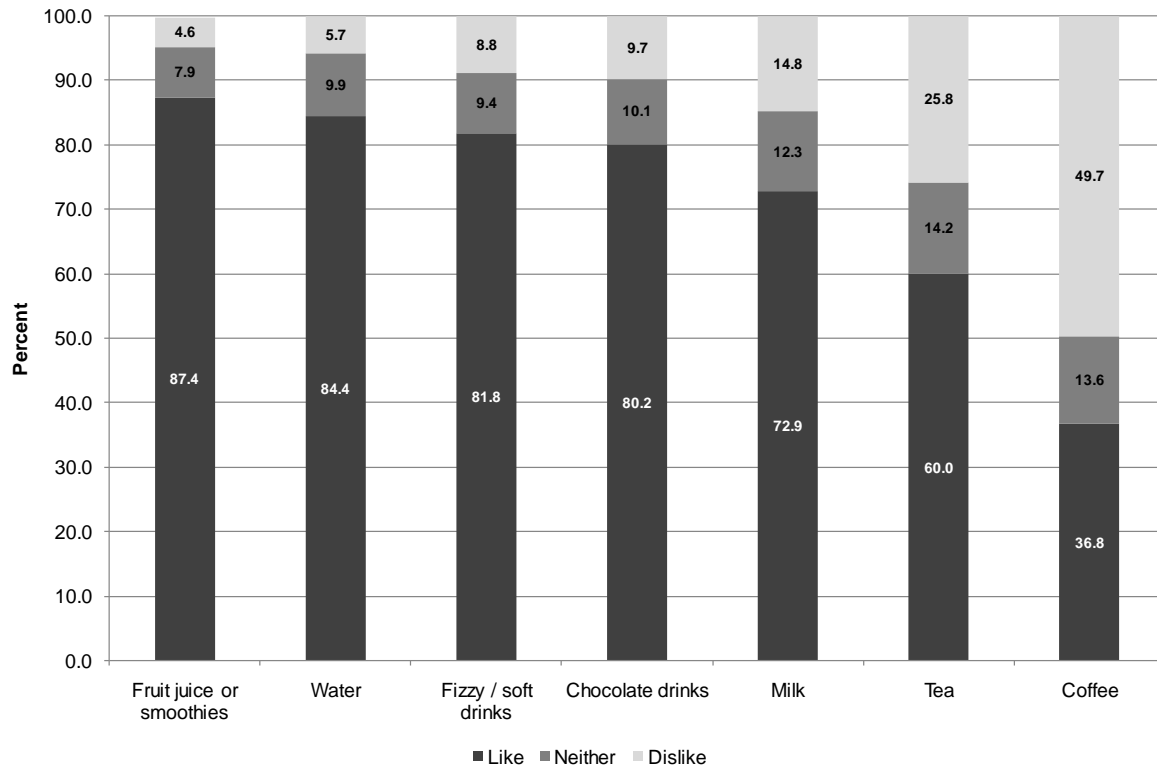
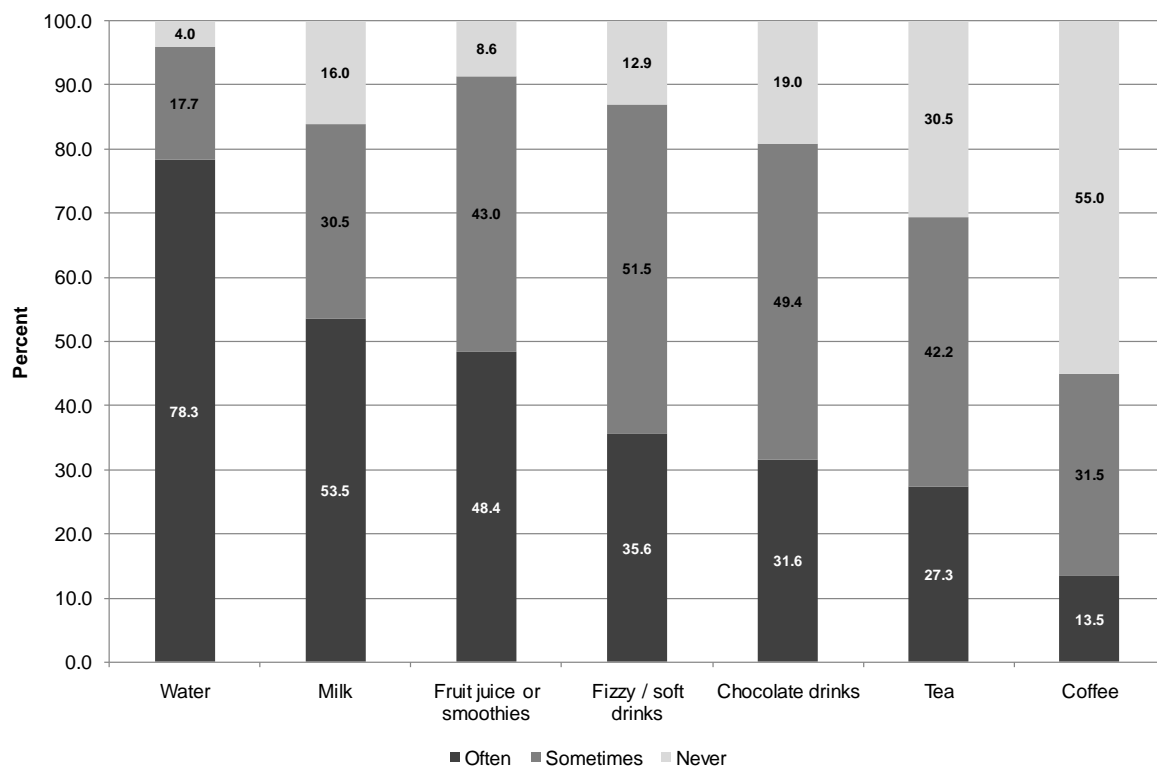


Figure 25. Q2.2b Frequency drinks consumed



Q2.3: Perceived healthiness of snack foods and drinks

In Question 2.3, adolescents were provided with the same list of snack foods and drinks, and asked to indicate the perceived healthiness of each item.

Figure 26. Q2.3 How healthy do you perceive each food item to be

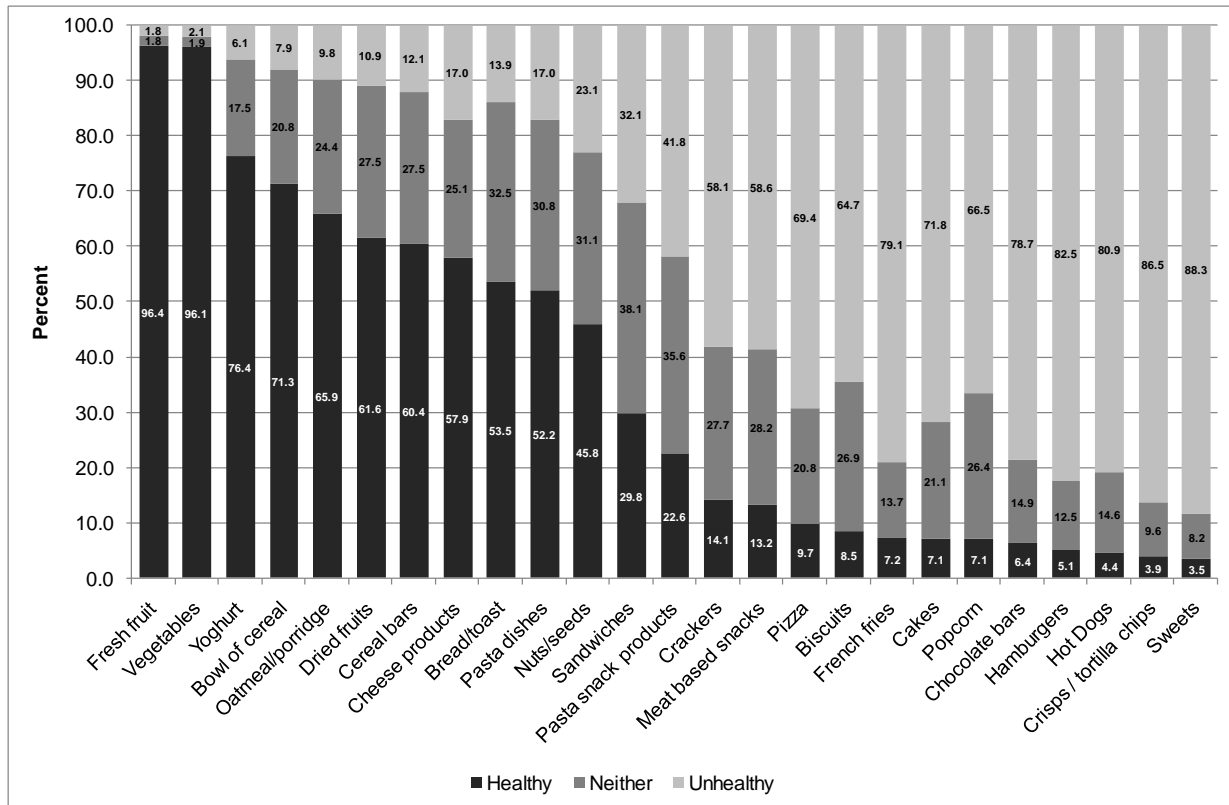


Figure 27. Q2.3 How healthy do you perceive each drink item to be

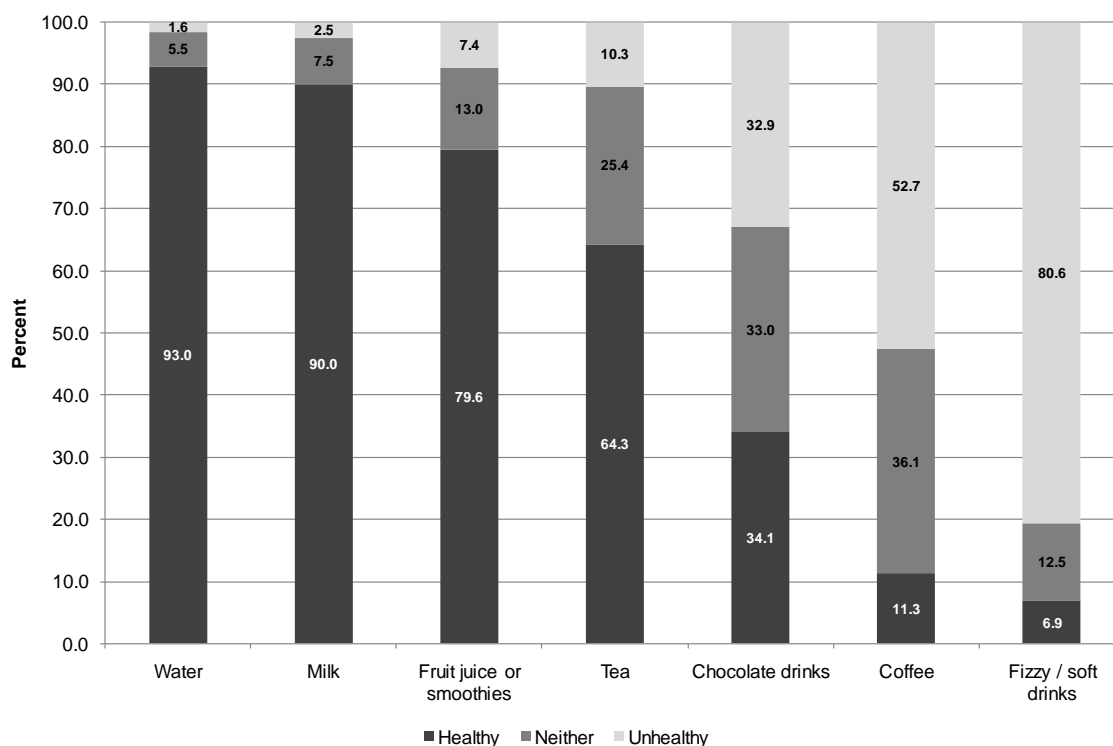


Figure 28. Relationship between liking, consumption and perceived healthiness using PCA: Snacks

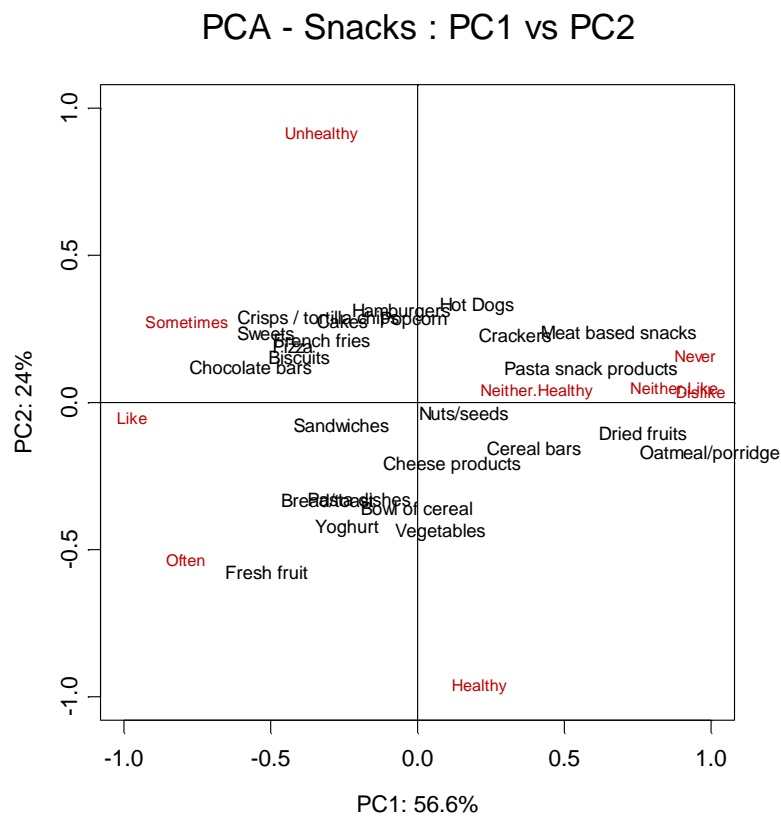
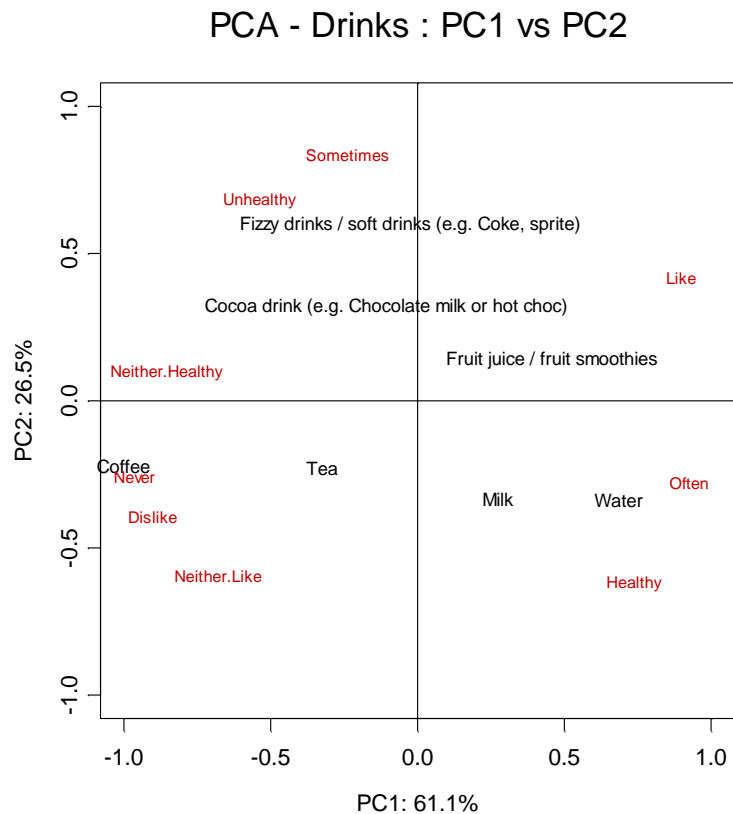


Figure 29. Relationship between liking, consumption and perceived healthiness using PCA: Drinks



Section 2 - Discussion

Overall, the most preferred snack foods were pizza (90% of adolescents expressed liking to some degree), pasta dishes (89%), fresh fruit (87%), chocolate/chocolate bars/ turó rudi (86%), French fries (86%), bread/toast (85%), sandwiches (84%), cookies (83%) and sweets (83%). The most disliked snack foods were oatmeal/porridge (52% expressed disliking to some degree), dried fruits (45%) and meat based snacks such as meat sticks (40%).

A high percentage of adolescents indicated that they liked fresh fruit (87%), with 39% indicating that they ate it often as a snack, and 96% indicating fresh fruit to be very healthy. There were significant differences for gender: females showed significantly higher levels ($p<0.05$) of liking for fresh fruit, vegetables, sweets/candy, chocolate bars, biscuits/cookies, and cakes/muffins. This helps to illustrate that females generally tend to be more concerned about eating healthily, but also have a tendency to crave sweet things, which may also be linked to their reasons for snacking, particularly when snacking out of boredom, stress or sadness.

Adolescents were aware that sweets were unhealthy (88%), with 82% indicating that they liked them; however a very low 14% indicated that they never ate sweets with 28% indicating they ate them often. Similar trends were shown for chocolate with a higher percentage (35%) indicating they ate it often, although slightly less thought chocolate was unhealthy (79%).

For the drinks, water was consumed most often (78%), with 93% indicating water to be healthy, and 84% indicating that they liked water. Low liking was shown for coffee, being split between 50% indicating they disliked it and 37% indicating that they liked it to some degree. Significantly more males gave a higher agreement to this, with the 16-17.49 age group showing a higher liking than the other age groups. Italy showed the highest liking for coffee, recording a mean of 3.5, with Sweden recording the lowest liking with a mean of 2.1.

There appeared to be a high awareness of which products were considered to be healthy or not. Products which they liked were not necessarily eaten often, with the health aspect appearing to have an impact on this. Foods and drinks indicated as being unhealthy, although accruing high liking levels, were not necessarily often consumed. For example, crisps were indicated as being liked by 78% of teenagers and only 4% indicated them to be healthy, but only 20% indicated that they ate crisps often. Hamburgers were indicated as being liked by 73% of teenagers and 82% indicated them to be unhealthy, with only 12% indicating that they ate them often, with the remainder being evenly split between never and sometimes (44%).

The PCA graph for the snacks (Figure 28) highlights the overall relationship between liking, frequency of consumption, and perceived healthiness of the snack foods. The first dimension captures differences in liking between the snack products. This is correlated with how often the snacks are consumed (with the disliked or 'neither liked nor disliked' samples being eaten 'never', and the liked samples being eaten either 'often' or 'sometimes'). The second dimension captures overall differences in perceived healthiness between the snacks. This dimension is also correlated with whether snacks are eaten sometimes or often; dimension 2 shows that items that are perceived to be unhealthy were generally eaten sometimes, and items that were perceived to be healthy were eaten more often.

The PCA revealed that snack foods that were disliked, such as meat-based snacks, oatmeal/porridge, dried fruits and pasta snack products, were correlated with a frequency of consumption of 'never'; these were generally considered to be 'neither healthy nor unhealthy'. Conversely, items that were liked and perceived to be healthy, such as fresh fruit, yoghurt and

bread, were correlated with being eaten ‘often’, while items that were liked and perceived to be unhealthy, such as chocolate bars, crisps, sweets, French fries, hamburgers and biscuits, were correlated with being eaten ‘sometimes’.

The PCA graph for the drinks (Figure 29) highlights similar relationships between liking, consumption and perceived healthiness. The healthy items, such as water and milk, were generally consumed often, while the unhealthy items, such as fizzy drinks, were generally consumed sometimes. Both sets of items were correlated with being liked. Items such as coffee and tea were generally felt to be ‘neither healthy nor unhealthy’, and were generally disliked, and this was correlated with being consumed ‘never’.

3.4 Section 3 – Influences on food choices and preferences

The full set of results for the questions in Section 3 can be found in Appendix IV (tabulations and summary statistics for each question, shown for the overall sample, and also by age and by gender), and in Appendix VII (tabulations and summary statistics for each question, shown by centre/city).

Figure 30. Q3.1 How strong of an influence do the following factors have on your choice of foods at BREAKFAST?

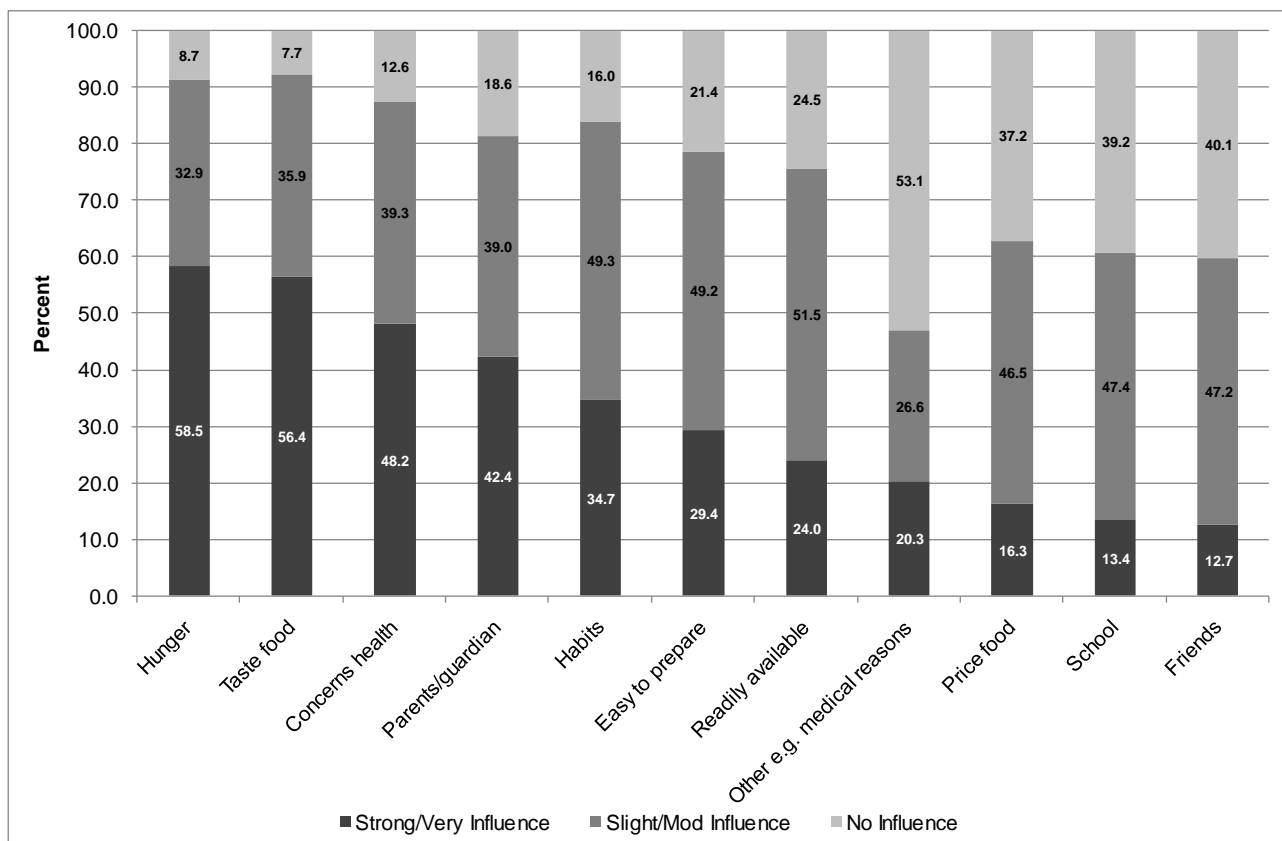


Figure 31. Q3.2 Thinking about a typical weekday, other than breakfast, which is your MAIN MEAL of the day?

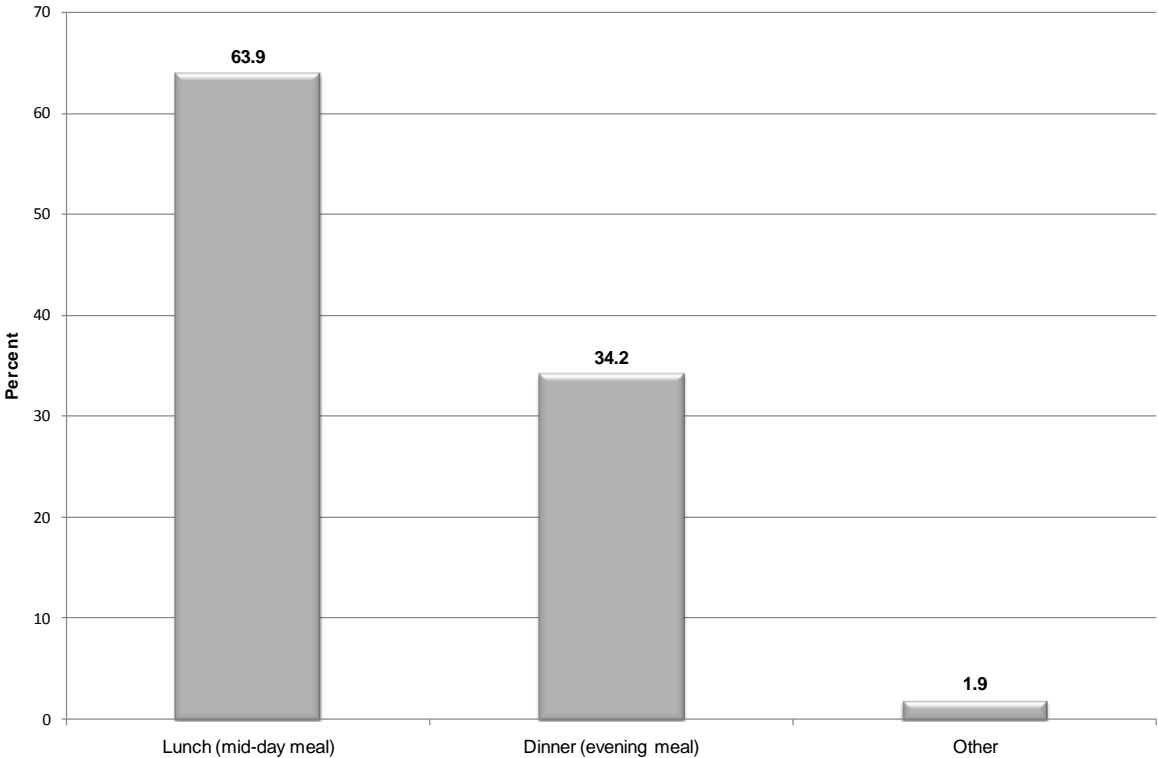


Figure 32. Q3.3 Where do you usually eat this MAIN MEAL?

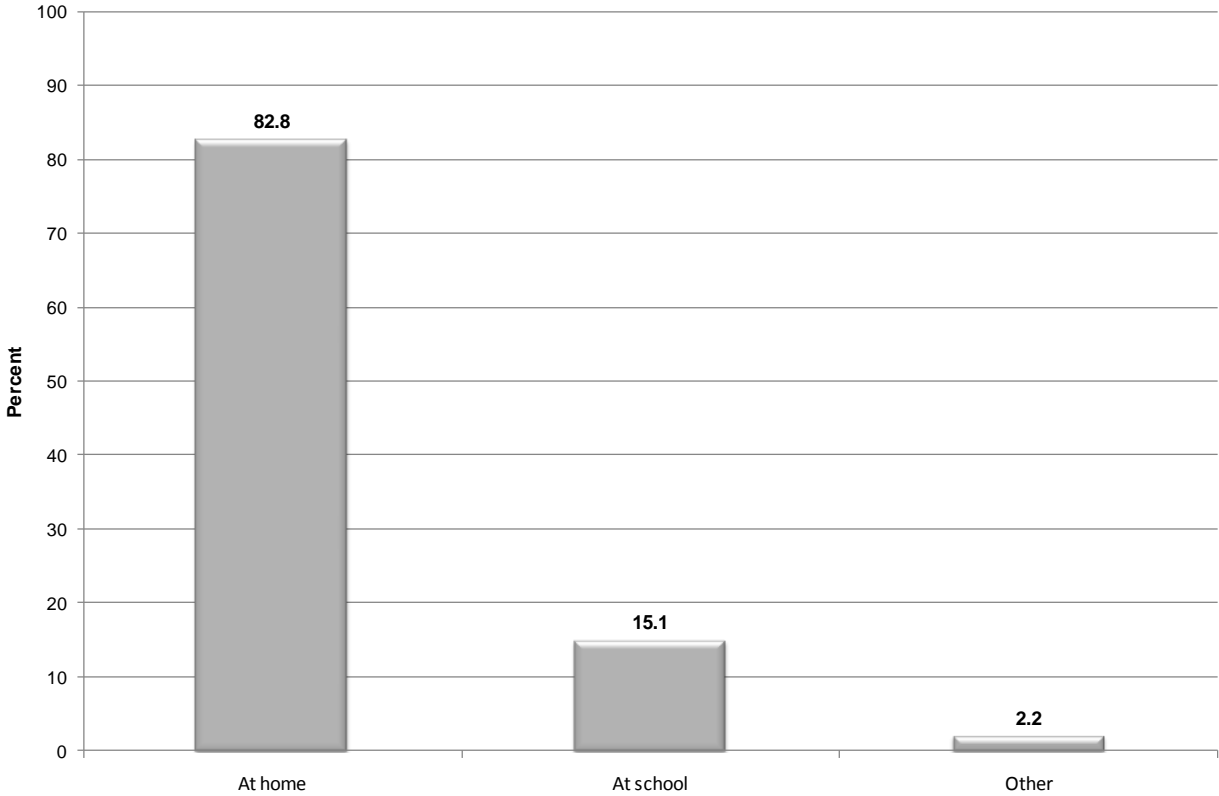


Figure 33. Q3.4 Thinking about your MAIN MEAL, how strong of an influence do the following factors have on your choice of foods for this main meal?

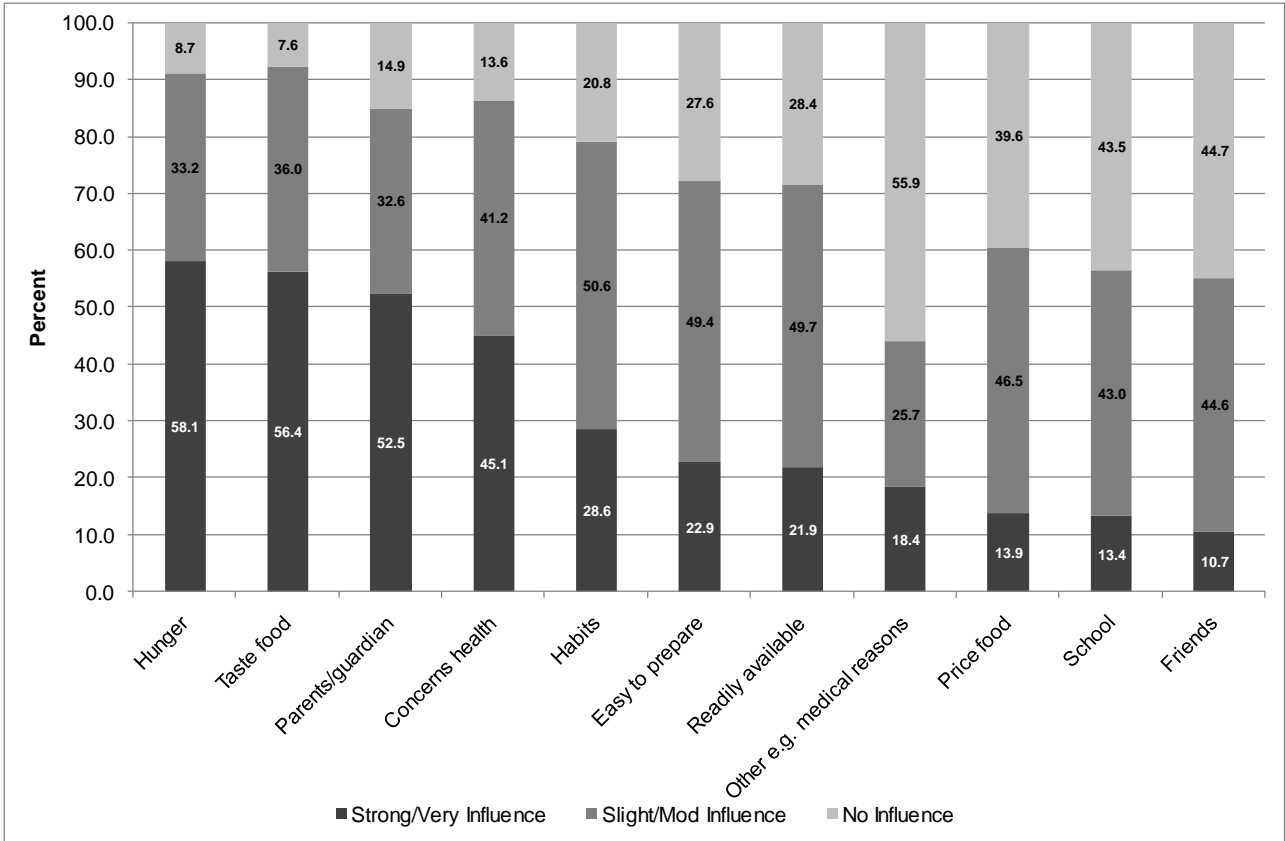


Figure 34. Q3.5 Snacks are defined as any foods you would eat between meals. How strong of an influence do the following factors have on your choice of SNACK FOODS?

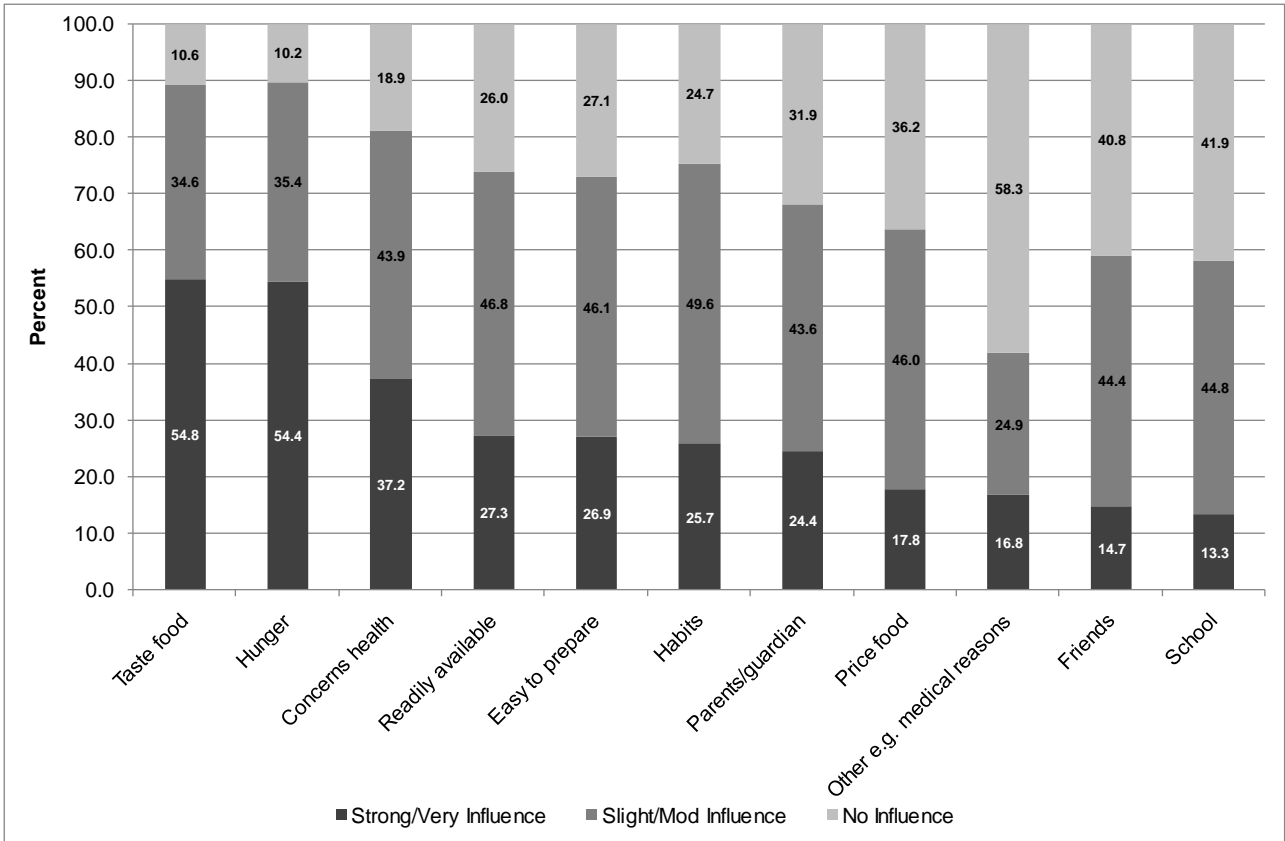
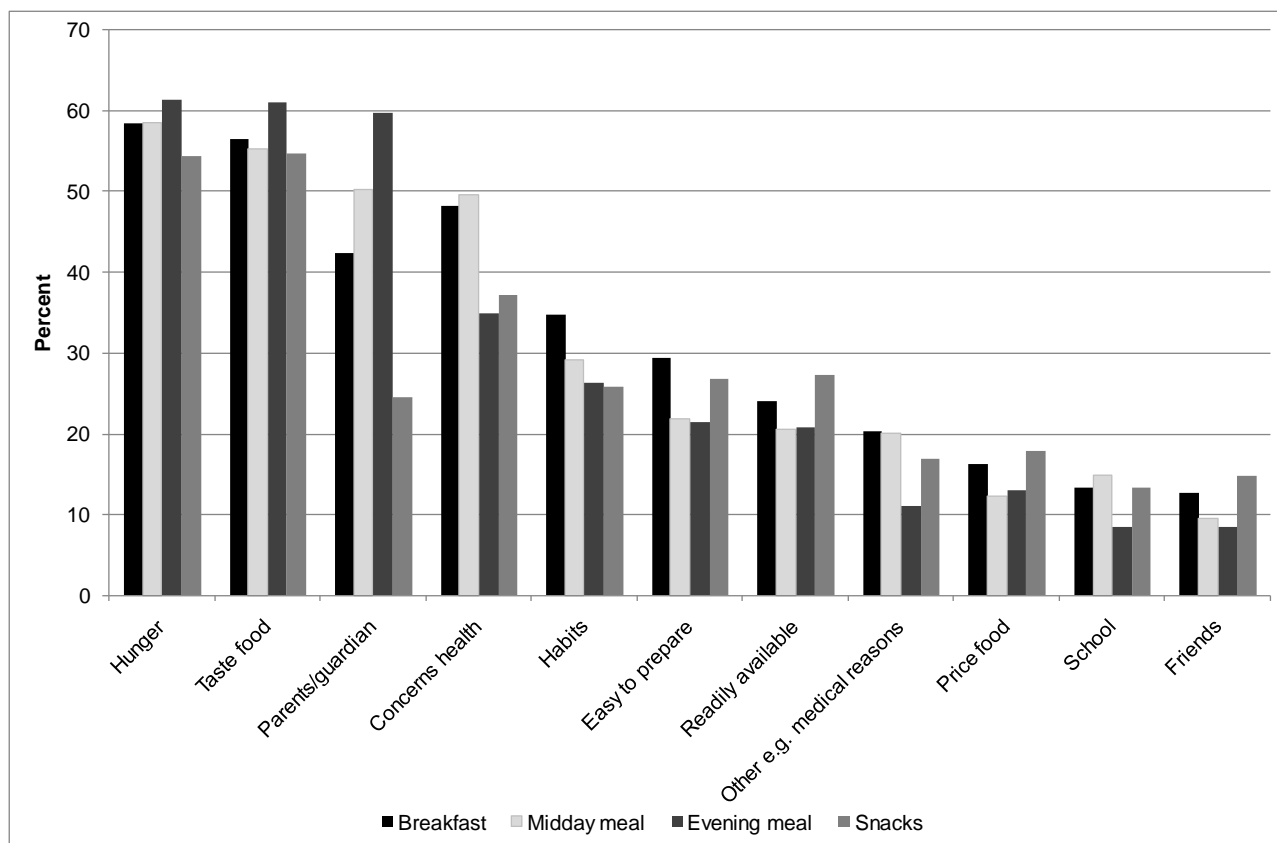


Figure 35 summarises (using the percent 'strong/very strong influence') the overall pattern of responses between each of the meal occasions. For this figure, the responses to the 'main meal' question (Q3.4) were divided by the response to Q3.2, in order to separately examine the influences for mid-day and evening meals.

Figure 35. Percent expressing strong/very strong influence for each factor at each of the 4 meal occasions



Section 3 - Discussion

Overall, the four most important influences on food choice across all meal occasions were 'how hungry you are', 'the taste of the food', 'your parents or guardian' and 'concerns for your health'.

Similar trends were shown for all 3 meal occasions (breakfast, 'main meal' and snacks).

The biggest influences on food choice for breakfast (Figure 30), with high percentages indicating strong to very strong influence, were the taste of food (56%) and hunger (58%), followed by concern for your health (48%).

The biggest influences on food choice for the main meal (Figure 33), recording high values for strong to very strong influence, were hunger (58%) and the taste of food (56%), followed by parents/guardian (52%) and concern for your health (45%).

Finally, the biggest influences on choice of snack foods (Figure 34), recording high values for strong to very strong influence, were the taste of food (55%) and hunger (54%), followed by concerns for your health (37%).

For breakfast, main meal and snacks, the factors which recorded the highest values for 'no influence' were 'other e.g. medical reasons' (53-58%), friends (40-45%) and school environment (39-43%), and price of the food (36-40%).

Each of the meal occasions also highlighted similar age and gender differences. For all 3 meal occasions, females recorded significantly higher ($p<0.05$) influence scores for parents/guardians, school environment, concerns for health and habit. Females were more influenced by friends when it came to snack choices, while males were more influenced by having foods that are readily available at the main meal occasion ($p<0.05$). In terms of significant age effects ($p<0.05$), for all 3 meal occasions, the influence of school, friends, health concerns, and 'other e.g. medical reasons' all appear to become less important as age increases. For the main meal, taste and hunger were given more importance as age increased.

Figure 31 shows that the majority of adolescents ate their main meal at mid-day (64%) as opposed to in the evening (34%). Similar results were shown across gender. The percentage of adolescents eating their main meal in the evening increases with age (from 29% for 12.5-13.99 year-olds to 42% for 16-17.49 year-olds); this might be indicative of a trend that as the adolescent gets older, their main meal shifts from being the mid-day meal to the evening meal.

Figure 32 shows that a large majority of adolescents eat their main meal at home (83%) rather than at school (15%). This was related to which was their main meal and also country of residence. Birmingham and Gent, and to a lesser extent Stockholm, generally had dinner as their main meal, which the adolescents ate at home. All other cities (Athens, Dortmund, Heraklion, Lille, Pecs, Rome, Vienna and Zaragoza) had lunch as their main meal, which, for those cities, was also generally eaten at home.

Figure 35 allows us to compare the influence of each factor across the different meal occasions. The data are sorted in decreasing order of overall importance.

Taste of the food and hunger were the two most important influences, and were given almost equal importance, at all meal occasions. Hunger was slightly less important for choice of snack foods, while the taste of the food was slightly more important for the evening meal.

For the evening meal, parents were 3rd most important, but with almost equal influence as hunger and taste. Parental influence was more important at the evening meal than at the mid-day meal; the meal occasion where parents had the least influence was on choice of snacks.

Health concerns predominantly influenced food choices at breakfast and the mid-day meal. Habits influenced food choices at breakfast more than at any other meal occasion. Unsurprisingly, school had more impact on the mid-day meal than on the evening meal.

Convenience factors such as easy to prepare and having food that is readily available had more influence at breakfast and on choice of snacks compared to the two main meals.

4 Conclusions

The adolescents in this study understood the importance of healthy eating. The majority of adolescents agreed that they felt well informed about what are healthy foods, and that what they eat now will have a big impact on their future health. The majority of respondents agreed that they liked the food that their parents prepared at home, with most agreeing that the food at home is healthy, and with a high percentage agreeing that they thought they had a healthy diet. Interestingly less respondents agreed that they liked the food they ate when they were out with their friends, compared to at home.

The taste of the food and hunger both played a big role in what the adolescents chose to eat. In addition, and for females in particular, how they feel also has an impact on food choice and snacking behaviour. Hunger, boredom, needing energy, and craving something sweet were the main reasons for snacking. For boys, the top 3 reasons for snacking were hunger, needing energy, and boredom. For girls, the top 3 reasons for snacking were hunger, boredom, and craving something sweet. Girls were more likely than boys to say that they snacked out of boredom, stress, loneliness and sadness.

Only about a third of teenagers indicated that they snacked on what they considered to be healthy products. Significantly more females than males agreed that they choose their own snacks and that they thought the snacks they ate were healthy. However, girls were also more likely to skip breakfast and to not eat lunch. The girls showed significantly higher liking scores for fresh fruit and vegetables, but also for sweets/candy, chocolate bars, biscuits/cookies, and cakes/muffins.

Differences between boys and girls were found for several attitude statements. Boys were more concerned with the taste of the food, and were more likely to agree that healthy foods tasted bad and did not fill them up. Girls were more likely to: be concerned about their weight, state that they would choose healthier options such as low fat or whole grain, agree that what they eat now will have a big impact on their future health, and say that they enjoyed eating fruit and vegetables; despite this, the boys were more likely to say that their diet was healthy.

The adolescents showed a high awareness of the healthiness of foods and drinks, which appeared to have an impact of what they ate and drank. Products that were well liked were not necessarily eaten often, with the health aspect appearing to have an impact on this. Foods and drinks indicated as being unhealthy, although accruing high liking levels, were not necessarily consumed very often. Foods that were liked were either eaten sometimes or often, depending on their perceived healthiness, indicating that adolescents are perhaps health conscious about what they eat. When snacking, only a small percentage indicated that concern for their health had no influence, although the percentage indicating this to be a strong to very strong influence was not very large either.

Overall, the most preferred snack foods were pizza, pasta dishes, fresh fruit, chocolate/chocolate bars/ turó rudi, French fries, bread/toast, sandwiches, cookies and sweets. The most disliked snack foods were oatmeal/porridge, dried fruits and meat based snacks such as meat sticks.

The four most important influences on food choice across all meal occasions were 'how hungry you are', 'the taste of the food', 'your parents or guardian' and 'concerns for your health'. Parental influence was more important at the evening meal than at the mid-day meal; the meal occasion where parents had the least influence was on choice of snacks. Health concerns predominantly influenced food choices at breakfast and the mid-day meal. Habits influenced food choices at breakfast more than at any other meal occasion. Convenience factors such as easy to prepare and

having food that is readily available had more influence at breakfast and on choice of snacks compared to the two main meals.

Adolescence is a period when children start to gain more autonomy over their food choices. The adolescents in this sample expressed their independence, for example by disagreeing with the statement “I tend to eat whatever my friends are eating” and agreeing with the statement “I choose my own snacks”. Despite this, parents still exert an important influence on their children’s food choices, not only in the provision of meals and snacks, but also as an influential and trusted source of information regarding healthy eating and lifestyle. Parents play an important role in what their teenagers eat and could extend this role further by helping adolescents learn how to put information about healthy eating into practice.

Schools also play a similar and equally important role in adolescent diet and health. In this study, only a low percentage of adolescents thought that the food in the school canteen was healthy, with many disagreeing that they liked the food in the school canteen; only about a quarter of the adolescents indicated that they ate lunch from the school canteen. The school environment also received low scores for influence on food choice. However, schools rated quite highly in terms of being a trusted source of information and education regarding nutrition and healthy eating. Therefore, even if schools were not always seen to be the most important influence from the adolescents’ point of view, their overall impact on adolescent food choice should not be disregarded. There is an opportunity for schools to play a positive role in adolescent health, by offering and encouraging healthy options within the school environment.

Although the adolescents expressed that they felt well informed about healthy eating, results from earlier focus groups suggest that information and possibly intervention are needed to make it easier for adolescents to learn how to put this knowledge into practice.

Finally, adolescents' food choices are clearly driven by both the taste of the food and feelings of hunger. The need for convenience, the fact that adolescents often feel hungry, and the perception that healthy foods won’t fill them up, may all be contributing to unhealthy snacking. The development, provision and promotion of 'healthy' foods that appeal to adolescents (both from a sensory point of view, but also a marketing point of view) are therefore recommended.

The result presented in this report provide an overall descriptive summary of the responses to the Food Choices & Preferences questionnaire. More in depth statistical analyses will be the subject of future publications.

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A P P E N D I X I

FOOD CHOICES & PREFERENCES QUESTIONNAIRE

Food Choices and Preferences Questionnaire

In this questionnaire we would like to know about your food choices and preferences. **Your opinions are very important to us!** This questionnaire gives you an opportunity to tell us what you think about issues surrounding food choice and the factors that influence these choices.

There are 3 sections within the questionnaire. In total, it should only take about 15 minutes to complete the questionnaire. Please take your time and read all questions carefully. You may answer the questions using the scales or categories provided.

Section 1 – Your opinions about food choices, preferences, diet and health

Q1.1 Using the scale provided, please rate your level of agreement for each of the following statements. It is important that you read each statement carefully.

I think that my diet is healthy

Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The taste of a food is very important to me

Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Snacking is a necessary part of a healthy diet

Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I enjoy eating fruit and vegetables

Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I tend to eat whatever my friends are eating

Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Food I eat at home is healthy

Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I choose my own snacks

Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I like the food I eat when I am out with my friends

Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The taste of food is more important to me than the healthiness of the food

Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I often try foods that I see advertised in the media (TV, magazines etc.)

Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

A high fat food tastes better than the lower fat version

Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Food I eat at school (in the canteen) is healthy

Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I often skip breakfast

Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Healthy foods don't fill me up

Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Most snack foods that I eat are healthy

Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I feel well informed about what are healthy foods

Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Most healthy foods don't taste very nice

Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I have little choice over what I eat at home

Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I worry about what I eat because I don't want to gain weight

Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Sugar-reduced products taste better than the 'regular' version

Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I like the food my parents prepare at home

Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If there is the option to choose a low fat version of a food, I will choose it						
Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
What I eat now will have a big impact on my future health						
Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Food I eat when I am out with my friends is healthy						
Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I like the food prepared at the school canteen						
Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If there is the option to choose a whole grain version of a food, I will choose it						
Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Information regarding healthy eating is difficult to put into practice						
Strongly disagree	Moderately disagree	Slightly disagree	Neither agree nor disagree	Slightly agree	Moderately agree	Strongly agree
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Q1.2. On a regular school day, when do you usually snack (select all that apply)

- ☐ I snack in the morning
- ☐ I snack in the afternoon
- ☐ I snack when I get home after school
- ☐ I snack in the evening (after dinner)
- ☐ I snack regularly throughout the day
- ☐ I don't snack

Q1.3 At the weekend, when do you usually snack (select all that apply)

- ☐ I snack in the morning
- ☐ I snack in the afternoon
- ☐ I snack in the evening (after dinner)
- ☐ I snack regularly throughout the day
- ☐ I don't snack

Q1.4 What are your reasons for snacking? (select all that apply)

- ☐ I feel bored
- ☐ I feel stressed
- ☐ I feel happy
- ☐ I feel alone
- ☐ I feel sad
- ☐ I feel hungry
- ☐ I feel tired
- ☐ I need some energy
- ☐ I'm craving something salty/savoury e.g. crisps
- ☐ I'm craving something sweet e.g. cookies or chocolate
- ☐ I snack out of habit
- ☐ I snack for a treat
- ☐ I snack because I missed a meal
- ☐ I'm socialising with my friends
- ☐ I don't snack

Q1.5 What would you say is your main reason for snacking? (please select one)

- ☐ I feel bored
- ☐ I feel stressed
- ☐ I feel happy
- ☐ I feel alone
- ☐ I feel sad
- ☐ I feel hungry
- ☐ I feel tired
- ☐ I need some energy
- ☐ I'm craving something salty/savoury e.g. crisps
- ☐ I'm craving something sweet e.g. cookies or chocolate
- ☐ I snack out of habit
- ☐ I snack for a treat
- ☐ I snack because I missed a meal
- ☐ I'm socialising with my friends
- ☐ None of the above
- ☐ I don't snack

Q1.6 During the week, where do you usually receive or purchase your **lunch** (please select one)

- ☐ I get my lunch at the school restaurant/canteen
- ☐ I bring my lunch from home
- ☐ I go home for lunch
- ☐ I go and buy my lunch from the local shop
- ☐ I go and buy my lunch from a fast food shop or restaurant
- ☐ I don't eat lunch

Q1.7 During a typical school day, how often do you eat 'outside' of school, e.g. at a fast food restaurant, food from the local shop, etc. (please select one)

- ☐ Every day
- ☐ 2-4 times a week
- ☐ **Once a week**
- ☐ **1-3 times per month**
- ☐ **Less than once a month**
- ☐ Never

Q1.8 The following shows various sources of information regarding healthy eating and lifestyle. Select the sources of information that you feel are trustworthy (select all that apply).

- ☐ Adverts (TV/Radio)
- ☐ Adverts (Press/Magazines)
- ☐ My parents/guardian
- ☐ Internet
- ☐ School/my teachers
- ☐ My coach/trainer
- ☐ My friends
- ☐ My doctor
- ☐ None of the above

Section 2 – Choices and preferences of SNACK foods and drinks

Q2.1 Snacks are defined as any foods that are eaten between meals. The following shows a list of foods that adolescents in different countries have mentioned are popular to **SNACK** on.

For each snack food item listed, please identify:

- how much you like the food item (from dislike strongly to like strongly)
- how often you eat this as a snack (either 'never', 'sometimes' or 'often')

Food Item	How much do you like this food item?					Do you eat this as a snack?
Fresh fruit	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Vegetables (e.g. celery, carrots, tomatoes etc.)	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Dried fruits (eg. raisins)	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Nuts, peanuts, seeds (e.g. sunflower, pumpkin)	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Yoghurt / yoghurt products	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Cheese products (e.g. cheddar, brie, cheese strings)	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Sweets / candy	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Chocolate / chocolate bars / turó rudi	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Biscuits / cookies	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Cakes / muffins / pastries	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Crisps / tortilla chips	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Crackers / rice cakes / salty sticks	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Popcorn	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Meat based snacks (e.g. meat sticks)	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>

Food Item	How much do you like this food item?					Do you eat this as a snack?
	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Bread / toast	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Bowl of cereal	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Oatmeal / porridge	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Cereal bars	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Sandwiches / toasties / pannini	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Pizza	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Hamburgers	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Hot Dogs / sausage rolls	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
French fries	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Pasta dishes	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Pasta snack products e.g. Pot Noodles	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>

Q2.2 Please answer both questions (as you did before in Q2.1) for this list of popular drink items.

Drink Item	How much do you like this drink item?					Do you drink this?
	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Coffee	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Tea	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Milk	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Cocoa drink (e.g. chocolate milk or hot chocolate)	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Fizzy drinks / soft drinks (e.g. coke, sprite)	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Fruit juice / fruit smoothies	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>
Water	Dislike strongly <input type="checkbox"/>	Dislike slightly <input type="checkbox"/>	Neither like nor dislike <input type="checkbox"/>	Like slightly <input type="checkbox"/>	Like strongly <input type="checkbox"/>	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> Often <input type="checkbox"/>

Q2.3 For the same list of food and drink items, please identify how healthy you perceive each food/drink item to be.

Food Item	What do you think about the healthiness of the food?				
Fresh fruit	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Vegetables (e.g. celery, carrots, tomatoes etc.)	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Dried fruits (eg. raisins)	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Nuts, peanuts, seeds (e.g. sunflower, pumpkin)	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Yoghurt / yoghurt products	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Cheese products (e.g. cheddar, brie, cheese strings)	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Sweets / candy	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Chocolate / chocolate bars / turó rudi	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Biscuits / cookies	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Cakes / muffins / pastries	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Crisps / tortilla chips	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Crackers / rice cakes / salty sticks	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Popcorn	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Meat based snacks (e.g. meat sticks)	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Bread / toast	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Bowl of cereal	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Oatmeal / porridge	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Cereal bars	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Sandwiches / toasties / pannini	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Pizza	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Hamburgers	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Hot Dogs / sausage rolls	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
French fries	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Pasta	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Pasta snack products e.g. Pot Noodles	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>

Drink Item	What do you think about the healthiness of the drink?				
Coffee	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Tea	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Milk	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Cocoa drink (e.g. chocolate milk or hot chocolate)	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Fizzy drinks / soft drinks (e.g. coke, sprite)	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Fruit juice / fruit smoothies	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>
Water	Very unhealthy <input type="checkbox"/>	Slightly unhealthy <input type="checkbox"/>	Neither healthy nor unhealthy <input type="checkbox"/>	Slightly healthy <input type="checkbox"/>	Very healthy <input type="checkbox"/>

Section 3 – Important influences on food choices and preferences

The following shows a list of things that may have an influence on what you eat for breakfast, lunch, dinner and snacks. Please rate the importance of each influence, separate for each meal occasion.

Q3.1 How strong of an influence do the following factors have on your choice of foods at **BREAKFAST?**

(e.g. how much influence do 'your friends' have on your choice of foods for BREAKFAST etc.)

Your parents or guardian	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
School environment	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
The taste of the food	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
Concern for your health	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
Your friends	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
The food is readily available	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
The food is easy to prepare	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
How hungry you are	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
Price of the food	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
Your habits or daily routine	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
Other, e.g. medical reasons (please specify): _____	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>

Q3.2 Thinking about a typical weekday, other than breakfast, which is your **MAIN MEAL** of the day? (please select ONE)

- ☐ Lunch (mid-day meal) ☐ Dinner (evening meal) ☐ Other (please state) _____

Q3.3 Where do you usually eat this **MAIN MEAL**? (please select ONE)

- ☐ At home ☐ At school ☐ Other (please state) _____

Q3.4 Thinking about your MAIN MEAL, how strong of an influence do the following factors have on your choice of foods for this **main meal**?

(e.g. how much influence do 'your friends' have on your choice of foods for your **main meal** etc.)

Your parents or guardian	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
School environment	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
The taste of the food	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
Concern for your health	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
Your friends	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
The food is readily available	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
The food is easy to prepare	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
How hungry you are	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
Price of the food	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
Your habits or daily routine	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
Other, e.g. medical reasons (please specify): _____	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>

Q3.5 Snacks are defined as any foods you would eat between meals (some examples were seen in Section 2). How strong of an influence do the following factors have on your choice of **SNACK FOODS?**

(e.g. how much influence do 'your friends' have on your choice of foods for **SNACKS** etc.)

Your parents or guardian	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
School environment	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
The taste of the food	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
Concern for your health	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
Your friends	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
The food is readily available	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
The food is easy to prepare	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
How hungry you are	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
Price of the food	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
Your habits or daily routine	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>
Other, e.g. medical reasons (please specify): <hr/>	No influence <input type="checkbox"/>	Slight influence <input type="checkbox"/>	Moderate influence <input type="checkbox"/>	Strong influence <input type="checkbox"/>	Very strong influence <input type="checkbox"/>

THANK YOU for your participation

A P P E N D I X I I

SECTION 1

**YOUR OPINION ABOUT FOOD CHOICES,
PREFERENCES, DIET AND HEALTH**

**TABULATIONS AND SUMMARY STATISTICS:
OVERALL, BY AGE AND BY GENDER**

SECTION 1 Q1.1 FULL TABULATIONS

Q1.1 Using the scale provided, please rate your level of agreement for each of the following statements. It is important that you read each statement carefully.

Full counts & %		Strongly disagree	Moderately disagree	Slightly disagree	Neither	Slightly agree	Moderately agree	Strongly agree
I think that my diet is healthy	Count	96	152	314	662	795	896	278
	%	3	4.8	9.8	20.7	24.9	28.1	8.7
The taste of a food is very important to me	Count	50	69	107	305	574	994	1082
	%	1.6	2.2	3.4	9.6	18.0	31.2	34.0
Snacking is a necessary part of a healthy diet	Count	408	381	393	624	573	478	308
	%	12.9	12.0	12.4	19.7	18.1	15.1	9.7
I enjoy eating fruit and vegetables	Count	104	120	191	389	609	818	958
	%	3.3	3.8	6.0	12.2	19.1	25.7	30.0
I tend to eat whatever my friends are eating	Count	1007	616	483	505	355	161	47
	%	31.7	19.4	15.2	15.9	11.2	5.1	1.5
Food I eat at home is healthy	Count	47	85	167	543	632	1025	685
	%	1.5	2.7	5.2	17.1	19.8	32.2	21.5
I choose my own snacks	Count	101	69	121	304	469	928	1194
	%	3.2	2.2	3.8	9.5	14.7	29.1	37.5
I like the food I eat when I am out with my friends	Count	103	100	159	478	546	1021	768
	%	3.2	3.1	5.0	15.1	17.2	32.2	24.2
The taste of food is more important to me than the healthiness of the food	Count	328	334	370	757	575	476	346
	%	10.3	10.5	11.6	23.8	18.0	14.9	10.9
I often try foods that I see advertised in the media (TV, magazines etc.)	Count	785	610	492	528	447	226	105
	%	24.6	19.1	15.4	16.5	14.0	7.1	3.3
A high fat food tastes better than the lower fat version	Count	545	455	391	909	399	289	193
	%	17.1	14.3	12.3	28.6	12.5	9.1	6.1
Food I eat at school (in the canteen) is healthy	Count	555	376	389	842	446	317	155
	%	18.0	12.2	12.6	27.3	14.5	10.3	5.0
I often skip breakfast	Count	1172	361	205	243	284	364	560
	%	36.8	11.3	6.4	7.6	8.9	11.4	17.6
Healthy foods do not fill me up	Count	989	589	417	528	325	194	119
	%	31.3	18.6	13.2	16.7	10.3	6.1	3.8
Most snack foods that I eat are healthy	Count	372	415	574	792	432	373	206
	%	11.8	13.1	18.1	25.0	13.7	11.8	6.5
I feel well informed about what are healthy foods	Count	123	158	208	486	581	874	741
	%	3.9	5.0	6.6	15.3	18.3	27.6	23.4
Most healthy foods do not taste very nice	Count	614	598	475	679	398	260	147
	%	19.4	18.9	15.0	21.4	12.6	8.2	4.6
I have little choice over what I eat at home	Count	886	567	421	557	332	253	166
	%	27.8	17.8	13.2	17.5	10.4	8.0	5.2
I worry about what I eat because I do not want to gain weight	Count	732	365	287	470	481	440	409
	%	23.0	11.5	9.0	14.8	15.1	13.8	12.8

SECTION 1 Q1.1 FULL TABULATIONS. Cont..

Full counts & %		Strongly disagree	Moderately disagree	Slightly disagree	Neither	Slightly agree	Moderately agree	Strongly agree
Sugar-reduced products taste better than the 'regular' version	Count	504	413	492	1157	316	178	107
	%	15.9	13.0	15.5	36.5	10.0	5.6	3.4
I like the food my parents prepare at home	Count	36	45	90	241	406	1087	1263
	%	1.1	1.4	2.8	7.6	12.8	34.3	39.9
If there is the option to choose a low fat version of a food, I will choose it	Count	333	282	331	782	494	502	419
	%	10.6	9.0	10.5	24.9	15.7	16.0	13.3
What I eat now will have a big impact on my future health	Count	146	126	178	516	537	705	964
	%	4.6	4.0	5.6	16.3	16.9	22.2	30.4
Food I eat when I am out with my friends is healthy	Count	425	528	699	859	392	179	73
	%	13.5	16.7	22.2	27.2	12.4	5.7	2.3
I like the food prepared at the school canteen	Count	617	318	358	763	422	357	183
	%	20.4	10.5	11.9	25.3	14.0	11.8	6.1
If there is the option to choose a whole grain version of a food, I will choose it	Count	376	289	381	799	474	457	385
	%	11.9	9.1	12.1	25.3	15.0	14.5	12.2
Information regarding healthy eating is difficult to put into practice	Count	270	333	422	943	603	385	202
	%	8.5	10.5	13.4	29.9	19.1	12.2	6.4

SECTION 1 Q1.1 SUMMARISED TABULATIONS

Q1.1 Using the scale provided, please rate your level of agreement for each of the following statements. It is important that you read each statement carefully.

Summarised counts & %	Disagree		Neither		Agree		Total
	Count	%	Count	%	Count	%	
I think that my diet is healthy	562	17.6	662	20.7	1969	61.7	3193
The taste of a food is very important to me	226	7.1	305	9.6	2650	83.3	3181
Snacking is a necessary part of a healthy diet	1182	37.3	624	19.7	1359	42.9	3165
I enjoy eating fruit and vegetables	415	13.0	389	12.2	2385	74.8	3189
I tend to eat whatever my friends are eating	2106	66.4	505	15.9	563	17.7	3174
Food I eat at home is healthy	299	9.4	543	17.1	2342	73.6	3184
I choose my own snacks	291	9.1	304	9.5	2591	81.3	3186
I like the food I eat when I am out with my friends	362	11.4	478	15.1	2335	73.5	3175
The taste of food is more important to me than the healthiness of the food	1032	32.4	757	23.8	1397	43.8	3186
I often try foods that I see advertised in the media (TV, magazines etc.)	1887	59.1	528	16.5	778	24.4	3193
A high fat food tastes better than the lower fat version	1391	43.7	909	28.6	881	27.7	3181
Food I eat at school (in the canteen) is healthy	1320	42.9	842	27.3	918	29.8	3080
I often skip breakfast	1738	54.5	243	7.6	1208	37.9	3189
Healthy foods do not fill me up	1995	63.1	528	16.7	638	20.2	3161
Most snack foods that I eat are healthy	1361	43.0	792	25.0	1011	32.0	3164
I feel well informed about what are healthy foods	489	15.4	486	15.3	2196	69.3	3171
Most healthy foods do not taste very nice	1687	53.2	679	21.4	805	25.4	3171
I have little choice over what I eat at home	1874	58.9	557	17.5	751	23.6	3182
I worry about what I eat because I do not want to gain weight	1384	43.5	470	14.8	1330	41.8	3184
Sugar-reduced products taste better than the 'regular' version	1409	44.5	1157	36.5	601	19.0	3167
I like the food my parents prepare at home	171	5.4	241	7.6	2756	87.0	3168
If there is the option to choose a low fat version of a food, I will choose it	946	30.1	782	24.9	1415	45.0	3143
What I eat now will have a big impact on my future health	450	14.2	516	16.3	2206	69.5	3172
Food I eat when I am out with my friends is healthy	1652	52.4	859	27.2	644	20.4	3155
I like the food prepared at the school canteen	1293	42.8	763	25.3	962	31.9	3018
If there is the option to choose a whole grain version of a food, I will choose it	1046	33.1	799	25.3	1316	41.6	3161
Information regarding healthy eating is difficult to put into practice	1025	32.5	943	29.9	1190	37.7	3158

SECTION 1 Q1.1 SUMMARY STATISTICS

Summary stats	Mean	Median	± SD
I think that my diet is healthy	4.8	5.0	1.45
The taste of a food is very important to me	5.7	6.0	1.36
Snacking is a necessary part of a healthy diet	4.0	4.0	1.85
I enjoy eating fruit and vegetables	5.4	6.0	1.59
I tend to eat whatever my friends are eating	2.8	2.0	1.65
Food I eat at home is healthy	5.3	6.0	1.39
I choose my own snacks	5.7	6.0	1.51
I like the food I eat when I am out with my friends	5.3	6.0	1.53
The taste of food is more important to me than the healthiness of the food	4.2	4.0	1.79
I often try foods that I see advertised in the media (TV, magazines etc.)	3.1	3.0	1.75
A high fat food tastes better than the lower fat version	3.6	4.0	1.76
Food I eat at school (in the canteen) is healthy	3.6	4.0	1.75
I often skip breakfast	3.5	3.0	2.38
Healthy foods do not fill me up	2.9	3.0	1.78
Most snack foods that I eat are healthy	3.8	4.0	1.70
I feel well informed about what are healthy foods	5.2	6.0	1.63
Most healthy foods do not taste very nice	3.3	3.0	1.75
I have little choice over what I eat at home	3.1	3.0	1.85
I worry about what I eat because I do not want to gain weight	3.8	4.0	2.11
Sugar-reduced products taste better than the 'regular' version	3.4	4.0	1.55
I like the food my parents prepare at home	5.9	6.0	1.26
If there is the option to choose a low fat version of a food, I will choose it	4.3	4.0	1.83
What I eat now will have a big impact on my future health	5.3	6.0	1.69
Food I eat when I am out with my friends is healthy	3.3	3.0	1.50
I like the food prepared at the school canteen	3.6	4.0	1.84
If there is the option to choose a whole grain version of a food, I will choose it	4.1	4.0	1.83
Information regarding healthy eating is difficult to put into practice	4.0	4.0	1.61

SECTION 1 Q1.1 SUMMARY STATISTICS BY GENDER

Summary stats by gender	Male			Female			p
	N	Mean	± SD	N	Mean	± SD	
I think that my diet is healthy	1502	4.9	1.50	1691	4.7	1.40	0.001
The taste of a food is very important to me	1496	5.7	1.38	1685	5.7	1.35	NS
Snacking is a necessary part of a healthy diet	1486	4.0	1.82	1679	4.0	1.88	NS
I enjoy eating fruit and vegetables	1497	5.2	1.60	1692	5.6	1.56	0.000
I tend to eat whatever my friends are eating	1490	2.8	1.64	1684	2.8	1.65	NS
Food I eat at home is healthy	1495	5.4	1.37	1689	5.3	1.40	0.020
I choose my own snacks	1499	5.6	1.59	1687	5.8	1.43	0.001
I like the food I eat when I am out with my friends	1495	5.3	1.55	1680	5.4	1.51	NS
The taste of food is more important to me than the healthiness of the food	1496	4.3	1.80	1690	4.0	1.76	0.000
I often try foods that I see advertised in the media (TV, magazines etc.)	1500	3.0	1.77	1693	3.2	1.73	0.020
A high fat food tastes better than the lower fat version	1498	3.8	1.75	1683	3.4	1.74	0.000
Food I eat at school (in the canteen) is healthy	1446	3.6	1.78	1634	3.6	1.73	NS
I often skip breakfast	1499	3.2	2.31	1690	3.7	2.42	0.000
Healthy foods do not fill me up	1485	3.0	1.80	1676	2.8	1.76	0.008
Most snack foods that I eat are healthy	1485	3.7	1.69	1679	3.9	1.72	0.001
I feel well informed about what are healthy foods	1491	5.2	1.65	1680	5.1	1.62	NS
Most healthy foods do not taste very nice	1487	3.4	1.74	1684	3.2	1.75	0.001
I have little choice over what I eat at home	1495	3.1	1.87	1687	3.1	1.84	NS
I worry about what I eat because I do not want to gain weight	1495	3.2	2.05	1689	4.3	2.03	0.000
Sugar-reduced products taste better than the 'regular' version	1487	3.3	1.57	1680	3.5	1.53	0.000
I like the food my parents prepare at home	1484	5.9	1.26	1684	5.9	1.26	NS
If there is the option to choose a low fat version of a food, I will choose it	1469	3.9	1.80	1674	4.6	1.79	0.000
What I eat now will have a big impact on my future health	1489	5.0	1.75	1683	5.5	1.60	0.000
Food I eat when I am out with my friends is healthy	1480	3.3	1.50	1675	3.4	1.49	NS
I like the food prepared at the school canteen	1423	3.6	1.84	1595	3.6	1.85	NS
If there is the option to choose a whole grain version of a food, I will choose it	1480	3.9	1.79	1681	4.4	1.84	0.000
Information regarding healthy eating is difficult to put into practice	1483	3.9	1.59	1675	4.1	1.61	0.000

SECTION 1 Q1.1 - SUMMARY STATISTICS BY AGE

Summary stats by age groups	12.5 - 13.99 yr			14 - 14.99 yr			15 - 15.99 yr			16 - 17.49 yr			p
	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	
I think that my diet is healthy	976	4.8	1.44	839	4.8	1.42	765	4.8	1.42	613	4.7	1.53	NS
The taste of a food is very important to me	972	5.4	1.51	835	5.6	1.36	760	5.9	1.19	614	6.0	1.24	0.000
Snacking is a necessary part of a healthy diet	965	4.0	1.85	834	3.9	1.89	755	4.1	1.82	611	4.2	1.83	0.041
I enjoy eating fruit and vegetables	974	5.4	1.59	836	5.3	1.64	764	5.4	1.50	615	5.4	1.65	NS
I tend to eat whatever my friends are eating	967	2.7	1.68	835	2.7	1.60	758	2.8	1.61	614	2.8	1.70	NS
Food I eat at home is healthy	976	5.4	1.40	832	5.4	1.40	762	5.3	1.33	614	5.2	1.42	NS
I choose my own snacks	974	5.5	1.58	834	5.6	1.55	761	5.8	1.44	617	6.0	1.35	0.000
I like the food I eat when I am out with my friends	969	5.2	1.60	834	5.3	1.57	759	5.4	1.46	613	5.5	1.42	0.005
The taste of food is more important to me than the healthiness of the food	972	3.9	1.76	837	4.1	1.83	763	4.3	1.74	614	4.5	1.74	0.000
I often try foods that I see advertised in the media (TV, magazines etc.)	975	3.0	1.74	838	3.1	1.72	763	3.2	1.76	617	3.2	1.75	0.005
A high fat food tastes better than the lower fat version	968	3.5	1.77	840	3.5	1.79	760	3.6	1.67	613	3.8	1.78	0.000
Food I eat at school (in the canteen) is healthy	950	3.5	1.82	817	3.5	1.72	725	3.7	1.75	588	3.7	1.68	0.011
I often skip breakfast	974	3.3	2.35	839	3.5	2.38	762	3.5	2.35	614	3.6	2.44	0.012
Healthy foods do not fill me up	963	2.9	1.81	829	2.9	1.79	760	3.0	1.75	609	2.8	1.75	NS

SECTION 1 Q1.1- SUMMARY STATISTICS BY AGE CON'T...

Summary stats by age groups con't	12.5 - 13.99 yr			14 - 14.99 yr			15 - 15.99 yr			16 - 17.49			
	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	p
Most snack foods that I eat are healthy	963	3.7	1.78	829	3.8	1.70	758	3.7	1.64	614	3.9	1.67	NS
I feel well informed about what are healthy foods	968	5.1	1.74	833	5.2	1.58	758	5.1	1.59	612	5.2	1.60	NS
Most healthy foods do not taste very nice	967	3.4	1.82	832	3.4	1.74	762	3.3	1.69	610	3.2	1.70	NS
I have little choice over what I eat at home	971	3.2	1.85	835	3.2	1.85	761	3.0	1.82	615	3.0	1.88	0.010
I worry about what I eat because I do not want to gain weight	974	3.9	2.09	836	3.8	2.07	760	3.7	2.10	614	3.8	2.21	NS
Sugar-reduced products taste better than the 'regular' version	967	3.5	1.59	834	3.4	1.55	756	3.4	1.47	610	3.3	1.58	NS
I like the food my parents prepare at home	970	5.9	1.31	831	5.9	1.27	754	5.9	1.19	613	6.0	1.26	NS
If there is the option to choose a low fat version of a food, I will choose it	955	4.4	1.80	826	4.4	1.78	750	4.2	1.82	612	4.1	1.92	0.001
What I eat now will have a big impact on my future health	969	5.2	1.74	836	5.3	1.63	756	5.3	1.63	611	5.2	1.75	NS
Food I eat when I am out with my friends is healthy	961	3.4	1.55	829	3.3	1.47	755	3.4	1.44	610	3.4	1.50	NS
I like the food prepared at the school canteen	933	3.6	1.88	803	3.5	1.85	708	3.7	1.82	574	3.7	1.78	0.043
If there is the option to choose a whole grain version of a food, I will choose it	962	4.3	1.79	832	4.0	1.81	754	4.1	1.82	613	4.1	1.92	0.000
Information regarding healthy eating is difficult to put into practice	960	3.9	1.64	835	4.1	1.59	751	4.0	1.54	612	4.1	1.65	0.021

SECTION 1 Q1.2 TABULATIONS

Q1.2. On a regular school day, when do you usually snack (select all that apply).

Full counts & %	Count	%
I snack in the morning	1308	41.6
I snack in the afternoon	1330	42.3
I snack when I get home after school	1320	41.8
I snack in the evening (after dinner)	799	25.3
I snack regularly throughout the day	497	15.8
I don't snack	356	11.4

Q1.2.a. By gender.

Summarised counts & % by gender	MALE		FEMALE		P
	N	%	N	%	
I snack in the morning	607	41.4	701	41.7	0.866
I snack in the afternoon	635	43.4	695	41.4	0.256
I snack when I get home after school	570	38.5	750	44.7	0.000
I snack in the evening (after dinner)	421	28.5	378	22.5	0.000
I snack regularly throughout the day	243	16.7	254	15.1	0.246
I don't snack	202	14.0	154	9.2	0.000

Q1.2.b. By age groups.

Summarised counts & % by age groups	12.5 - 13.99 yr		14 - 14.99 yr		15 - 15.99 yr		16 - 17.49 yr		p
	N	%	N	%	N	%	N	%	
I snack in the morning	383	39.9	342	41.0	314	42.1	269	44.2	0.375
I snack in the afternoon	403	41.9	333	40.0	316	42.7	278	45.6	0.202
I snack when I get home after school	389	40.6	356	42.6	327	43.3	248	40.6	0.590
I snack in the evening (after dinner)	208	21.6	218	26.0	201	26.9	172	28.2	0.013
I snack regularly throughout the day	147	15.4	128	15.4	126	17.0	96	15.8	0.783
I don't snack	136	14.3	102	12.2	65	8.9	53	8.7	0.001

SECTION 1 Q1.3 TABULATIONS

Q1.3. At the weekend, when do you usually snack (select all that apply).

Full counts & %	Count	%
I snack in the morning	704	22.5
I snack in the afternoon	1762	55.9
I snack in the evening (after dinner)	980	31.2
I snack regularly throughout the day	723	23.0
I don't snack	434	13.9

Q1.3.a. By gender.

Summarised counts & % by gender	MALE		FEMALE		P
	N	%	N	%	
I snack in the morning	346	23.8	358	21.3	0.097
I snack in the afternoon	793	53.9	969	57.7	0.032
I snack in the evening (after dinner)	497	33.9	483	28.8	0.002
I snack regularly throughout the day	369	25.3	354	21.1	0.005
I don't snack	216	14.9	218	13.0	0.117

Q1.3.b. By age groups.

Summarised counts & % by age groups	12.5 - 13.99 yr		14 - 14.99 yr		15 - 15.99 yr		16 - 17.49 yr		p
	N	%	N	%	N	%	N	%	
I snack in the morning	222	23.3	199	23.9	173	23.5	110	18.1	0.035
I snack in the afternoon	546	56.9	462	55.5	424	56.5	330	54.1	0.704
I snack in the evening (after dinner)	265	27.7	271	32.5	246	33.1	198	32.4	0.054
I snack regularly throughout the day	201	21.1	189	22.7	185	24.9	148	24.3	0.255
I don't snack	146	15.3	129	15.5	73	10.0	86	14.1	0.005

SECTION 1 Q1.4 TABULATIONS

Q1.4. What are your reason for snacking? (select all that apply).

Full counts & %	Count	%
I feel bored	902	28.6
I feel stressed	295	9.4
I feel happy	222	7.1
I feel alone	264	8.4
I feel sad	299	9.6
I feel hungry	2108	66.6
I feel tired	247	7.9
I need some energy	1031	32.7
I'm craving something salty/savoury e.g. crisps	895	28.5
I'm craving something sweet e.g. cookies or choc	1327	42.1
I snack out of habit	403	12.9
I snack for a treat	511	16.3
I snack because I missed a meal	461	14.7
I'm socialising with my friends	604	19.2
I don't snack	153	4.9

Q1.4.a. By gender.

Summarised counts & % by gender	MALE		FEMALE		P
	N	%	N	%	
I feel bored	334	22.7	568	33.8	0.000
I feel stressed	87	6.0	208	12.4	0.000
I feel happy	92	6.3	130	7.8	0.117
I feel alone	75	5.2	189	11.3	0.000
I feel sad	67	4.6	232	13.8	0.000
I feel hungry	1019	68.6	1089	64.8	0.024
I feel tired	124	8.5	123	7.3	0.213
I need some energy	509	34.6	522	31.1	0.037
I'm craving something salty/savoury e.g. crisps	358	24.5	537	32.0	0.000
I'm craving something sweet e.g. cookies or choc	519	35.3	808	48.1	0.000
I snack out of habit	186	12.8	217	12.9	0.891
I snack for a treat	234	16.0	277	16.5	0.717
I snack because I missed a meal	199	13.6	262	15.6	0.117
I'm socialising with my friends	231	15.8	373	22.2	0.000
I don't snack	89	6.1	64	3.8	0.003

Q1.4.b. By age groups.

Summarised counts & % by age groups	12.5 - 13.99 yr		14 - 14.99 yr		15 - 15.99 yr		16 - 17.49 yr		p
	N	%	N	%	N	%	N	%	
I feel bored	223	23.2	218	26.0	241	32.5	220	35.8	0.000
I feel stressed	82	8.59	71	8.5	70	9.6	72	11.8	0.133
I feel happy	64	6.67	59	7.1	60	8.2	39	6.4	0.551
I feel alone	62	6.49	69	8.3	63	8.6	70	11.5	0.008
I feel sad	75	7.85	85	10.2	69	9.5	70	11.5	0.104
I feel hungry	607	63	560	67.1	520	69.1	421	68.5	0.032
I feel tired	72	7.53	61	7.3	54	7.4	60	9.8	0.267
I need some energy	308	32	250	29.9	245	33.1	228	37.1	0.035
I'm craving something salty/savoury	242	25.3	220	26.4	218	29.6	215	35.1	0.000
I'm craving something sweet	375	39.1	336	40.2	334	44.9	282	46.0	0.012
I snack out of habit	113	11.8	105	12.6	102	13.9	83	13.6	0.573
I snack for a treat	154	16.1	129	15.4	110	15.1	118	19.3	0.152
I snack because I missed a meal	112	11.7	109	13.1	116	15.8	124	20.3	0.000
I'm socialising with my friends	205	21.4	150	18.0	152	20.6	97	15.9	0.027
I don't snack	60	6.28	43	5.1	27	3.7	23	3.8	0.047

SECTION 1 Q1.5 TABULATIONS

Q1.5. What would you say is your main reason for snacking? (please select one).

Summarised counts & %	Count	%	% from 3159
I feel bored	348	10.9	11.0
I feel stressed	53	1.7	1.7
I feel happy	33	1.0	1.0
I feel alone	21	0.7	0.7
I feel sad	56	1.7	1.8
I feel hungry	1309	40.9	41.4
I feel tired	26	0.8	0.8
I need some energy	314	9.8	9.9
I'm craving something salty/savoury e.g. crisps	129	4.0	4.1
I'm craving something sweet e.g. cookies or choc	298	9.3	9.4
I snack out of habit	116	3.6	3.7
I snack for a treat	120	3.7	3.8
I snack because I missed a meal	85	2.7	2.7
I'm socialising with my friends	74	2.3	2.3
None of the above	62	1.9	2.0
I don't snack	115	3.6	3.6
Total	3159	98.7	100
Missing	43	1.3	
Total	3202	100	

Q1.5. What would you say is your main reason for snacking? (please select one).

Q1.5.a. By gender.

Summarised counts & % by gender	MALE		FEMALE	
	N	%	N	%
I feel bored	123	8.3	225	13.5
I feel stressed	10	0.7	43	2.6
I feel happy	19	1.3	14	0.8
I feel alone	9	0.6	12	0.7
I feel sad	9	0.6	47	2.8
I feel hungry	688	46.2	621	37.2
I feel tired	12	0.8	14	0.8
I need some energy	163	11.0	151	9.0
I'm craving something salty/savoury e.g. crisps	54	3.6	75	4.5
I'm craving something sweet e.g. cookies or choc	111	7.5	187	11.2
I snack out of habit	63	4.2	53	3.2
I snack for a treat	54	3.6	66	3.9
I snack because I missed a meal	34	2.3	51	3.1
I'm socialising with my friends	36	2.4	38	2.3
None of the above	35	2.4	27	1.6
I don't snack	68	4.6	47	2.8
Total	1488	100	1671	100

Q1.5.b. By age groups.

Summarised counts & % by age groups	12.5 - 13.99 yr		14 - 14.99 yr		15 - 15.99 yr		16 - 17.49 yr	
	N	%	N	%	N	%	N	%
I feel bored	94	9.7	83	10.0	97	13.0	74	12.1
I feel stressed	18	1.9	12	1.4	12	1.6	11	1.8
I feel happy	12	1.2	6	0.7	10	1.3	5	0.8
I feel alone	5	0.5	7	0.8	6	0.8	3	0.5
I feel sad	18	1.9	15	1.8	12	1.6	11	1.8
I feel hungry	389	40.1	370	44.6	298	39.8	252	41.3
I feel tired	9	0.9	5	0.6	8	1.1	4	0.7
I need some energy	94	9.7	72	8.7	85	11.3	63	10.3
I'm craving something salty/savoury	36	3.7	37	4.5	32	4.3	24	3.9
I'm craving something sweet	98	10.1	74	8.9	62	8.3	64	10.5
I snack out of habit	39	4.0	20	2.4	30	4.0	27	4.4
I snack for a treat	29	3.0	40	4.8	26	3.5	25	4.1
I snack because I missed a meal	24	2.5	24	2.9	15	2.0	22	3.6
I'm socialising with my friends	30	3.1	12	1.4	25	3.3	7	1.1
None of the above	28	2.9	14	1.7	16	2.1	4	0.7
I don't snack	47	4.8	39	4.7	15	2.0	14	2.3

SECTION 1 Q1.6 TABULATIONS

Q1.6. During the week, where do you usually receive or purchase your lunch (please select one).

Summarised counts & %	Count	%	% from 3189
I get my lunch at the school restaurant/canteen	878	27.4	27.5
I bring my lunch from home	407	12.7	12.8
I go home for lunch	1628	50.8	51.1
I go and buy my lunch from the local shop	150	4.7	4.7
I go and buy my lunch from a fast food shop or restaurant	48	1.5	1.5
I don't eat lunch	78	2.4	2.4
Total	3189	99.6	100
Missing	13	0.4	
Total	3202	100	

Q1.6.a. By gender.

Summarised counts & % by gender	MALE		FEMALE	
	N	%	N	%
I get my lunch at the school restaurant	380	25.4	498	29.5
I bring my lunch from home	214	14.3	193	11.4
I go home for lunch	769	51.3	859	50.8
I go and buy my lunch from the local shop	75	5.0	75	4.4
I go and buy my lunch from a fast food shop or restaurant	31	2.1	17	1.0
I don't eat lunch	29	1.9	49	2.9
Total	1498	100	1691	100

Q1.6.b. By age groups.

Summarised counts & % by age groups	12.5 - 13.99 yr		14 - 14.99 yr		15 - 15.99 yr		16 - 17.49 yr	
	N	%	N	%	N	%	N	%
I get my lunch at the school restaurant	293	30.0	236	28.2	194	25.5	155	25.2
I bring my lunch from home	120	12.3	99	11.8	111	14.6	77	12.5
I go home for lunch	504	51.6	428	51.1	396	52.0	300	48.9
I go and buy my lunch from the local shop	36	3.7	34	4.1	34	4.5	46	7.5
I go and buy my lunch from a fast food shop or restaurant	5	0.5	13	1.6	14	1.8	16	2.6
I don't eat lunch	18	1.8	27	3.2	13	1.7	20	3.3

SECTION 1 Q1.7 TABULATIONS

Q1.7. During a typical school day, how often do you eat 'outside' of school, e.g. at a fast food restaurant, food from the local shop, etc. (please select one).

Summarised counts & %	Count	%	% from 3190
Every day	307	9.6	9.6
2-4 times a week	390	12.2	12.2
Once a week	557	17.4	17.5
1-3 times per week	588	18.4	18.4
Less than once a month	529	16.5	16.6
Never	819	25.6	25.7
Total	3190	99.6	100
Missing	12	0.4	
Total	3202	100	

Q1.7.a. By gender.

Summarised counts & % by gender	MALE		FEMALE	
	N	%	N	%
Every day	180	12.0	127	7.5
2-4 times a week	205	13.7	185	11.0
Once a week	274	18.3	283	16.8
1-3 times per week	273	18.2	315	18.7
Less than once a month	230	15.3	299	17.7
Never	339	22.6	480	28.4
Total	1501	100	1689	100

Q1.7.b. By age groups.

Summarised counts & % by age groups	12.5 - 13.99 yr		14 - 14.99 yr		15 - 15.99 yr		16 - 17.49 yr	
	N	%	N	%	N	%	N	%
Every day	88	9.0	77	9.2	81	10.6	61	9.9
2-4 times a week	110	11.3	88	10.5	110	14.4	82	13.4
Once a week	149	15.3	164	19.5	129	16.9	115	18.7
1-3 times per week	168	17.2	157	18.7	140	18.3	123	20.0
Less than once a month	194	19.9	122	14.5	115	15.1	98	16.0
Never	265	27.2	231	27.5	188	24.6	135	22.0

SECTION 1 Q1.8 TABULATIONS

Q1.8. The following show various sources of information regarding healthy eating and lifestyle. Select the sources of information that you feel are trustworthy (select all that apply).

Summarised counts & %	Count	%
Adverts (TV/Radio)	584	18.6
Adverts (Press/Magazines)	419	13.3
My parents/guardian	2212	69.6
Internet	539	17.1
School/my teachers	1054	33.4
My coach/trainer	972	30.8
My friends	475	15.1
My doctor	1898	59.8
None of the above	195	6.2

Q1.8.a. By gender.

Summarised counts & % by gender	MALE		FEMALE		P
	N	%	N	%	
Adverts (TV/Radio)	284	19.4	300	17.8	0.243
Adverts (Press/Magazines)	182	12.5	237	14.1	0.188
My parents/guardian	986	66.2	1226	72.6	0.000
Internet	261	17.9	278	16.5	0.314
School/my teachers	446	30.3	608	36.1	0.001
My coach/trainer	511	34.7	461	27.4	0.000
My friends	184	12.6	291	17.3	0.000
My doctor	814	54.6	1084	64.3	0.000
None of the above	117	8.0	78	4.6	0.000

Q1.8.b. By age groups.

Summarised counts & % by age groups	12.5 - 13.99 yr		14 - 14.99 yr		15 - 15.99 yr		16 - 17.49 yr		p
	N	%	N	%	N	%	N	%	
Adverts (TV/Radio)	170	17.7	149	17.9	145	19.6	120	19.6	0.632
Adverts (Press/Magazines)	118	12.3	112	13.4	94	12.7	95	15.5	0.304
My parents/guardian	699	72.1	579	69.3	517	68.3	417	67.9	0.235
Internet	147	15.3	144	17.2	118	16.0	130	21.2	0.018
School/my teachers	333	34.6	263	31.5	257	34.4	201	32.8	0.483
My coach/trainer	288	30.0	237	28.4	239	32.0	208	33.8	0.123
My friends	153	15.9	117	14.0	112	15.1	93	15.2	0.746
My doctor	554	57.5	482	57.7	470	61.8	392	63.7	0.028
None of the above	60	6.3	56	6.7	37	5.0	42	6.9	0.459

A P P E N D I X I I I

SECTION 2

CHOICES AND PREFERENCES OF SNACK FOODS AND DRINKS

TABULATIONS AND SUMMARY STATISTICS: OVERALL, BY AGE AND BY GENDER

Section 2 – Choices and preferences of SNACK foods and drinks

Q2.1 Snacks are defined as any foods that are eaten between meals. The following shows a list of foods that adolescents in different countries have mentioned are popular to SNACK on.

For each snack food item listed, please identify:

- How much you like the food item (from dislike strongly to like strongly).
- How often you eat this as a snack (either 'never', 'sometimes' or 'often').

Full counts & %	Dislike strongly		Dislike slightly		Neither		Like slightly		Like strongly	
	Count	%	Count	%	Count	%	Count	%	Count	%
Food Item										
Fresh fruit	77	2.4	85	2.7	245	7.7	969	30.4	1812	56.8
Vegetables (e.g. celery, carrots, tomatoes, etc.)	188	5.9	308	9.7	599	18.9	1201	37.8	878	27.7
Dried fruits (e.g. raisins)	835	26.4	590	18.6	646	20.4	728	23.0	365	11.5
Nuts, peanuts, seeds (e.g. sunflower, pumpkin)	304	9.6	341	10.7	576	18.1	1223	38.5	732	23.0
Yoghurt / yoghurt products	132	4.2	185	5.8	370	11.7	1171	36.9	1317	41.5
Cheese products (e.g. Cheddar, brie, cheese strings)	284	9.0	314	9.9	479	15.1	1098	34.6	995	31.4
Sweets / candy	70	2.2	129	4.1	358	11.3	1102	34.7	1517	47.8
Chocolate / chocolate bars	68	2.1	116	3.7	249	7.8	908	28.6	1833	57.8
Biscuits / cookies	57	1.8	106	3.3	390	12.3	1220	38.4	1404	44.2
Cakes / muffins/ pastries	83	2.6	177	5.6	423	13.5	1082	34.4	1376	43.8
Crisps / tortilla chips	99	3.1	194	6.2	394	12.5	1141	36.2	1322	42.0
Crackers / rice cakes / salty sticks	300	9.5	437	13.8	721	22.8	1056	33.3	654	20.6
Popcorn	174	5.5	263	8.3	469	14.9	1160	36.7	1092	34.6
Meat based snacks (e.g. Meat sticks)	730	23.17	532	16.9	639	20.3	708	22.5	542	17.2
Bread / toast	35	1.1	97	3.0	344	10.8	1406	44.1	1305	40.9
Bowl of cereal	255	8.0	179	5.6	428	13.5	1199	37.8	1111	35.0
Oatmeal / porridge	996	31.8	638	20.3	662	21.1	477	15.2	363	11.6
Cereal bars	356	11.4	375	12.0	680	21.8	1004	32.2	702	22.52
Sandwiches / toasties / pannini	47	1.5	105	3.3	347	11.0	1198	37.9	1466	46.3
Pizza	44	1.4	72	2.3	193	6.1	842	26.5	2026	63.8
Hamburgers	279	8.8	224	7.1	345	10.9	918	29.1	1392	44.1
Hot Dogs / sausage rolls	429	13.6	260	8.2	467	14.8	948	30.0	1056	33.4
French fries	57	1.8	122	3.8	269	8.5	1023	32.2	1702	53.6
Pasta dishes	66	2.1	77	2.4	221	7.0	906	28.7	1889	59.8
Pasta snack products (e.g. Pot noodles)	507	16.1	388	12.3	698	22.1	862	27.3	697	22.1

Q2.1 Snacks are defined as any foods that are eaten between meals

Summarised Counts & %	a. How much you like the food item						b. How often you eat this as a snack					
	Dislike		Neither		Like		Never		Sometimes		Often	
Food Item	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%
Fresh fruit	162	5.1	245	7.7	2781	87.2	353	11.5	1530	49.6	1199	38.9
Vegetables (e.g. celery, carrots, tomatoes, etc.)	496	15.6	599	18.9	2079	65.5	1067	34.9	1309	42.8	684	22.4
Dried fruits (e.g. raisins)	1425	45.0	646	20.4	1093	34.5	1794	59.3	1073	35.5	156	5.2
Nuts, peanuts, seeds (e.g. sunflower, pumpkin)	645	20.3	576	18.1	1955	61.6	1056	34.6	1588	52.0	407	13.3
Yoghurt / yoghurt products	317	10.0	370	11.7	2488	78.4	625	20.7	1404	46.4	997	32.9
Cheese products (e.g. cheddar)	598	18.9	479	15.1	2093	66.0	1141	37.5	1264	41.6	636	20.9
Sweets / candy	199	6.3	358	11.3	2619	82.5	438	14.2	1764	57.3	875	28.4
Chocolate / chocolate bars	184	5.8	249	7.8	2741	86.4	387	12.6	1602	52.3	1074	35.1
Biscuits / cookies	163	5.1	390	12.3	2624	82.6	483	15.9	1754	57.6	809	26.6
Cakes / muffins/ pastries	260	8.3	423	13.5	2458	78.3	785	26.0	1763	58.5	467	15.5
Crisps / tortilla chips	293	9.3	394	12.5	2463	78.2	742	24.5	1673	55.2	617	20.3
Crackers / rice cakes / salty sticks	737	23.3	721	22.8	1710	54.0	1335	44.0	1356	44.7	340	11.2
Popcorn	437	13.8	469	14.9	2252	71.3	1143	37.6	1570	51.6	330	10.8
Meat based snacks (e.g. Meat sticks)	1262	40.1	639	20.3	1250	39.7	1906	63.0	902	29.8	215	7.1
Bread / toast	132	4.1	344	10.8	2711	85.1	582	19.2	1342	44.2	1111	36.6
Bowl of cereal	434	13.7	428	13.5	2310	72.8	1047	34.6	1166	38.5	817	27.0
Oatmeal / porridge	1634	52.1	662	21.1	840	26.8	2142	71.8	634	21.3	207	6.9
Cereal bars	731	23.5	680	21.8	1706	54.7	1342	45.2	1234	41.6	393	13.2
Sandwiches / toasties / pannini	152	4.8	347	11.0	2664	84.2	716	23.6	1490	49.2	822	27.1
Pizza	116	3.7	193	6.1	2868	90.3	847	27.8	1599	52.4	606	19.9
Hamburgers	503	15.9	345	10.9	2310	73.1	1332	43.9	1337	44.1	362	11.9
Hot Dogs / sausage rolls	689	21.8	467	14.8	2004	63.4	1623	53.5	1155	38.1	256	8.4
French fries	179	5.6	269	8.5	2725	85.9	998	32.9	1398	46.0	642	21.1
Pasta dishes	143	4.5	221	7.0	2795	88.5	1060	35.0	959	31.7	1008	33.3
Pasta snack products (e.g. Pot noodles)	895	28.4	698	22.1	1559	49.5	1770	58.8	944	31.4	296	9.8

Q2.1.a By gender (How much do you like this food item?)

Summarised Counts & % by gender	MALE			FEMALE			
Food Item	N	Mean	± SD	N	Mean	± SD	p
Fresh fruit	1496	4.2	0.96	1692	4.5	0.86	0.000
Vegetables (e.g. celery, carrots, tomatoes, etc.)	1488	3.5	1.18	1686	3.9	1.09	0.000
Dried fruits (e.g. raisins)	1483	2.8	1.36	1681	2.7	1.37	0.001
Nuts, peanuts, seeds (e.g. sunflower, pumpkin)	1491	3.5	1.22	1685	3.6	1.22	0.311
Yoghurt / yoghurt products	1487	4.0	1.08	1688	4.1	1.05	0.180
Cheese products (e.g. cheddar)	1483	3.7	1.26	1687	3.7	1.25	0.851
Sweets / candy	1488	4.1	1.00	1688	4.3	0.90	0.000
Chocolate / chocolate bars	1485	4.3	0.95	1689	4.4	0.90	0.000
Biscuits / cookies	1494	4.1	0.93	1683	4.3	0.88	0.000
Cakes / muffins/ pastries	1477	4.1	1.03	1664	4.2	0.99	0.015
Crisps / tortilla chips	1476	4.1	1.02	1674	4.1	1.04	0.652
Crackers / rice cakes / salty sticks	1489	3.4	1.21	1679	3.4	1.23	0.102
Popcorn	1482	3.8	1.14	1676	3.9	1.14	0.092
Meat based snacks (e.g. Meat sticks)	1474	3.2	1.40	1677	2.7	1.40	0.000
Bread / toast	1494	4.2	0.85	1693	4.2	0.82	0.254
Bowl of cereal	1489	3.9	1.15	1683	3.8	1.22	0.042
Oatmeal / porridge	1477	2.6	1.35	1659	2.5	1.39	0.009
Cereal bars	1469	3.4	1.26	1648	3.4	1.29	0.456
Sandwiches / toasties / pannini	1484	4.3	0.89	1679	4.2	0.88	0.482
Pizza	1490	4.5	0.78	1687	4.4	0.85	0.002
Hamburgers	1485	4.1	1.18	1673	3.8	1.34	0.000
Hot Dogs / sausage rolls	1484	3.8	1.27	1676	3.4	1.43	0.000
French fries	1488	4.3	0.91	1685	4.3	0.92	0.474
Pasta dishes	1483	4.4	0.91	1676	4.4	0.85	0.066
Pasta snack products (e.g. Pot noodles)	1476	3.3	1.33	1676	3.2	1.38	0.009

Q2.1.b By gender (How often do you eat this as a snack?)

Summarised Counts & % by gender	MALE			FEMALE			
Food Item	N	Mean	± SD	N	Mean	± SD	p
Fresh fruit	1429	2.2	0.66	1653	2.4	0.63	0.000
Vegetables (e.g. celery, carrots, tomatoes, etc.)	1418	1.8	0.74	1642	1.9	0.75	0.000
Dried fruits (e.g. raisins)	1399	1.5	0.61	1624	1.4	0.57	0.011
Nuts, peanuts, seeds (e.g. sunflower, pumpkin)	1411	1.8	0.68	1640	1.8	0.64	0.055
Yoghurt / yoghurt products	1404	2.1	0.74	1622	2.1	0.70	0.154
Cheese products (e.g. cheddar)	1411	1.9	0.77	1630	1.8	0.73	0.218
Sweets / candy	1427	2.1	0.65	1650	2.2	0.63	0.279
Chocolate / chocolate bars	1426	2.2	0.67	1637	2.2	0.64	0.052
Biscuits / cookies	1415	2.1	0.65	1631	2.1	0.63	0.635
Cakes / muffins/ pastries	1408	1.9	0.65	1607	1.9	0.62	0.088
Crisps / tortilla chips	1404	2.0	0.68	1628	1.9	0.66	0.068
Crackers / rice cakes / salty sticks	1407	1.7	0.67	1624	1.7	0.67	0.123
Popcorn	1413	1.8	0.66	1630	1.7	0.62	0.042
Meat based snacks (e.g. Meat sticks)	1400	1.5	0.66	1623	1.4	0.58	0.000
Bread / toast	1402	2.2	0.74	1633	2.2	0.71	0.244
Bowl of cereal	1399	1.9	0.79	1631	1.9	0.78	0.528
Oatmeal / porridge	1380	1.4	0.63	1603	1.3	0.59	0.000
Cereal bars	1376	1.7	0.70	1593	1.7	0.69	0.244
Sandwiches / toasties / pannini	1400	2.1	0.71	1628	2.0	0.71	0.005
Pizza	1410	2.0	0.70	1642	1.9	0.67	0.000
Hamburgers	1396	1.8	0.70	1635	1.6	0.64	0.000
Hot Dogs / sausage rolls	1400	1.7	0.68	1634	1.5	0.60	0.000
French fries	1408	1.9	0.73	1630	1.8	0.72	0.001
Pasta dishes	1404	2.0	0.82	1623	2.0	0.83	0.284
Pasta snack products (e.g. Pot noodles)	1393	1.5	0.68	1617	1.5	0.66	0.057

Q2.1.a. By age groups (How much do you like this food item?)

Summarised Counts & % by age groups	12.5 - 13.99 yr			14 - 14.99 yr			15 - 15.99 yr			16 - 17.49 yr			
<i>Food items</i>	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	p
Fresh fruit	974	4.4	0.91	837	4.4	0.91	760	4.4	0.89	617	4.4	0.96	0.401
Vegetables (e.g. celery, carrots, tomatoes, etc.)	971	3.7	1.14	832	3.7	1.13	758	3.7	1.14	613	3.8	1.16	0.536
Dried fruits (e.g. raisins)	963	2.8	1.37	830	2.7	1.35	760	2.8	1.36	611	2.7	1.39	0.604
Nuts, peanuts, seeds (e.g. sunflower, pumpkin)	969	3.6	1.21	838	3.5	1.24	756	3.5	1.18	613	3.5	1.28	0.065
Yoghurt / yoghurt products	968	4.1	1.05	836	4.0	1.04	755	4.1	1.07	616	4.0	1.13	0.545
Cheese products (e.g. Cheddar, brie, cheese strings)	961	3.7	1.25	837	3.7	1.24	759	3.7	1.26	613	3.8	1.29	0.130
Sweets / candy	970	4.1	0.99	835	4.2	0.92	756	4.3	0.94	615	4.3	0.94	0.024
Chocolate / chocolate bars	970	4.3	0.92	833	4.4	0.93	756	4.4	0.94	615	4.4	0.94	0.068
Biscuits / cookies	970	4.2	0.88	833	4.2	0.94	760	4.3	0.88	614	4.2	0.93	0.910
Cakes / muffins/ pastries	959	4.1	0.97	824	4.1	1.00	749	4.1	1.02	609	4.1	1.08	0.898
Crisps / tortilla chips	960	4.0	1.03	826	4.1	1.03	754	4.1	1.02	610	4.1	1.07	0.020
Crackers / rice cakes / salty sticks	967	3.4	1.25	832	3.4	1.25	755	3.5	1.18	614	3.5	1.20	0.174
Popcorn	961	3.9	1.09	828	3.9	1.15	756	3.9	1.13	613	3.8	1.22	0.040
Meat based snacks (e.g. Meat sticks)	961	3.0	1.41	824	2.9	1.42	753	3.0	1.39	613	2.8	1.45	0.027
Bread / toast	975	4.2	0.80	837	4.1	0.83	762	4.2	0.83	613	4.3	0.88	0.004
Bowl of cereal	969	3.9	1.15	834	3.9	1.15	758	3.9	1.16	611	3.6	1.31	0.000
Oatmeal / porridge	952	2.5	1.39	821	2.5	1.36	756	2.5	1.32	607	2.7	1.40	0.045
Cereal bars	945	3.5	1.26	819	3.3	1.30	748	3.5	1.21	605	3.4	1.33	0.047
Sandwiches / toasties / pannini	966	4.2	0.88	831	4.2	0.90	758	4.3	0.87	608	4.3	0.88	0.039
Pizza	969	4.5	0.82	834	4.5	0.85	760	4.5	0.82	614	4.5	0.77	0.061
Hamburgers	960	3.9	1.28	828	3.9	1.28	760	4.0	1.28	610	4.0	1.23	0.004
Hot Dogs / sausage rolls	963	3.6	1.34	826	3.6	1.37	758	3.7	1.37	613	3.6	1.42	0.323
French fries	968	4.3	0.91	833	4.3	0.93	759	4.4	0.90	613	4.3	0.90	0.317
Pasta dishes	965	4.4	0.88	825	4.4	0.94	758	4.5	0.84	611	4.5	0.84	0.000
Pasta snack products (e.g. Pot noodles)	954	3.3	1.36	827	3.3	1.33	757	3.3	1.35	614	3.2	1.41	0.694

Q2.1.b. By age groups (How often do you eat this as a snack?)

Summarised Counts & % by age groups	12.5 - 13.99 yr			14 - 14.99 yr			15 - 15.99 yr			16 - 17.49 yr			
Food items	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	p
Fresh fruit	932	2.3	0.68	809	2.3	0.66	739	2.3	0.63	602	2.2	0.63	0.082
Vegetables (e.g. celery, carrots, tomatoes, etc.)	926	1.9	0.77	800	1.9	0.74	737	1.9	0.74	597	1.8	0.72	0.181
Dried fruits (e.g. raisins)	919	1.5	0.62	794	1.4	0.58	728	1.5	0.59	582	1.4	0.57	0.048
Nuts, peanuts, seeds (e.g. sunflower, pumpkin)	919	1.8	0.67	803	1.8	0.66	737	1.8	0.66	592	1.7	0.63	0.007
Yoghurt / yoghurt products	912	2.1	0.72	799	2.1	0.72	727	2.2	0.72	588	2.1	0.71	0.014
Cheese products (e.g. Cheddar, brie, cheese strings)	912	1.8	0.76	798	1.8	0.75	736	1.9	0.74	595	1.8	0.73	0.335
Sweets / candy	930	2.1	0.65	806	2.1	0.64	744	2.2	0.64	597	2.1	0.62	0.166
Chocolate / chocolate bars	926	2.2	0.65	803	2.2	0.67	740	2.3	0.65	594	2.2	0.65	0.373
Biscuits / cookies	922	2.1	0.63	796	2.1	0.65	734	2.2	0.65	594	2.0	0.64	0.000
Cakes / muffins/ pastries	911	1.9	0.62	789	1.9	0.65	728	1.9	0.65	587	1.8	0.62	0.031
Crisps / tortilla chips	917	2.0	0.67	789	1.9	0.67	734	2.0	0.67	592	2.0	0.66	0.046
Crackers / rice cakes / salty sticks	909	1.7	0.68	793	1.6	0.66	740	1.7	0.67	589	1.7	0.66	0.099
Popcorn	916	1.8	0.66	797	1.7	0.64	737	1.7	0.64	593	1.7	0.63	0.028
Meat based snacks (e.g. Meat sticks)	911	1.5	0.66	792	1.4	0.61	728	1.4	0.62	592	1.4	0.57	0.001
Bread / toast	918	2.2	0.73	794	2.2	0.72	732	2.2	0.72	591	2.2	0.74	0.806
Bowl of cereal	917	2.0	0.79	795	2.0	0.78	730	1.9	0.78	588	1.8	0.75	0.000
Oatmeal / porridge	892	1.3	0.60	784	1.3	0.61	729	1.4	0.61	578	1.4	0.62	0.887
Cereal bars	887	1.7	0.71	778	1.7	0.68	721	1.7	0.70	583	1.6	0.68	0.147
Sandwiches / toasties / pannini	915	2.1	0.72	790	2.0	0.73	733	2.1	0.70	590	2.0	0.70	0.483
Pizza	922	1.9	0.66	797	1.9	0.70	739	1.9	0.69	594	1.9	0.69	0.636
Hamburgers	912	1.7	0.66	793	1.7	0.66	737	1.7	0.70	589	1.7	0.68	0.214
Hot Dogs / sausage rolls	916	1.6	0.65	793	1.5	0.63	732	1.6	0.65	593	1.5	0.65	0.657
French fries	916	1.9	0.74	795	1.9	0.74	732	1.9	0.72	595	1.8	0.70	0.016
Pasta dishes	913	2.0	0.82	787	1.9	0.84	733	2.0	0.82	594	1.9	0.83	0.049
Pasta snack products (e.g. Pot noodles)	909	1.5	0.68	783	1.5	0.66	730	1.5	0.67	588	1.5	0.66	0.222

Q2.2 Please answer both questions (as you did before in Q2.1) for this list of popular drink items.

For each drink item listed, please identify:

- How much you like the drink item (from dislike strongly to like strongly).
- How often you drink this ('never', 'sometimes' or 'often').

Full Counts & %	Dislike strongly		Dislike slightly		Neither		Like slightly		Like strongly	
	Count	%	Count	%	Count	%	Count	%	Count	%
Drinks										
Coffee	1123	35.3	458	14.4	432	13.6	689	21.6	481	15.1
Tea	495	15.5	326	10.2	453	14.2	1012	31.8	900	28.2
Milk	249	7.9	217	6.9	389	12.3	990	31.4	1305	41.4
Cocoa drink (e.g. Chocolate milk or hot choc)	148	4.7	159	5.0	321	10.1	1015	32.0	1529	48.2
Fizzy drinks / soft drinks (e.g. Coke, sprite)	123	3.9	156	4.9	299	9.4	1032	32.5	1565	49.3
Fruit juice / fruit smoothies	62	2.0	84	2.6	252	7.9	996	31.4	1777	56.0
Water	78	2.5	103	3.2	313	9.9	833	26.2	1847	58.2

Summarised Counts & %	a. How much you like this drink item						b. How often you drink this					
	Dislike		Neither		Like		Never		Sometimes		Often	
Drinks	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%
Coffee	1581	49.7	432	13.6	1170	36.8	1672	55.0	957	31.5	409	13.5
Tea	821	25.8	453	14.2	1912	60.0	927	30.5	1283	42.2	828	27.3
Milk	466	14.8	389	12.3	2295	72.9	482	16.0	919	30.5	1612	53.5
Cocoa drink (e.g. Chocolate milk or hot choc)	307	9.7	321	10.1	2544	80.2	580	19.0	1504	49.4	963	31.6
Fizzy drinks / soft drinks (e.g. Coke, sprite)	279	8.8	299	9.4	2597	81.8	394	12.9	1569	51.5	1086	35.6
Fruit juice / fruit smoothies	146	4.6	252	7.9	2773	87.4	261	8.6	1308	43.0	1470	48.4
Water	181	5.7	313	9.9	2680	84.4	122	4.0	539	17.7	2389	78.3

Q2.2.a by gender (How much do you like this drink item?).

Summarised Counts & % by gender	MALE			FEMALE			p
	N	Mean	± SD	N	Mean	± SD	
Drinks							
Coffee	1494	2.7	1.47	1689	2.6	1.53	0.004
Tea	1497	3.5	1.35	1689	3.5	1.44	0.630
Milk	1477	4.1	1.09	1673	3.8	1.33	0.000
Cocoa drink (e.g. Chocolate milk or hot choc)	1489	4.1	1.07	1683	4.1	1.10	0.941
Fizzy drinks / soft drinks (e.g. Coke, sprite)	1492	4.3	0.90	1683	4.0	1.14	0.000
Fruit juice / fruit smoothies	1488	4.4	0.87	1683	4.4	0.90	0.146
Water	1492	4.2	1.00	1682	4.4	0.91	0.000

Q2.2.a By age groups (How much do you like this drink item?)

Summarised Counts & % by age group	12.5 - 13.99 yr			14 - 14.99 yr			15 - 15.99 yr			16 - 17.49 yr			
<i>Drinks</i>	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	p
Coffee	968	2.6	1.45	840	2.5	1.47	758	2.7	1.49	617	2.9	1.61	0.000
Tea	970	3.5	1.42	838	3.4	1.40	760	3.4	1.37	618	3.7	1.37	0.000
Milk	962	4.0	1.17	830	3.9	1.26	746	3.9	1.22	612	3.9	1.31	0.242
Cocoa drink	965	4.1	1.08	838	4.1	1.14	756	4.2	1.06	613	4.2	1.06	0.928
Fizzy drinks / soft drinks	968	4.1	1.07	833	4.2	1.04	760	4.3	1.00	614	4.2	1.07	0.056
Fruit juice / fruit smoothies	972	4.4	0.85	829	4.3	0.95	757	4.4	0.86	613	4.4	0.88	0.092
Water	970	4.4	0.94	830	4.3	0.94	757	4.3	0.95	617	4.3	1.00	0.401

Q2.2.b By gender (How often do you drink this?)

Summarised Counts & % by gender	MALE			FEMALE			
<i>Drinks</i>	N	Mean	± SD	N	Mean	± SD	p
Coffee	1402	1.6	0.73	1636	1.6	0.71	0.013
Tea	1401	2.0	0.76	1637	2.0	0.76	0.517
Milk	1390	2.4	0.71	1623	2.3	0.77	0.000
Cocoa drink (e.g. Chocolate milk or hot choc)	1404	2.1	0.70	1643	2.1	0.70	0.102
Fizzy drinks / soft drinks (e.g. Coke, sprite)	1411	2.4	0.64	1638	2.1	0.66	0.000
Fruit juice / fruit smoothies	1402	2.4	0.64	1637	2.4	0.64	0.917
Water	1407	2.7	0.57	1643	2.8	0.47	0.000

Q2.2.b By age groups (How often do you drink this?)

Summarised Counts & % by age groups	12.5 - 13.99 yr			14 - 14.99 yr			15 - 15.99 yr			16 - 17.49 yr			
<i>Drinks</i>	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	p
Coffee	918	1.5	0.65	790	1.5	0.68	740	1.6	0.73	590	1.8	0.80	0.000
Tea	917	2.0	0.77	792	1.9	0.74	736	1.9	0.77	593	2.1	0.76	0.000
Milk	912	2.4	0.71	782	2.4	0.76	729	2.4	0.74	590	2.3	0.78	0.005
Cocoa drink	918	2.2	0.70	796	2.1	0.71	738	2.1	0.70	595	2.1	0.69	0.086
Fizzy drinks / soft drinks	918	2.2	0.65	796	2.2	0.66	740	2.3	0.66	595	2.2	0.66	0.031
Fruit juice / fruit smoothies	914	2.4	0.63	793	2.3	0.66	735	2.4	0.63	597	2.4	0.64	0.041
Water	920	2.7	0.52	797	2.7	0.54	736	2.8	0.48	597	2.7	0.53	0.599

Q2.3 For the same list of food items, please identify how healthy you perceive each food/drink item to be.

Full counts & %	Very unhealthy		Slightly unhealthy		Neither		Slightly healthy		Very Healthy	
	Count	%	Count	%	Count	%	Count	%	Count	%
Food Item										
Fresh fruit	43	1.3	14	0.4	58	1.8	297	9.3	2785	87.1
Vegetables (e.g. celery, carrots, tomatoes, etc.)	37	1.2	29	0.9	59	1.9	417	13.1	2644	83.0
Dried fruits (e.g. raisins)	121	3.8	224	7.1	872	27.5	1470	46.4	484	15.3
Nuts, peanuts, seeds (e.g. sunflower, pumpkin)	210	6.6	524	16.5	990	31.1	1003	31.5	456	14.3
Yoghurt / yoghurt products	38	1.2	155	4.9	555	17.5	1401	44.1	1025	32.3
Cheese products (e.g. Cheddar)	131	4.1	410	12.9	799	25.1	1223	38.4	622	19.5
Sweets / candy	1677	52.5	1145	35.8	263	8.2	69	2.2	42	1.3
Chocolate / chocolate bars	1325	41.5	1187	37.2	475	14.9	155	4.9	48	1.5
Biscuits / cookies	786	24.6	1277	40.0	858	26.9	222	7.0	48	1.5
Cakes / muffins/ pastries	995	31.4	1280	40.4	669	21.1	174	5.5	52	1.6
Crisps / tortilla chips	1653	52.1	1092	34.4	305	9.6	76	2.4	49	1.5
Crackers / rice cakes / salty sticks	697	22.0	1149	36.2	880	27.7	372	11.7	77	2.4
Popcorn	856	27.0	1251	39.5	837	26.4	179	5.7	45	1.4
Meat based snacks (e.g. Meat sticks)	874	27.6	980	31.0	892	28.2	329	10.4	89	2.8
Bread / toast	81	2.5	364	11.4	1038	32.5	1273	39.9	436	13.7
Bowl of cereal	70	2.2	182	5.7	662	20.8	1412	44.4	857	26.9
Oatmeal / porridge	143	4.5	166	5.2	771	24.4	1165	36.8	921	29.1
Cereal bars	98	3.1	284	9.0	872	27.5	1381	43.6	535	16.9
Sandwiches / toasties / pannini	256	8.1	765	24.1	1209	38.1	777	24.5	170	5.4
Pizza	996	31.3	1211	38.1	663	20.8	250	7.9	60	1.9
Hamburgers	1556	49.0	1061	33.4	396	12.5	119	3.7	42	1.3
Hot Dogs / sausage rolls	1346	42.4	1221	38.5	464	14.6	110	3.5	31	1.0
French fries	1416	44.5	1099	34.5	437	13.7	169	5.3	60	1.9
Pasta dishes	169	5.4	368	11.7	970	30.8	1202	38.2	441	14
Pasta snack products (e.g. Pot noodles)	554	17.5	772	24.4	1128	35.6	561	17.7	154	4.9

Q2.3 For the same list of food items, please identify how healthy you perceive each food/drink item to be.

Summarised counts & %	Unhealthy		Neither		Healthy	
<i>Food Item</i>	Count	%	Count	%	Count	%
Fresh fruit	57	1.8	58	1.8	3082	96.4
Vegetables (e.g. celery, carrots, tomatoes, etc.)	66	2.1	59	1.9	3061	96.1
Dried fruits (e.g. raisins)	345	10.9	872	27.5	1954	61.6
Nuts, peanuts, seeds (e.g. sunflower, pumpkin)	734	23.1	990	31.1	1459	45.8
Yoghurt / yoghurt products	193	6.1	555	17.5	2426	76.4
Cheese products (e.g. cheddar)	541	17.0	799	25.1	1845	57.9
Sweets / candy	2822	88.3	263	8.2	111	3.5
Chocolate / chocolate bars	2512	78.7	475	14.9	203	6.4
Biscuits / cookies	2063	64.7	858	26.9	270	8.5
Cakes / muffins/ pastries	2275	71.8	669	21.1	226	7.1
Crisps / tortilla chips	2745	86.5	305	9.6	125	3.9
Crackers / rice cakes / salty sticks	1846	58.1	880	27.7	449	14.1
Popcorn	2107	66.5	837	26.4	224	7.1
Meat based snacks (e.g. Meat sticks)	1854	58.6	892	28.2	418	13.2
Bread / toast	445	13.9	1038	32.5	1709	53.5
Bowl of cereal	252	7.9	662	20.8	2269	71.3
Oatmeal / porridge	309	9.8	771	24.4	2086	65.9
Cereal bars	382	12.1	872	27.5	1916	60.4
Sandwiches / toasties / pannini	1021	32.1	1209	38.1	947	29.8
Pizza	2207	69.4	663	20.8	310	9.7
Hamburgers	2617	82.5	396	12.5	161	5.1
Hot Dogs / sausage rolls	2567	80.9	464	14.6	141	4.4
French fries	2515	79.1	437	13.7	229	7.2
Pasta dishes	537	17.0	970	30.8	1643	52.2
Pasta snack products (e.g. Pot noodles)	1326	41.8	1128	35.6	715	22.6

Q2.3. By gender (What do you think about the healthiness of the food?)

Summary stats by gender	MALE			FEMALE			
Food Item	N	Mean	± SD	N	Mean	± SD	p
Fresh fruit	1505	4.7	0.67	1692	4.9	0.56	0.000
Vegetables (e.g. celery, carrots, tomatoes, etc.)	1497	4.7	0.72	1689	4.8	0.55	0.000
Dried fruits (e.g. raisins)	1490	3.7	0.96	1681	3.6	0.94	0.000
Nuts, peanuts, seeds (e.g. sunflower, pumpkin)	1501	3.4	1.08	1682	3.2	1.13	0.002
Yoghurt / yoghurt products	1491	4.0	0.91	1683	4.0	0.88	0.054
Cheese products (e.g. Cheddar)	1499	3.6	1.05	1686	3.5	1.08	0.083
Sweets / candy	1502	1.7	0.89	1694	1.6	0.75	0.000
Chocolate / chocolate bars	1501	2.0	0.99	1689	1.8	0.88	0.000
Biscuits / cookies	1498	2.3	0.97	1693	2.1	0.91	0.000
Cakes / muffins/ pastries	1487	2.2	0.99	1683	1.9	0.88	0.000
Crisps / tortilla chips	1491	1.8	0.92	1684	1.6	0.79	0.000
Crackers / rice cakes / salty sticks	1492	2.4	1.03	1683	2.4	1.02	0.908
Popcorn	1493	2.2	0.96	1675	2.1	0.90	0.000
Meat based snacks (e.g. Meat sticks)	1489	2.4	1.09	1675	2.2	1.04	0.003
Bread / toast	1499	3.6	0.94	1693	3.5	0.96	0.002
Bowl of cereal	1495	3.9	0.95	1688	3.9	0.94	0.086
Oatmeal / porridge	1489	3.8	1.05	1677	3.8	1.06	0.204
Cereal bars	1494	3.6	0.97	1676	3.6	0.96	0.214
Sandwiches / toasties / pannini	1491	3.0	1.02	1686	2.9	0.99	0.000
Pizza	1492	2.3	1.04	1688	2.0	0.94	0.000
Hamburgers	1492	1.9	0.97	1682	1.6	0.83	0.000
Hot Dogs / sausage rolls	1490	2.0	0.94	1682	1.7	0.79	0.000
French fries	1496	2.0	1.02	1685	1.7	0.90	0.000
Pasta dishes	1484	3.5	1.06	1666	3.4	1.02	0.009
Pasta snack products (e.g. Pot noodles)	1494	2.7	1.11	1675	2.6	1.09	0.006

Q2.3. By age groups (What do you think about the healthiness of the food)

Summary stats by age groups	12.5 - 13.99 yr			14 - 14.99 yr			15 - 15.99 yr			16 - 17.49 yr			
Food Item	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	p
Fresh fruit	975	4.8	0.66	840	4.8	0.55	764	4.8	0.58	618	4.8	0.67	0.187
Vegetables	968	4.7	0.65	839	4.8	0.63	764	4.8	0.60	615	4.7	0.71	0.131
Dried fruits (e.g. raisins)	970	3.7	0.95	834	3.7	0.92	757	3.6	0.95	610	3.5	1.01	0.017
Nuts, peanuts, seeds	970	3.4	1.08	836	3.3	1.09	760	3.3	1.09	617	3.3	1.19	0.084
Yoghurt / yoghurt products	960	4.1	0.88	835	4.0	0.89	764	4.0	0.90	615	3.9	0.92	0.006
Cheese products	969	3.6	1.10	837	3.5	1.06	763	3.6	1.01	616	3.5	1.09	0.135
Sweets / candy	976	1.7	0.87	840	1.6	0.79	763	1.6	0.81	617	1.6	0.83	0.706
Chocolate / chocolate bars	973	1.9	0.95	838	1.8	0.92	762	1.9	0.93	617	1.9	0.96	0.192
Biscuits / cookies	974	2.3	0.99	839	2.1	0.89	763	2.2	0.93	615	2.2	0.95	0.092
Cakes / muffins/ pastries	965	2.1	0.99	836	2.0	0.91	757	2.1	0.93	612	2.0	0.93	0.117
Crisps / tortilla chips	967	1.7	0.93	834	1.6	0.82	761	1.6	0.80	613	1.7	0.89	0.555
Crackers / rice cakes / salty sticks	968	2.3	1.03	837	2.3	1.00	760	2.4	1.05	610	2.4	1.02	0.018
Popcorn	961	2.1	0.94	838	2.1	0.94	754	2.2	0.91	615	2.1	0.93	0.668
Meat based snacks	957	2.4	1.10	834	2.3	1.05	761	2.3	1.05	612	2.2	1.06	0.019
Bread / toast	973	3.5	0.93	840	3.5	0.95	763	3.6	0.94	616	3.5	1.00	0.307
Bowl of cereal	968	3.9	0.96	839	3.9	0.91	762	3.9	0.92	614	3.8	0.99	0.033
Oatmeal / porridge	960	3.8	1.06	829	3.8	1.04	761	3.8	1.08	616	3.9	1.03	0.011
Cereal bars	963	3.6	1.00	833	3.6	0.97	760	3.7	0.94	614	3.6	0.95	0.314
Sandwiches / toasties / pannini	968	3.0	1.02	834	2.9	1.01	764	3.0	1.01	611	2.9	1.00	0.160
Pizza	972	2.1	0.98	835	2.0	0.97	761	2.1	1.00	612	2.2	1.04	0.000
Hamburgers	969	1.8	0.91	832	1.6	0.83	760	1.8	0.91	613	1.9	0.96	0.000
Hot Dogs / sausage rolls	970	1.9	0.89	828	1.7	0.82	762	1.8	0.89	612	1.9	0.91	0.003
French fries	970	2.0	1.01	836	1.8	0.91	762	1.8	0.98	613	1.8	0.96	0.000
Pasta dishes	955	3.4	1.07	828	3.4	1.03	754	3.5	1.01	613	3.5	1.03	0.002
Pasta snack products	968	2.8	1.10	830	2.7	1.09	761	2.7	1.14	610	2.6	1.07	0.009

Q2.3 For the same list of drink items, please identify how healthy you perceive each food/drink item to be.

Full counts & %	Very unhealthy		Slightly unhealthy		Neither		Slightly healthy		Very Healthy	
	Count	%	Count	%	Count	%	Count	%	Count	%
Drinks										
Coffee	571	17.9	1107	34.7	1150	36.1	296	9.3	63	2.0
Tea	74	2.3	252	7.9	808	25.4	1295	40.8	748	23.5
Milk	28	0.9	51	1.6	236	7.5	1030	32.5	1820	57.5
Cocoa drink (e.g. Chocolate milk or hot chocolate)	257	8.1	787	24.8	1045	33.0	840	26.5	241	7.6
Fizzy drinks / soft drinks (e.g. Coke, sprite)	1455	45.7	1109	34.9	398	12.5	148	4.7	71	2.2
Fruit juice / fruit smoothies	55	1.7	178	5.6	413	13.0	1133	35.8	1389	43.8
Water	28	0.9	22	0.7	173	5.5	312	9.8	2638	83.1

Summarised counts & %	Unhealthy		Neither		Healthy	
	Count	%	Count	%	Count	%
Drinks						
Coffee	1678	52.7	1150	36.1	359	11.3
Tea	326	10.3	808	25.4	2043	64.3
Milk	79	2.5	236	7.5	2850	90.0
Cocoa drink (e.g. Chocolate milk or hot choc)	1044	32.9	1045	33.0	1081	34.1
Fizzy drinks / soft drinks (e.g. Coke, sprite)	2564	80.6	398	12.5	219	6.9
Fruit juice / fruit smoothies	233	7.4	413	13.0	2522	79.6
Water	50	1.6	173	5.5	2950	93.0

Q2.3.By gender (What do you think about the healthiness of the drink?)

Summary stats by gender	MALE			FEMALE			p
	N	Mean	± SD	N	Mean	± SD	
Drinks							
Coffee	1499	2.5	0.97	1688	2.3	0.93	0.000
Tea	1492	3.7	1.00	1685	3.8	0.96	0.143
Milk	1488	4.4	0.80	1677	4.5	0.75	0.339
Cocoa drink (e.g. Chocolate milk or hot choc)	1488	3.2	1.07	1682	2.9	1.05	0.000
Fizzy drinks / soft drinks (e.g. Coke, sprite)	1497	2.0	1.02	1684	1.7	0.88	0.000
Fruit juice / fruit smoothies	1491	4.2	0.94	1677	4.1	0.98	0.019
Water	1494	4.6	0.76	1679	4.8	0.56	0.000

Q2.3 By age groups (What do you think about the healthiness of the drink?)

Summary stats by age group	12.5 - 13.99 yr			14 - 14.99 yr			15 - 15.99 yr			16 - 17.49 yr			p
	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	
Drinks													
Coffee	974	2.4	0.96	837	2.4	0.94	763	2.5	0.96	613	2.4	0.96	0.225
Tea	967	3.7	0.96	835	3.7	1.00	763	3.8	0.97	612	3.8	0.98	0.442
Milk	965	4.5	0.76	831	4.4	0.79	759	4.5	0.76	610	4.4	0.79	0.031
Cocoa drink	966	3.0	1.10	834	3.0	1.04	760	3.1	1.05	610	3.0	1.08	0.424
Fizzy drinks / soft drinks	971	1.9	0.99	835	1.8	0.92	762	1.9	0.98	613	1.8	0.98	0.348
Fruit juice / fruit smoothies	971	4.2	0.97	829	4.1	1.03	759	4.2	0.90	609	4.1	0.95	0.002
Water	966	4.7	0.68	833	4.7	0.68	762	4.8	0.64	612	4.7	0.68	0.203

A P P E N D I X I V

SECTION 3

IMPORTANT INFLUENCES ON FOOD CHOICES AND PREFERENCES

TABULATIONS AND SUMMARY STATISTICS: OVERALL, BY AGE AND BY GENDER

Section 3 – Important influences on food choices and preferences

Q3.1 How strong of an influence do the following factors have on your choice of foods at BREAKFAST?

Full counts & %	No Influence		Slight Influence		Moderate Influence		Strong Influence		Very strong influence	
	Count	%	Count	%	Count	%	Count	%	Count	%
Your parents or guardian	591	18.6	485	15.3	752	23.7	793	25.0	553	17.4
School environment	1240	39.2	700	22.2	797	25.2	324	10.3	99	3.1
The taste of the food	242	7.7	384	12.2	746	23.7	1111	35.3	667	21.2
Concern for your health	395	12.6	392	12.5	844	26.8	856	27.2	660	21.0
Your friends	1264	40.1	778	24.7	709	22.5	285	9.0	114	3.6
The food is readily available	771	24.5	703	22.3	917	29.1	520	16.5	237	7.5
The food is easy to prepare	674	21.4	663	21.0	889	28.2	652	20.7	274	8.7
How hungry you are	273	8.7	375	11.9	661	21.0	1042	33.1	801	25.4
Price of the food	1171	37.2	694	22.1	767	24.4	349	11.1	163	5.2
Your habits or daily routine	504	16.0	613	19.5	940	29.9	724	23.0	368	11.7
Other, e.g. Medical reasons	1545	53.1	304	10.4	471	16.2	300	10.3	291	10.0

Full counts & %	N	Median	Mean	± SD
Your parents or guardian	3174	3	3.1	1.36
School environment	3160	2	2.2	1.15
The taste of the food	3150	4	3.5	1.17
Concern for your health	3147	3	3.3	1.28
Your friends	3150	2	2.1	1.14
The food is readily available	3148	3	2.6	1.23
The food is easy to prepare	3152	3	2.7	1.25
How hungry you are	3152	4	3.5	1.23
Price of the food	3144	2	2.2	1.21
Your habits or daily routine	3149	3	2.9	1.24
Other, e.g. Medical reasons	2911	1	2.1	1.41

Summarised counts & %	No Influence		Slight/Mod Influence		Strong/Very Influence		Total	
	Count	%	Count	%	Count	%	Count	%
Your parents or guardian	591	18.6	1237	39.0	1346	42.4	3174	100
School environment	1240	39.2	1497	47.4	423	13.4	3160	100
The taste of the food	242	7.7	1130	35.9	1778	56.4	3150	100
Concern for your health	395	12.6	1236	39.3	1516	48.2	3147	100
Your friends	1264	40.1	1487	47.2	399	12.7	3150	100
The food is readily available	771	24.5	1620	51.5	757	24.0	3148	100
The food is easy to prepare	674	21.4	1552	49.2	926	29.4	3152	100
How hungry you are	273	8.7	1036	32.9	1843	58.5	3152	100
Price of the food	1171	37.2	1461	46.5	512	16.3	3144	100
Your habits or daily routine	504	16.0	1553	49.3	1092	34.7	3149	100
Other, e.g. Medical reasons	1545	53.1	775	26.6	591	20.3	2911	100

Q3.1 By gender.

Summary stats by gender	MALE			FEMALE			P
	N	Mean	± SD	N	Mean	± SD	
Your parents or guardian	1491	3.0	1.38	1683	3.2	1.33	0.000
School environment	1483	2.1	1.13	1677	2.2	1.16	0.002
The taste of the food	1478	3.5	1.20	1672	3.5	1.15	0.258
Concern for your health	1476	3.1	1.32	1671	3.5	1.23	0.000
Your friends	1480	2.1	1.13	1670	2.2	1.15	0.033
The food is readily available	1483	2.6	1.25	1665	2.6	1.21	0.074
The food is easy to prepare	1480	2.8	1.26	1672	2.7	1.24	0.354
How hungry you are	1481	3.5	1.26	1671	3.5	1.20	0.806
Price of the food	1479	2.3	1.23	1665	2.2	1.19	0.259
Your habits or daily routine	1484	2.8	1.25	1665	3.1	1.22	0.000
Other, e.g. Medical reasons	1392	2.2	1.40	1519	2.1	1.42	0.146

Q3.1 By age groups.

Summary stats by age groups	12.5 - 13.99 yr			14 - 14.99 yr			15 - 15.99 yr			16 - 17.49 yr			p
	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	
Your parents or guardian	967	3.3	1.34	836	3.1	1.31	761	3.0	1.38	610	2.8	1.36	0.000
School environment	962	2.3	1.17	830	2.2	1.15	761	2.1	1.10	607	2.0	1.12	0.000
The taste of the food	963	3.4	1.15	826	3.5	1.21	753	3.6	1.15	608	3.5	1.18	0.006
Concern for your health	962	3.4	1.25	823	3.3	1.28	755	3.4	1.26	607	3.0	1.32	0.000
Your friends	960	2.2	1.19	827	2.1	1.14	757	2.1	1.14	606	1.9	1.05	0.000
The food is readily available	957	2.6	1.20	827	2.6	1.22	755	2.7	1.28	609	2.6	1.22	0.339
The food is easy to prepare	961	2.7	1.22	828	2.7	1.27	756	2.8	1.25	607	2.8	1.25	0.113
How hungry you are	962	3.4	1.21	829	3.5	1.25	755	3.7	1.22	606	3.6	1.24	0.000
Price of the food	957	2.3	1.21	825	2.2	1.23	756	2.3	1.23	606	2.1	1.16	0.061
Your habits or daily routine	957	2.9	1.24	830	2.9	1.24	757	3.0	1.23	605	3.0	1.24	0.099
Other, e.g. Medical reasons	897	2.4	1.49	754	2.1	1.41	684	2.1	1.37	576	1.9	1.27	0.000

Q3.2 Thinking about a typical weekday, other than breakfast, which is your MAIN MEAL of the day?

Full counts & %	Count	%
Lunch (mid-day meal)	1777	63.9
Dinner (evening meal)	951	34.2
Other	54	1.9
Total	2782	100

Q3.2 By gender.

Summarised Counts & %	MALE		FEMALE	
	Count	%	Count	%
Lunch (mid-day meal)	792	63.3	985	64.4
Dinner (evening meal)	435	34.7	516	33.7
Other	25	2.0	29	1.9

Q3.2 By age groups.

Summarised Counts & %	12.5 - 13.99 yr		14 - 14.99 yr		15 - 15.99 yr		16 - 17.49 yr	
	Count	%	Count	%	Count	%	Count	%
Lunch (mid-day meal)	574	68.7	468	63.9	420	63.2	315	57.3
Dinner (evening meal)	245	29.3	244	33.3	233	35.0	229	41.6
Other	16	1.92	20	2.7	12	1.8	6	1.1

Q3.3 Where do you usually eat this MAIN MEAL?

Full counts & %	Count	%
At home	2295	82.8
At school	418	15.1
Other	60	2.2
Total	2773	100

Q3.3 By gender.

Summarised Counts & %	MALE		FEMALE	
	Count	%	Count	%
At home	1032	82.6	1263	82.9
At school	192	15.4	226	14.8
Other	25	2.0	35	2.3

Q3.3 By age groups.

Summarised Counts & %	12.5 - 13.99 yr		14 - 14.99 yr		15 - 15.99 yr		16 - 17.49 yr	
	Count	%	Count	%	Count	%	Count	%
At home	677	82.1	615	83.7	555	83.6	448	81.6
At school	143	17.3	105	14.3	87	13.1	83	15.1
Other	5	0.6	15	2.0	22	3.3	18	3.3

Q3.4 Thinking about your MAIN MEAL, how strong of an influence do the following factors have on your choice of foods for this main meal?

Full counts & %	No Influence		Slight Influence		Moderate Influence		Strong Influence		Very strong influence	
	Count	%	Count	%	Count	%	Count	%	Count	%
Your parents or guardian	473	14.9	398	12.5	637	20.1	934	29.4	733	23.1
School environment	1376	43.5	703	22.2	657	20.8	307	9.7	118	3.7
The taste of the food	240	7.6	381	12.0	757	23.9	1099	34.8	685	21.7
Concern for your health	431	13.6	457	14.4	847	26.8	864	27.3	564	17.8
Your friends	1408	44.7	769	24.4	635	20.2	235	7.5	103	3.3
The food is readily available	895	28.4	687	21.8	881	27.9	464	14.7	228	7.2
The food is easy to prepare	873	27.6	711	22.5	850	26.9	485	15.4	239	7.6
How hungry you are	276	8.7	339	10.7	708	22.4	1012	32.0	823	26.1
Price of the food	1250	39.6	744	23.6	723	22.9	295	9.3	145	4.6
Your habits or daily routine	657	20.8	598	19.0	996	31.6	622	19.7	279	8.9
Other, e.g. Medical reasons	1619	55.9	308	10.6	437	15.1	246	8.5	286	9.9

Summary stats	N	Median	Mean	± SD
Your parents or guardian	3175	4	3.3	1.35
School environment	3161	2	2.1	1.17
The taste of the food	3162	4	3.5	1.17
Concern for your health	3163	3	3.2	1.28
Your friends	3150	2	2.0	1.11
The food is readily available	3155	2	2.5	1.24
The food is easy to prepare	3158	2	2.5	1.25
How hungry you are	3158	4	3.6	1.23
Price of the food	3157	2	2.2	1.18
Your habits or daily routine	3152	3	2.8	1.23
Other, e.g. Medical reasons	2896	1	2.1	1.39

Summarised counts & %	No Influence		Slight/Mod Influence		Strong/Very Influence		Total	
	Count	%	Count	%	Count	%	Count	%
Your parents or guardian	473	14.9	1035	32.6	1667	52.5	3175	100
School environment	1376	43.5	1360	43	425	13.4	3161	100
The taste of the food	240	7.6	1138	35.9	1784	56.5	3162	100
Concern for your health	431	13.6	1304	41.2	1428	45.1	3163	100
Your friends	1408	44.7	1404	44.6	338	10.8	3150	100
The food is readily available	895	28.4	1568	49.7	692	21.9	3155	100
The food is easy to prepare	873	27.6	1561	49.4	724	23	3158	100
How hungry you are	276	8.7	1047	33.1	1835	58.1	3158	100
Price of the food	1250	39.6	1467	46.5	440	13.9	3157	100
Your habits or daily routine	657	20.8	1594	50.6	901	28.6	3152	100
Other, e.g. Medical reasons	1619	55.9	745	25.7	532	18.4	2896	100

Q3.4 Influences on MAIN MEAL By gender.

Summary Stats by gender	MALE			FEMALE			P
	N	Mean	± SD	N	Mean	± SD	
Your parents or guardian	1491	3.2	1.38	1684	3.4	1.33	0.000
School environment	1483	2.0	1.18	1678	2.1	1.16	0.040
The taste of the food	1482	3.5	1.22	1680	3.5	1.13	0.693
Concern for your health	1488	3.0	1.32	1675	3.4	1.21	0.000
Your friends	1481	2.0	1.11	1669	2.0	1.11	0.005
The food is readily available	1483	2.6	1.28	1672	2.4	1.21	0.001
The food is easy to prepare	1484	2.6	1.30	1674	2.5	1.20	0.078
How hungry you are	1481	3.5	1.26	1677	3.6	1.20	0.927
Price of the food	1484	2.2	1.21	1673	2.1	1.14	0.273
Your habits or daily routine	1482	2.7	1.24	1670	2.8	1.22	0.001
Other, e.g. Medical reasons	1377	2.1	1.40	1519	2.0	1.38	0.086

Q3.4 Influences on MAIN MEAL By age groups.

Summary Stats by age groups	12.5 - 13.99 yr			14 - 14.99 yr			15 - 15.99 yr			16 - 17.49 yr			p
	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	
Your parents or guardian	974	3.4	1.34	834	3.3	1.33	757	3.4	1.35	610	3.2	1.39	0.010
School environment	969	2.2	1.18	831	2.1	1.18	754	2.0	1.11	607	2.0	1.19	0.000
The taste of the food	968	3.4	1.18	831	3.5	1.21	754	3.6	1.16	609	3.6	1.13	0.000
Concern for your health	969	3.3	1.31	829	3.2	1.26	755	3.3	1.22	610	3.0	1.29	0.000
Your friends	964	2.1	1.18	830	2.0	1.09	751	2.0	1.08	605	1.8	1.05	0.000
The food is readily available	966	2.4	1.21	829	2.5	1.24	752	2.6	1.25	608	2.5	1.28	0.125
The food is easy to prepare	969	2.5	1.23	827	2.5	1.26	755	2.6	1.26	607	2.6	1.25	0.108
How hungry you are	966	3.4	1.27	830	3.5	1.24	752	3.7	1.17	610	3.6	1.20	0.000
Price of the food	965	2.2	1.18	829	2.2	1.19	754	2.2	1.15	609	2.1	1.20	0.520
Your habits or daily routine	961	2.7	1.25	826	2.7	1.20	755	2.9	1.24	610	2.8	1.24	0.153
Other, e.g. Medical reasons	897	2.3	1.49	746	2.1	1.39	675	2.0	1.32	578	1.8	1.26	0.000

Q3.4a By people who selected 'Lunch' as their Main Meal

Summary stats	N	Median	Mean	± SD
Your parents or guardian	1769	4	3.3	1.37
School environment	1763	2	2.1	1.17
The taste of the food	1762	4	3.5	1.17
Concern for your health	1762	3	3.3	1.25
Your friends	1759	2	2.0	1.09
The food is readily available	1760	2	2.5	1.22
The food is easy to prepare	1762	2	2.5	1.23
How hungry you are	1759	4	3.6	1.22
Price of the food	1760	2	2.1	1.14
Your habits or daily routine	1758	3	2.8	1.22
Other, e.g. Medical reasons	1588	1	2.1	1.42

Q3.4b By people who selected 'Dinner' as their Main Meal

Summary Stats	N	Median	Mean	± SD
Your parents or guardian	949	4	3.5	1.27
School environment	943	1	1.8	1.07
The taste of the food	943	4	3.6	1.13
Concern for your health	945	3	2.9	1.25
Your friends	941	1	1.8	1.05
The food is readily available	940	2	2.4	1.25
The food is easy to prepare	940	2	2.5	1.22
How hungry you are	944	4	3.7	1.18
Price of the food	944	2	2.1	1.18
Your habits or daily routine	944	3	2.7	1.23
Other, e.g. Medical reasons	876	1	1.8	1.23

Q3.5 Snacks are defined as any foods you would eat between meals. How strong of an influence do the following factors have on your choice of SNACK FOODS?

Full counts & %	No Influence		Slight Influence		Moderate Influence		Strong Influence		Very strong influence	
	Count	%	Count	%	Count	%	Count	%	Count	%
Your parents or guardian	1011	31.9	678	21.4	703	22.2	457	14.4	317	10.0
School environment	1318	41.9	737	23.4	674	21.4	315	10.0	104	3.3
The taste of the food	333	10.6	393	12.5	696	22.1	981	31.2	741	23.6
Concern for your health	594	18.9	558	17.7	826	26.2	692	22.0	480	15.2
Your friends	1285	40.8	711	22.6	686	21.8	324	10.3	140	4.5
The food is readily available	818	26.0	654	20.8	820	26.0	569	18.1	290	9.2
The food is easy to prepare	855	27.1	644	20.4	812	25.7	568	18.0	281	8.9
How hungry you are	321	10.2	411	13.1	703	22.3	940	29.9	774	24.6
Price of the food	1141	36.2	730	23.2	717	22.8	368	11.7	192	6.1
Your habits or daily routine	776	24.7	630	20.0	930	29.6	540	17.2	270	8.6
Other, e.g. Medical reasons	1673	58.3	303	10.6	413	14.4	219	7.6	264	9.2

Summary Stats	N	Median	Mean	± SD
Your parents or guardian	3166	2	2.5	1.33
School environment	3148	2	2.1	1.15
The taste of the food	3144	4	3.4	1.27
Concern for your health	3150	3	3.0	1.33
Your friends	3146	2	2.1	1.19
The food is readily available	3151	3	2.6	1.29
The food is easy to prepare	3160	3	2.6	1.29
How hungry you are	3149	4	3.5	1.27
Price of the food	3148	2	2.3	1.24
Your habits or daily routine	3146	3	2.6	1.26
Other, e.g. Medical reasons	2872	1	2.0	1.36

Summarised counts & %	No Influence		Slight/Mod Influence		Strong/Very Influence		Total	
	Count	%	Count	%	Count	%	Count	%
Your parents or guardian	1011	31.9	1381	43.6	774	24.4	3166	100
School environment	1318	41.9	1411	44.8	419	13.3	3148	100
The taste of the food	333	10.6	1089	34.6	1722	54.8	3144	100
Concern for your health	594	18.9	1384	43.9	1172	37.2	3150	100
Your friends	1285	40.8	1397	44.4	464	14.7	3146	100
The food is readily available	818	26.0	1474	46.8	859	27.3	3151	100
The food is easy to prepare	855	27.1	1456	46.1	849	26.9	3160	100
How hungry you are	321	10.2	1114	35.4	1714	54.4	3149	100
Price of the food	1141	36.2	1447	46.0	560	17.8	3148	100
Your habits or daily routine	776	24.7	1560	49.6	810	25.7	3146	100
Other, e.g. Medical reasons	1673	58.3	716	24.9	483	16.8	2872	100

Q3.5 By gender.

Summary Stats by gender	MALE			FEMALE			P
	N	Mean	± SD	N	Mean	± SD	
Your parents or guardian	1486	2.4	1.34	1680	2.6	1.32	0.000
School environment	1477	2.0	1.14	1671	2.2	1.15	0.000
The taste of the food	1475	3.4	1.33	1669	3.5	1.21	0.456
Concern for your health	1474	2.8	1.35	1676	3.2	1.28	0.000
Your friends	1480	2.1	1.17	1666	2.2	1.21	0.000
The food is readily available	1482	2.7	1.31	1669	2.6	1.27	0.147
The food is easy to prepare	1482	2.7	1.32	1678	2.6	1.26	0.063
How hungry you are	1476	3.4	1.32	1673	3.5	1.23	0.732
Price of the food	1477	2.3	1.25	1671	2.3	1.22	0.844
Your habits or daily routine	1481	2.5	1.25	1665	2.8	1.25	0.000
Other, e.g. Medical reasons	1371	2.0	1.39	1501	2.0	1.34	0.102

Q3.5 By age groups.

Summary Stats by age groups	12.5 - 13.99 yr			14 - 14.99 yr			15 - 15.99 yr			16 - 17.49 yr			p
	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	
Your parents or guardian	964	2.83	1.40	830	2.47	1.28	759	2.39	1.27	613	2.13	1.25	0.000
School environment	960	2.22	1.19	824	2.10	1.13	753	2.04	1.15	611	1.94	1.09	0.000
The taste of the food	953	3.32	1.26	831	3.43	1.28	750	3.58	1.27	610	3.50	1.24	0.000
Concern for your health	961	3.13	1.34	826	2.96	1.31	751	2.99	1.29	612	2.71	1.33	0.000
Your friends	955	2.19	1.19	828	2.21	1.20	753	2.18	1.23	610	1.97	1.12	0.001
The food is readily available	962	2.53	1.24	825	2.64	1.29	752	2.75	1.33	612	2.67	1.31	0.013
The food is easy to prepare	964	2.51	1.26	829	2.55	1.28	756	2.75	1.33	611	2.68	1.31	0.000
How hungry you are	952	3.30	1.29	830	3.44	1.30	756	3.63	1.20	611	3.51	1.26	0.000
Price of the food	960	2.25	1.24	825	2.28	1.21	752	2.36	1.27	611	2.24	1.22	0.265
Your habits or daily routine	956	2.62	1.25	829	2.64	1.26	751	2.70	1.27	610	2.65	1.25	0.697
Other, e.g. Medical reasons	883	2.23	1.48	738	2.00	1.34	677	1.91	1.31	574	1.70	1.19	0.000

A P P E N D I X V

SECTION 1

**YOUR OPINION ABOUT FOOD CHOICES,
PREFERENCES, DIET AND HEALTH**

**TABULATIONS AND SUMMARY STATISTICS:
BY CENTRE (CITY)**

QUESTION 1.1 - Summary stats by country	ATHENS (GREECE)			BIRMINGHAM (UK)			DORTMUND (GERMANY)			GENT (BELGIUM)			HERAKLION (CRETE)			LILLE (FRANCE)		
	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD
I think that my diet is healthy	288	4.8	1.25	247	5.0	1.47	334	5.3	1.35	284	4.7	1.25	258	4.6	1.38	289	4.7	1.37
The taste of a food is very important to me	288	5.4	1.48	247	5.8	1.42	338	6.3	1.18	284	5.7	1.08	256	5.3	1.46	286	5.5	1.39
Snacking is a necessary part of a healthy diet	282	4.9	1.51	243	4.0	1.74	336	4.9	1.53	284	3.8	1.41	256	4.9	1.58	287	2.2	1.55
I enjoy eating fruit and vegetables	288	5.1	1.55	245	5.2	1.66	338	6.0	1.29	284	5.6	1.33	257	5.3	1.55	289	5.5	1.59
I tend to eat whatever my friends are eating	285	2.6	1.64	246	2.9	1.65	334	2.6	1.72	282	2.9	1.43	257	2.8	1.61	288	2.7	1.55
Food I eat at home is healthy	288	5.5	1.33	247	5.2	1.45	335	5.8	1.23	283	5.0	1.29	257	5.4	1.39	289	5.3	1.36
I choose my own snacks	288	5.6	1.45	243	5.8	1.53	338	5.8	1.66	285	6.0	1.10	255	5.4	1.53	289	5.0	1.81
I like the food I eat when I am out with my friends	289	5.4	1.48	245	5.6	1.46	330	5.2	1.70	283	5.2	1.24	255	5.4	1.61	287	5.3	1.55
The taste of food is more important to me than the healthiness of the food	288	4.0	1.80	246	4.1	1.87	338	4.3	1.85	284	4.4	1.40	257	4.1	1.88	284	4.0	1.75
I often try foods that I see advertised in the media (TV, magazines etc.)	288	3.2	1.73	246	3.5	1.77	337	2.8	1.86	285	3.0	1.52	258	3.1	1.75	287	3.0	1.80
A high fat food tastes better than the lower fat version	287	3.8	1.76	246	3.8	1.65	336	3.5	1.84	284	3.6	1.51	258	4.0	1.80	288	3.1	1.76
Food I eat at school (in the canteen) is healthy	288	2.5	1.53	242	4.5	1.75	337	3.8	1.92	277	3.9	1.53	254	2.7	1.63	277	3.9	1.66
I often skip breakfast	289	4.0	2.19	246	3.4	2.46	336	3.6	2.51	284	3.0	2.19	256	3.9	2.23	289	3.2	2.40
Healthy foods do not fill me up	285	3.2	1.85	244	3.3	1.91	336	2.7	1.83	279	2.5	1.46	254	3.0	1.81	286	3.2	1.80
Most snack foods that I eat are healthy	282	3.4	1.67	241	3.9	1.63	337	4.6	1.62	283	3.7	1.38	252	3.3	1.74	284	2.7	1.69
I feel well informed about what are healthy foods	289	4.9	1.67	247	5.7	1.49	335	5.6	1.43	280	4.9	1.44	256	5.1	1.76	285	5.0	1.68
Most healthy foods do not taste very nice	290	3.7	1.71	245	3.6	1.92	335	3.1	1.80	284	2.9	1.39	255	3.8	1.75	285	3.4	1.78

QUESTION 1.1 - Summary stats by country con't	ATHENS (GREECE)			BIRMINGHAM (UK)			DORTMUND (GERMANY)			GENT (BELGIUM)			HERAKLION (CRETE)			LILLE (FRANCE)		
	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD
I have little choice over what I eat at home	287	3.4	1.83	246	2.8	1.93	335	3.0	1.94	284	3.1	1.60	258	3.4	1.89	287	2.9	1.75
I worry about what I eat because I do not want to gain weight	290	3.8	2.10	247	4.3	2.07	337	3.8	2.32	285	3.4	1.90	257	4.0	2.05	287	3.8	1.99
Sugar-reduced products taste better than the 'regular' version	287	3.5	1.54	246	3.8	1.50	335	3.8	1.72	280	3.2	1.34	258	3.4	1.47	287	3.5	1.72
I like the food my parents prepare at home	290	5.6	1.40	245	6.0	1.29	336	6.3	1.12	283	5.9	1.04	256	5.7	1.33	285	5.8	1.16
If there is the option to choose a low fat version of a food, I will choose it	285	4.7	1.72	241	4.6	1.77	335	3.7	1.93	281	3.8	1.57	256	4.9	1.68	284	4.1	1.98
What I eat now will have a big impact on my future health	290	5.6	1.60	243	5.8	1.50	333	4.9	1.97	284	5.0	1.45	256	5.6	1.56	286	5.1	1.78
Food I eat when I am out with my friends is healthy	288	2.8	1.52	243	3.5	1.59	334	3.5	1.62	283	3.3	1.19	256	3.0	1.40	281	3.2	1.46
I like the food prepared at the school canteen	289	3.9	1.90	241	3.8	1.73	330	4.6	1.86	261	3.2	1.64	252	3.6	1.84	275	3.0	1.78
If there is the option to choose a whole grain version of a food, I will choose it	286	4.6	1.73	244	4.1	1.69	336	3.9	2.01	283	4.0	1.58	251	4.8	1.79	284	3.8	1.60
Information regarding healthy eating is difficult to put into practice	290	3.9	1.63	243	3.9	1.63	338	4.2	1.73	281	3.9	1.34	257	4.0	1.66	285	4.2	1.57

QUESTION 1.1 - Summary stats by country con't	PECS (HUNGARY)			ROMA (ITALY)			STOCKHOLM (SWEDEN)			VIENNA (AUTRIA)			ZARAGOZA (SPAIN)			p
	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	
I think that my diet is healthy	241	4.3	1.47	286	4.4	1.76	292	4.9	1.38	392	4.7	1.53	282	5.2	1.30	0.000
The taste of a food is very important to me	236	5.4	1.50	285	5.8	1.54	291	5.7	1.14	391	6.2	1.10	279	5.3	1.28	0.000
Snacking is a necessary part of a healthy diet	239	3.5	1.73	282	3.8	1.91	290	5.0	1.47	389	4.3	1.79	277	2.7	1.59	0.000
I enjoy eating fruit and vegetables	241	5.6	1.45	285	4.7	1.90	290	5.8	1.37	389	5.6	1.65	283	4.6	1.56	0.000
I tend to eat whatever my friends are eating	240	3.7	1.77	285	2.3	1.54	289	3.3	1.63	388	2.3	1.65	280	2.6	1.38	0.000
Food I eat at home is healthy	240	4.7	1.47	285	5.3	1.58	289	5.2	1.30	390	5.3	1.36	281	5.7	1.22	0.000
I choose my own snacks	240	5.4	1.45	284	6.0	1.40	291	5.8	1.32	391	6.3	1.14	282	5.0	1.58	0.000
I like the food I eat when I am out with my friends	240	4.9	1.64	285	5.5	1.46	289	5.7	1.26	389	5.1	1.74	283	5.3	1.31	0.000
The taste of food is more important to me than the healthiness of the food	240	4.0	1.77	285	4.6	1.89	292	4.3	1.55	391	4.3	1.94	281	3.6	1.64	0.000
I often try foods that I see advertised in the media (TV, magazines etc.)	240	3.2	1.63	285	3.7	1.88	292	3.0	1.60	392	2.9	1.82	283	3.0	1.59	0.000
A high fat food tastes better than the lower fat version	239	3.2	1.70	283	3.9	1.91	290	3.3	1.58	390	3.5	1.87	280	3.6	1.63	0.000
Food I eat at school (in the canteen) is healthy	235	3.0	1.67	279	3.7	1.48	291	4.2	1.38	392	3.6	1.86	208	3.5	1.70	0.000
I often skip breakfast	238	3.6	2.12	286	3.8	2.61	291	2.6	2.07	392	4.1	2.55	282	2.6	1.99	0.000
Healthy foods do not fill me up	239	3.0	1.75	284	3.5	1.89	286	2.6	1.65	387	2.5	1.71	281	2.8	1.55	0.000
Most snack foods that I eat are healthy	239	3.5	1.61	285	4.0	1.73	290	4.4	1.58	390	4.1	1.71	281	3.5	1.50	0.000

QUESTION 1.1 - Summary stats by country con't	PECS (HUNGARY)			ROMA (ITALY)			STOCKHOLM (SWEDEN)			VIENNA (AUTRIA)			ZARAGOZA (SPAIN)			p
	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	
I feel well informed about what are healthy foods	238	4.7	1.68	285	4.9	1.80	287	5.3	1.45	390	5.4	1.66	279	5.1	1.62	0.000
Most healthy foods do not taste very nice	238	3.5	1.72	284	3.9	1.77	285	3.2	1.61	390	2.7	1.76	280	3.1	1.52	0.000
I have little choice over what I eat at home	240	2.9	1.74	286	2.8	1.85	285	4.2	1.82	392	2.4	1.71	282	3.4	1.67	0.000
I worry about what I eat because I do not want to gain weight	240	4.0	1.88	286	4.1	2.30	282	3.3	2.04	391	3.7	2.23	282	3.9	1.95	0.000
Sugar-reduced products taste better than the 'regular' version	238	3.1	1.49	285	3.4	1.43	281	3.3	1.52	388	3.2	1.64	282	3.4	1.37	0.000
I like the food my parents prepare at home	237	5.6	1.47	286	6.1	1.30	281	6.0	1.07	389	6.1	1.31	280	5.9	1.20	0.000
If there is the option to choose a low fat version of a food, I will choose it	237	4.1	1.68	282	4.5	1.87	278	4.5	1.70	385	4.1	2.02	279	4.2	1.62	0.000
What I eat now will have a big impact on my future health	239	4.8	1.73	286	5.2	1.81	282	5.5	1.39	391	5.0	1.83	282	5.5	1.44	0.000
Food I eat when I am out with my friends is healthy	237	3.7	1.49	285	3.1	1.57	280	3.6	1.41	388	3.3	1.55	280	3.8	1.30	0.000
I like the food prepared at the school canteen	236	3.0	1.73	275	3.6	1.58	282	3.9	1.69	385	3.7	1.97	192	3.1	1.72	0.000
If there is the option to choose a whole grain version of a food, I will choose it	238	4.2	1.74	286	3.4	1.92	282	4.6	1.67	390	4.7	1.91	281	3.3	1.62	0.000
Information regarding healthy eating is difficult to put into practice	237	4.1	1.59	284	4.3	1.68	273	3.7	1.30	388	4.2	1.80	282	3.7	1.46	0.000

Q1.2.c. By country

Summarised counts & % by country	ATHENS		BIRMINGHAM		DORTMUND		GENT		HERAKLION		LILLE		PECS		ROMA	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
I snack in the morning	104	36.0	76	35.7	149	44.1	137	48.1	124	48.2	72	25.2	54	22.4	191	66.8
I snack in the afternoon	127	43.9	81	38.6	186	55.0	82	28.8	102	39.7	72	25.2	87	36.1	170	59.4
I snack when I get home after school	46	15.9	165	73.0	115	34.0	218	76.5	54	21.0	195	68.2	72	29.9	80	28.0
I snack in the evening (after dinner)	30	10.4	105	47.5	104	30.8	149	52.3	28	10.9	40	14.0	43	17.8	53	18.5
I snack regularly throughout the day	57	19.7	48	23.6	99	29.3	25	8.8	54	21.0	40	14.0	12	5.0	26	9.1
I don't snack	57	19.7	17	8.8	10	3.0	5	1.8	33	12.8	54	18.9	36	14.9	16	5.6

Summarised counts & % by country	STOCKHOLM		VIENNA		ZARAGOZA		p
	N	%	N	%	N	%	
I snack in the morning	100	35.6	231	59.4	70	24.8	0.000
I snack in the afternoon	116	41.3	190	48.8	117	41.5	0.000
I snack when I get home after school	202	71.9	93	23.9	80	28.4	0.000
I snack in the evening (after dinner)	124	44.1	95	24.4	28	9.9	0.000
I snack regularly throughout the day	42	14.9	54	13.9	40	14.2	0.000
I don't snack	48	17.1	23	5.9	57	20.2	0.000

Q1.3.c. By country

Summarised counts & % by country	ATHENS		BIRMINGHAM		DORTMUND		GENT		HERAKLION		LILLE		PECS		ROMA	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
I snack in the morning	74	25.6	34	16.9	97	28.9	39	13.7	84	33.1	36	12.6	45	18.7	74	25.9
I snack in the afternoon	136	47.1	134	59.8	172	51.2	187	65.6	131	51.6	165	57.9	137	56.8	201	70.3
I snack in the evening (after dinner)	45	15.6	100	45.9	111	33.0	150	52.6	44	17.3	61	21.4	61	25.3	82	28.7
I snack regularly throughout the day	72	24.9	87	41.6	118	35.1	79	27.7	51	20.1	61	21.4	26	10.8	31	10.8
I don't snack	43	14.9	25	12.6	30	8.9	17	6.0	40	15.7	61	21.4	23	9.5	31	10.8

Summarised counts & % by country	STOCKHOLM		VIENNA		ZARAGOZA		p
	N	%	N	%	N	%	
I snack in the morning	96	34.2	69	17.7	56	19.9	0.000
I snack in the afternoon	157	55.9	226	58.1	116	41.1	0.000
I snack in the evening (after dinner)	161	57.3	116	29.8	49	17.4	0.000
I snack regularly throughout the day	56	19.9	64	16.5	78	27.7	0.000
I don't snack	58	20.6	52	13.4	54	19.1	0.000

Q1.4.c. By country

Summarised counts & % by country	ATHENS		BIRMINGHAM		DORTMUND		GENT		HERAKLION		LILLE		PECS		ROMA	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
I feel bored	57	19.7	90	41.1	113	33.5	87	30.5	49	19.1	87	30.3	70	29.0	85	29.8
I feel stressed	22	7.6	28	14.4	36	10.7	27	9.5	18	7.0	26	9.1	23	9.5	40	14.0
I feel happy	11	3.8	31	15.5	22	6.5	19	6.7	13	5.1	8	2.8	34	14.1	25	8.8
I feel alone	12	4.1	19	9.7	39	11.6	24	8.4	17	6.6	20	7.0	18	7.5	57	20.0
I feel sad	28	9.7	19	9.8	27	8.0	20	7.0	24	9.3	14	4.9	32	13.3	51	17.9
I feel hungry	158	54.5	169	72.8	242	71.8	224	78.6	160	62.3	189	65.9	88	36.5	210	73.7
I feel tired	14	4.8	33	16.7	11	3.3	14	4.9	5	1.9	13	4.5	9	3.7	28	9.8
I need some energy	70	24.1	106	49.1	135	40.1	114	40.0	56	21.8	59	20.6	55	22.8	120	42.1
I'm craving something salty/savoury	61	21.0	68	33.2	64	19.0	88	30.9	44	17.1	60	20.9	77	32.0	134	47.0
I'm craving something sweet	115	39.7	105	48.6	151	44.8	140	49.1	73	28.4	94	32.8	117	48.5	153	53.7
I snack out of habit	37	12.8	26	13.1	37	11.0	74	26.0	27	10.5	56	19.5	27	11.2	29	10.2
I snack for a treat	17	5.9	64	31.8	14	4.2	16	5.6	24	9.3	52	18.1	63	26.1	81	28.4
I snack because I missed a meal	30	10.3	43	21.2	73	21.7	47	16.5	29	11.3	29	10.1	12	5.0	61	21.4
I'm socialising with my friends	83	28.6	57	28.1	120	35.6	19	6.7	72	28.0	54	18.8	43	17.8	29	10.2
I don't snack	23	7.9	5	2.6	7	2.1	3	1.1	12	4.7	26	9.1	14	5.8	4	1.4

Q1.4.c. By country

Summarised counts & % by country	STOCKHOLM		VIENNA		ZARAGOZA		p
	N	%	N	%	N	%	
I feel bored	62	22.0	128	32.8	74	26.3	0.000
I feel stressed	37	13.1	26	6.7	12	4.3	0.000
I feel happy	29	10.3	20	5.1	10	3.6	0.000
I feel alone	34	12.1	20	5.1	4	1.4	0.000
I feel sad	38	13.5	35	9.0	11	3.9	0.000
I feel hungry	205	72.7	293	75.1	170	60.5	0.000
I feel tired	81	28.7	18	4.6	21	7.5	0.000
I need some energy	139	49.3	114	29.2	63	22.4	0.000
I'm craving something salty/savoury	68	24.1	129	33.1	102	36.3	0.000
I'm craving something sweet	101	35.8	172	44.1	106	37.7	0.000
I snack out of habit	46	16.3	27	6.9	17	6.0	0.000
I snack for a treat	43	15.2	118	30.3	19	6.8	0.000
I snack because I missed a meal	44	15.6	77	19.7	16	5.7	0.000
I'm socialising with my friends	47	16.7	69	17.7	11	3.9	0.000
I don't snack	25	8.9	13	3.3	21	7.5	0.000

Q1.5.c. By country

Summarised counts & % by country	ATHENS		BIRMINGHAM		DORTMUND		GENT		HERAKLION		LILLE		PECS		ROMA	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
I feel bored	19	6.6	36	14.9	50	15.2	18	6.5	22	8.6	52	18.4	29	12.0	21	7.4
I feel stressed	6	2.1	5	2.1	6	1.8	4	1.4	6	2.3	6	2.1	8	3.3	7	2.5
I feel happy	2	0.7	3	1.2	5	1.5	2	0.7	1	0.4	1	0.4	7	2.9	4	1.4
I feel alone	2	0.7	3	1.2	3	0.9	1	0.4	2	0.8	1	0.4	4	1.7	4	1.4
I feel sad	9	3.1	4	1.7	5	1.5	1	0.4	4	1.6	1	0.4	7	2.9	14	4.9
I feel hungry	110	38.2	100	41.3	142	43.3	147	52.7	113	44.0	118	41.7	25	10.4	126	44.2
I feel tired	2	0.7	0	0.0	1	0.3	2	0.7	2	0.8	1	0.4	5	2.1	1	0.4
I need some energy	20	6.9	28	11.6	36	11.0	31	11.1	18	7.0	15	5.3	24	10.0	32	11.2
I'm craving something salty/savoury	10	3.5	7	2.9	4	1.2	11	3.9	11	4.3	5	1.8	11	4.6	14	4.9
I'm craving something sweet	37	12.8	19	7.9	32	9.8	24	8.6	20	7.8	14	4.9	51	21.2	23	8.1
I snack out of habit	14	4.9	5	2.1	12	3.7	21	7.5	12	4.7	8	2.8	12	5.0	8	2.8
I snack for a treat	3	1.0	9	3.7	0	0.0	1	0.4	3	1.2	16	5.7	33	13.7	17	6.0
I snack because I missed a meal	8	2.8	10	4.1	14	4.3	8	2.9	9	3.5	7	2.5	1	0.4	11	3.9
I'm socialising with my friends	19	6.6	5	2.1	11	3.4	1	0.4	14	5.4	9	3.2	4	1.7	0	0.0
None of the above	11	3.8	6	2.5	5	1.5	6	2.2	6	2.3	6	2.1	7	2.9	3	1.1
I don't snack	16	5.6	2	0.8	2	0.6	1	0.4	14	5.4	23	8.1	13	5.4	0	0.0

Q1.5.c. By country Con't.

Summarised counts & % by country	STOCKHOLM		VIENNA		ZARAGOZA	
	N	%	N	%	N	%
I feel bored	20	6.9	40	10.4	41	14.6
I feel stressed	0	0.0	1	0.3	4	1.4
I feel happy	2	0.7	2	0.5	4	1.4
I feel alone	0	0.0	0	0.0	1	0.4
I feel sad	5	1.7	6	1.6	0	0.0
I feel hungry	130	44.8	181	47.0	117	41.6
I feel tired	8	2.8	0	0.0	4	1.4
I need some energy	58	20.0	31	8.1	21	7.5
I'm craving something salty/savoury	5	1.7	19	4.9	32	11.4
I'm craving something sweet	32	11.0	26	6.8	20	7.1
I snack out of habit	10	3.4	6	1.6	8	2.8
I snack for a treat	1	0.3	34	8.8	3	1.1
I snack because I missed a meal	1	0.3	14	3.6	2	0.7
I'm socialising with my friends	0	0.0	9	2.3	2	0.7
None of the above	4	1.4	6	1.6	2	0.7
I don't snack	14	4.8	10	2.6	20	7.1

Q1.6.c. By country

Summarised counts & % by country	ATHENS		BIRMINGHAM		DORTMUND		GENT		HERAKLION		LILLE		PECS		ROMA	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
I get my lunch at the school restaurant	6	2.1	119	48.2	26	7.7	68	24.2	25	9.7	146	51.0	92	38.2	15	5.2
I bring my lunch from home	13	4.5	100	40.5	8	2.4	155	55.2	14	5.4	11	3.8	13	5.4	36	12.6
I go home for lunch	264	91.7	10	4.0	284	84.3	23	8.2	214	83.3	118	41.3	115	47.7	218	76.2
I go and buy my lunch from the local shop	0	0.0	3	1.2	9	2.7	21	7.5	3	1.2	2	0.7	8	3.3	12	4.2
I go and buy my lunch from a fast food shop or restaurant	3	1.0	2	0.8	2	0.6	9	3.2	0	0.0	7	2.4	2	0.8	2	0.7
I don't eat lunch	2	0.7	13	5.3	8	2.4	5	1.8	1	0.4	2	0.7	11	4.6	3	1.0

Summarised counts & % by country	STOCKHOLM		VIENNA		ZARAGOZA	
	N	%	N	%	N	%
I get my lunch at the school restaurant	267	91.8	66	16.8	48	17.0
I bring my lunch from home	0	0.0	43	11.0	14	4.9
I go home for lunch	5	1.7	166	42.3	211	74.6
I go and buy my lunch from the local shop	3	1.0	83	21.2	6	2.1
I go and buy my lunch from a fast food shop or restaurant	4	1.4	17	4.3	0	0.0
I don't eat lunch	12	4.1	17	4.3	4	1.4

Q1.7.c. By country

Summarised counts & % by country	ATHENS		BIRMINGHAM		DORTMUND		GENT		HERAKLION		LILLE		PECS		ROMA	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
Every day	4	1.4	8	3.2	18	5.3	67	23.5	9	3.5	38	13.3	55	22.92	16	5.6
2-4 times a week	24	8.3	32	13.0	65	19.2	34	11.9	30	11.7	27	9.4	30	12.5	43	15.0
Once a week	68	23.4	59	23.9	55	16.3	38	13.3	50	19.5	34	11.9	30	12.5	60	21.0
1-3 times per week	70	24.1	64	25.9	99	29.3	20	7.0	57	22.2	37	12.9	29	12.08	80	28.0
Less than once a month	69	23.8	33	13.4	75	22.2	15	5.3	60	23.3	49	17.1	32	13.33	44	15.4
Never	55	19.0	51	20.6	26	7.7	111	38.9	51	19.8	101	35.3	64	26.67	43	15.0

Summarised counts & % by country	STOCKHOLM		VIENNA		ZARAGOZA	
	N	%	N	%	N	%
Every day	8	2.7	40	10.2	44	15.9
2-4 times a week	7	2.4	96	24.4	2	0.7
Once a week	27	9.3	117	29.8	19	6.9
1-3 times per week	42	14.4	63	16.0	27	9.7
Less than once a month	74	25.4	44	11.2	34	12.3
Never	133	45.7	33	8.4	151	54.5

Q1.8.c. By country

Summarised counts & % by country	ATHENS		BIRMINGHAM		DORTMUND		GENT		HERAKLION		LILLE		PECS		ROMA	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
Adverts (TV/Radio)	42	14.6	45	22.6	41	12.2	31	10.9	46	17.9	54	18.9	41	17.0	73	25.5
Adverts (Press/Magazines)	31	10.8	32	16.2	47	13.9	19	6.7	33	12.8	38	13.3	27	11.2	39	13.6
My parents/guardian	189	65.6	181	78.4	232	68.8	228	80.0	157	61.1	181	63.3	164	68.0	204	71.3
Internet	60	20.8	43	21.6	44	13.1	39	13.7	37	14.4	31	10.8	62	25.7	27	9.4
School/my teachers	91	31.6	111	52.1	88	26.1	125	43.9	84	32.7	74	25.9	59	24.5	59	20.6
My coach/trainer	84	29.2	81	38.4	105	31.2	97	34.0	72	28.0	73	25.5	84	34.9	60	21.0
My friends	18	6.3	45	22.2	55	16.3	47	16.5	32	12.5	42	14.7	49	20.3	25	8.7
My doctor	141	49.0	167	72.9	215	63.8	195	68.4	135	52.5	189	66.1	128	53.1	173	60.5
None of the above	19	6.6	10	5.1	16	4.7	11	3.9	10	3.9	16	5.6	11	4.6	10	3.5

Summarised counts & % by country	STOCKHOLM		VIENNA		ZARAGOZA		p
	N	%	N	%	N	%	
Adverts (TV/Radio)	120	41.1	38	9.7	53	18.8	0.000
Adverts (Press/Magazines)	107	36.8	24	6.1	22	7.8	0.000
My parents/guardian	206	70.8	257	65.4	213	75.5	0.000
Internet	118	40.5	53	13.5	25	8.9	0.000
School/my teachers	133	45.7	140	35.6	90	31.9	0.000
My coach/trainer	167	57.4	92	23.4	57	20.2	0.000
My friends	89	30.6	40	10.2	33	11.7	0.000
My doctor	134	46.0	238	60.6	183	64.9	0.000
None of the above	68	23.4	15	3.8	9	3.2	0.000

APPENDIX VI

SECTION 2

CHOICES AND PREFERENCES OF SNACK FOODS AND DRINKS

TABULATIONS AND SUMMARY STATISTICS: BY CENTRE (CITY)

Q2.1.a By country (How much do you like this food item?)

Summary stats by country	ATHENS (GREECE)			BIRMINGHAM (UK)			DORTMUND (GERMANY)			GENT (BELGIUM)			HERAKLION (CRETE)			LILLE (FRANCE)		
Food item	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD
Fresh fruit	290	4.3	0.85	245	4.4	0.91	334	4.6	0.68	284	4.3	0.78	258	4.3	0.81	288	4.4	0.84
Vegetables	288	3.7	1.05	246	3.5	1.23	334	4.2	1.01	284	3.7	1.04	257	3.7	1.01	283	3.7	1.16
Dried fruits	288	2.7	1.18	241	2.6	1.43	335	2.7	1.44	283	2.5	1.30	256	2.6	1.22	285	2.5	1.41
Nuts, peanuts, seeds	290	3.7	1.07	246	3.1	1.39	335	3.8	1.23	282	2.9	1.26	256	3.8	0.85	285	3.4	1.26
Yoghurt / yoghurt products	288	3.7	1.06	245	4.1	1.10	332	4.4	0.99	285	3.9	1.09	256	3.9	0.99	286	4.3	0.86
Cheese products	288	3.6	1.19	245	3.6	1.39	333	3.9	1.30	283	3.6	1.22	256	3.8	1.06	286	3.6	1.30
Sweets / candy	288	3.9	1.03	244	4.4	0.92	335	4.6	0.77	284	4.3	0.86	257	3.8	0.99	288	4.3	0.89
Chocolate / chocolate bars	287	4.3	0.99	245	4.5	0.89	335	4.4	0.99	284	4.1	1.04	257	4.3	0.86	285	4.4	0.85
Biscuits / cookies	288	4.0	0.94	243	4.3	0.90	334	4.2	0.94	283	4.3	0.81	258	4.2	0.84	286	4.3	0.84
Cakes / muffins/ pastries	287	3.9	1.06	241	4.2	0.99	328	4.2	1.05	283	4.1	0.94	247	3.9	1.00	286	4.3	0.84
Crisps / tortilla chips	288	3.8	1.10	240	4.2	1.04	332	4.3	1.01	280	4.2	0.90	255	3.9	0.96	286	4.0	1.03
Crackers / rice cakes / salty sticks	288	3.0	1.22	241	3.1	1.29	335	3.7	1.22	283	3.4	1.17	255	2.9	1.22	287	3.7	1.27
Popcorn	287	3.9	0.99	241	3.9	1.17	335	3.7	1.32	281	3.6	1.19	256	3.8	0.96	285	3.8	1.21
Meat based snacks	288	3.0	1.33	241	2.7	1.39	335	2.9	1.50	282	3.3	1.34	255	3.3	1.27	285	3.4	1.43
Bread / toast	290	4.1	0.73	245	4.3	0.84	335	4.6	0.65	283	3.9	0.83	258	4.0	0.81	287	4.2	0.81
Bowl of cereal	285	4.2	0.97	245	4.3	0.91	331	4.0	1.17	285	4.0	0.99	258	4.0	1.07	285	4.1	1.01
Oatmeal / porridge	285	2.2	1.15	242	2.9	1.52	332	2.9	1.50	279	2.1	1.22	255	2.0	1.10	277	2.2	1.17
Cereal bars	285	3.2	1.25	237	3.6	1.32	329	3.7	1.30	281	2.8	1.26	253	3.2	1.24	282	3.7	1.18
Sandwiches / toasties / pannini	283	4.2	0.81	244	4.3	0.99	334	4.5	0.78	282	4.4	0.75	255	4.2	0.80	287	4.3	0.94
Pizza	289	4.4	0.82	246	4.4	1.07	335	4.7	0.69	283	4.5	0.82	257	4.3	0.85	284	4.5	0.81
Hamburgers	289	3.9	1.17	236	2.9	1.67	333	4.2	1.24	283	3.7	1.29	257	3.7	1.29	284	4.1	1.20
Hot Dogs / sausage rolls	287	3.6	1.33	235	2.9	1.70	332	3.6	1.50	284	3.6	1.39	258	3.5	1.33	285	3.4	1.35
French fries	288	4.3	0.89	245	4.3	1.03	334	4.4	0.97	282	4.4	0.86	256	4.4	0.84	285	4.3	0.90
Pasta dishes	288	4.4	0.91	241	4.2	1.18	335	4.6	0.88	283	4.6	0.73	258	4.4	0.82	285	4.5	0.81
Pasta snack products	288	3.0	1.24	244	3.6	1.43	332	3.0	1.45	283	3.4	1.28	256	3.1	1.24	279	3.8	1.24

Q2.1.a By country (How much do you like this food item?) con't

Summary stats by country	PECS (HUNGARY)			ROMA (ITALY)			STOCKHOLM (SWEDEN)			VIENNA (AUTRIA)			ZARAGOZA (SPAIN)			
Food item	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	p
Fresh fruit	240	4.1	1.04	286	4.1	1.28	289	4.6	0.73	391	4.6	0.89	283	4.1	0.92	0.000
Vegetables	240	3.4	1.13	283	3.6	1.34	289	4.0	1.04	393	3.9	1.16	277	3.3	1.10	0.000
Dried fruits	238	3.0	1.23	282	2.3	1.48	287	3.3	1.26	392	2.8	1.46	277	3.0	1.19	0.000
Nuts, peanuts, seeds	238	3.6	1.14	286	3.4	1.46	289	3.7	1.19	388	3.7	1.19	281	4.0	0.87	0.000
Yoghurt / yoghurt products	237	4.1	0.95	285	3.8	1.38	289	4.0	1.00	390	4.0	1.11	282	4.1	0.86	0.000
Cheese products	235	4.1	0.90	284	3.7	1.37	290	3.3	1.21	390	3.8	1.30	280	3.7	1.26	0.000
Sweets / candy	237	3.8	1.00	286	4.5	1.02	288	4.6	0.62	389	4.1	1.02	280	4.1	0.86	0.000
Chocolate / chocolate bars	238	4.3	0.85	284	4.7	0.81	288	4.6	0.71	391	4.2	1.11	280	4.3	0.79	0.000
Biscuits / cookies	239	3.9	0.91	286	4.3	1.01	290	4.4	0.75	389	4.1	1.03	281	4.2	0.80	0.000
Cakes / muffins/ pastries	237	4.1	0.86	284	4.3	1.10	286	4.2	0.95	386	4.0	1.07	276	3.8	1.03	0.000
Crisps / tortilla chips	234	3.8	0.95	283	4.5	0.86	289	4.2	0.98	389	3.7	1.23	274	4.2	0.83	0.000
Crackers / rice cakes / salty sticks	239	3.6	0.97	285	4.0	1.07	290	3.7	1.10	388	3.3	1.26	277	3.2	1.10	0.000
Popcorn	236	3.8	1.02	284	4.2	1.14	291	4.1	1.04	386	3.7	1.27	276	4.1	0.91	0.000
Meat based snacks	237	3.1	1.23	284	2.3	1.42	288	2.8	1.48	388	3.0	1.44	268	2.5	1.21	0.000
Bread / toast	240	3.8	0.81	286	4.4	1.04	288	4.3	0.79	392	4.4	0.80	283	4.0	0.69	0.000
Bowl of cereal	240	4.0	0.93	285	2.4	1.47	284	3.9	0.95	391	3.8	1.30	283	3.9	0.92	0.000
Oatmeal / porridge	231	2.3	1.07	284	2.0	1.26	285	3.3	1.36	389	3.4	1.39	277	2.3	1.06	0.000
Cereal bars	235	3.9	0.99	280	3.5	1.44	266	3.0	1.10	386	3.6	1.31	283	3.5	1.11	0.000
Sandwiches / toasties / pannini	236	3.9	0.78	285	4.6	0.84	284	3.9	0.97	391	4.2	0.92	282	4.1	0.82	0.000
Pizza	238	4.3	0.83	286	4.9	0.51	285	4.3	0.93	391	4.5	0.76	283	4.5	0.73	0.000
Hamburgers	237	3.8	1.04	284	4.6	0.87	284	4.2	0.99	388	3.8	1.38	283	4.0	1.04	0.000
Hot Dogs / sausage rolls	237	3.8	1.08	285	4.4	1.14	284	3.6	1.22	391	3.5	1.39	282	3.8	1.14	0.000
French fries	239	4.1	0.93	285	4.8	0.61	285	4.3	0.89	391	4.1	1.07	283	4.3	0.73	0.000
Pasta dishes	237	3.9	0.87	282	4.7	0.80	281	4.5	0.67	389	4.4	0.96	280	4.4	0.75	0.000
Pasta snack products	234	3.3	1.13	286	2.2	1.37	283	3.8	1.14	391	3.7	1.33	276	3.1	1.22	0.000

Q2.1.b. By country (How often do you eat this as a snack?)

Summary stats by country	ATHENS (GREECE)			BIRMINGHAM (UK)			DORTMUND (GERMANY)			GENT (BELGIUM)			HERAKLION (CRETE)			LILLE (FRANCE)		
<i>Food item</i>	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD
Fresh fruit	277	2.4	0.66	241	2.3	0.62	329	2.4	0.55	282	2.3	0.57	246	2.2	0.73	283	2.3	0.61
Vegetables	276	2.1	0.76	238	1.9	0.68	329	2.1	0.66	280	1.8	0.76	245	1.9	0.78	279	2.0	0.81
Dried fruits	275	1.5	0.59	232	1.5	0.65	314	1.4	0.58	280	1.3	0.52	243	1.4	0.55	278	1.4	0.60
Nuts, peanuts, seeds	276	1.9	0.65	238	1.7	0.68	328	1.8	0.66	282	1.5	0.62	243	1.9	0.66	280	1.7	0.62
Yoghurt / yoghurt products	275	2.1	0.71	242	2.3	0.67	307	2.3	0.64	281	2.1	0.71	245	2.1	0.74	279	2.3	0.76
Cheese products	275	2.0	0.75	239	1.9	0.75	328	1.9	0.76	279	1.7	0.69	246	2.0	0.79	281	1.9	0.72
Sweets / candy	280	2.1	0.65	242	2.3	0.61	332	2.3	0.59	282	2.2	0.62	246	1.9	0.65	283	2.1	0.61
Chocolate / chocolate bars	277	2.3	0.66	244	2.5	0.59	328	2.2	0.65	282	2.1	0.67	242	2.2	0.65	282	2.2	0.62
Biscuits / cookies	276	2.2	0.66	240	2.4	0.61	326	2.0	0.59	278	2.3	0.59	245	2.2	0.62	279	2.2	0.64
Cakes / muffins/ pastries	275	2.0	0.63	238	2.1	0.65	321	1.9	0.58	280	1.9	0.58	235	1.9	0.69	278	2.0	0.60
Crisps / tortilla chips	276	2.0	0.68	239	2.3	0.64	316	2.0	0.66	280	2.0	0.63	242	2.0	0.68	281	1.8	0.72
Crackers / rice cakes / salty sticks	275	1.6	0.67	236	1.6	0.68	324	1.7	0.60	279	1.6	0.65	241	1.6	0.69	279	1.7	0.68
Popcorn	277	1.9	0.67	236	1.8	0.61	322	1.6	0.60	281	1.5	0.56	245	1.9	0.67	280	1.6	0.62
Meat based snacks	277	1.6	0.64	232	1.4	0.64	324	1.4	0.55	281	1.5	0.61	244	1.7	0.73	278	1.7	0.71
Bread / toast	276	2.4	0.64	239	2.4	0.66	319	2.4	0.67	281	2.0	0.75	242	2.2	0.71	282	2.2	0.69
Bowl of cereal	274	2.3	0.75	241	2.3	0.73	318	1.9	0.73	277	1.8	0.76	246	2.2	0.74	283	2.0	0.80
Oatmeal / porridge	269	1.2	0.50	234	1.6	0.70	324	1.5	0.66	270	1.2	0.41	239	1.2	0.57	273	1.2	0.46
Cereal bars	268	1.7	0.76	233	1.8	0.72	316	1.8	0.66	275	1.4	0.60	239	1.7	0.71	276	1.7	0.65
Sandwiches / toasties / pannini	273	2.3	0.64	237	2.3	0.70	327	2.1	0.67	280	1.7	0.72	238	2.4	0.64	282	1.9	0.68
Pizza	275	2.1	0.62	238	2.0	0.68	330	2.0	0.67	282	1.6	0.69	243	2.0	0.66	283	1.9	0.68
Hamburgers	274	1.9	0.66	231	1.5	0.59	323	1.8	0.69	280	1.4	0.60	245	1.8	0.70	283	1.7	0.67
Hot Dogs / sausage rolls	275	1.7	0.64	230	1.5	0.65	327	1.5	0.63	280	1.4	0.57	244	1.7	0.69	282	1.4	0.58
French fries	272	2.1	0.73	233	2.0	0.71	327	1.9	0.70	281	1.6	0.69	246	2.2	0.75	283	1.9	0.76
Pasta dishes	276	2.3	0.78	238	2.1	0.77	327	2.1	0.79	280	1.7	0.80	242	2.2	0.81	280	2.2	0.85
Pasta snack products	273	1.6	0.65	235	1.8	0.73	325	1.5	0.60	278	1.4	0.58	242	1.5	0.65	280	1.7	0.77

Q2.1.b. By country (Do you eat this as a snack?) Cont.

Summary stats by country	PECS (HUNGARY)			ROMA (ITALY)			STOCKHOLM (SWEDEN)			VIENNA (AUTRIA)			ZARAGOZA (SPAIN)			
<i>Food item</i>	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	p
Fresh fruit	213	2.4	0.61	285	2.0	0.69	276	2.3	0.65	385	2.4	0.62	265	2.0	0.72	0.000
Vegetables	212	2.0	0.74	283	1.5	0.68	276	1.8	0.73	382	2.0	0.67	260	1.5	0.67	0.000
Dried fruits	211	1.7	0.65	280	1.2	0.41	273	1.6	0.64	383	1.5	0.58	254	1.5	0.61	0.000
Nuts, peanuts, seeds	209	2.0	0.64	283	1.5	0.62	274	1.8	0.69	378	1.8	0.61	260	2.0	0.59	0.000
Yoghurt / yoghurt products	210	2.4	0.67	284	1.9	0.70	268	1.8	0.70	381	2.2	0.65	254	1.9	0.77	0.000
Cheese products	215	2.1	0.73	280	1.6	0.71	270	1.5	0.61	376	2.0	0.73	252	1.7	0.70	0.000
Sweets / candy	210	2.2	0.59	284	2.2	0.70	277	2.2	0.60	382	2.1	0.64	259	2.1	0.64	0.000
Chocolate / chocolate bars	212	2.5	0.61	282	2.3	0.68	272	2.1	0.61	381	2.1	0.65	261	2.0	0.64	0.000
Biscuits / cookies	210	2.1	0.59	283	2.1	0.72	272	1.9	0.56	377	2.0	0.63	260	2.0	0.67	0.000
Cakes / muffins/ pastries	207	2.1	0.58	282	1.9	0.68	268	1.6	0.56	374	1.9	0.60	257	1.7	0.68	0.000
Crisps / tortilla chips	210	2.0	0.60	280	2.0	0.68	272	1.8	0.61	382	1.8	0.67	254	1.9	0.61	0.000
Crackers / rice cakes / salty sticks	209	2.0	0.60	283	1.9	0.73	268	1.6	0.59	380	1.7	0.66	257	1.4	0.60	0.000
Popcorn	209	2.0	0.64	281	1.7	0.66	271	1.8	0.57	383	1.7	0.65	258	1.8	0.61	0.000
Meat based snacks	207	1.5	0.60	283	1.1	0.42	267	1.2	0.48	378	1.5	0.63	252	1.3	0.55	0.000
Bread / toast	206	2.0	0.75	283	2.1	0.71	269	1.9	0.69	379	2.3	0.67	259	1.8	0.74	0.000
Bowl of cereal	206	2.1	0.68	283	1.2	0.46	266	1.8	0.75	379	1.9	0.73	257	1.7	0.72	0.000
Oatmeal / porridge	201	1.3	0.56	280	1.1	0.42	267	1.5	0.71	374	1.7	0.71	252	1.2	0.44	0.000
Cereal bars	200	2.1	0.66	277	1.7	0.70	252	1.2	0.44	376	1.7	0.67	257	1.6	0.67	0.000
Sandwiches / toasties / pannini	209	2.3	0.76	282	2.2	0.65	264	1.5	0.58	379	2.1	0.63	257	1.8	0.67	0.000
Pizza	209	2.0	0.65	283	2.3	0.66	269	1.6	0.54	381	1.9	0.66	259	1.7	0.71	0.000
Hamburgers	207	1.9	0.66	283	1.8	0.73	267	1.5	0.55	381	1.7	0.69	257	1.6	0.71	0.000
Hot Dogs / sausage rolls	209	1.7	0.64	282	1.7	0.74	266	1.5	0.55	381	1.6	0.64	258	1.4	0.65	0.000
French fries	211	2.0	0.68	283	1.8	0.75	264	1.6	0.58	381	1.8	0.67	257	1.9	0.72	0.000
Pasta dishes	207	2.0	0.76	279	1.7	0.89	263	1.8	0.81	376	2.0	0.76	259	1.7	0.80	0.000
Pasta snack products	204	1.7	0.68	282	1.1	0.43	261	1.5	0.66	377	1.6	0.72	253	1.3	0.56	0.000

Q2.2.a. By country (How much do you like this drink item?)

Summary stats by country	ATHENS (GREECE)			BIRMINGHAM (UK)			DORTMUND (GERMANY)			GENT (BELGIUM)			HERAKLION (CRETE)			LILLE (FRANCE)		
<i>Drinks</i>	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD
Coffee	289	3.0	1.32	243	2.5	1.60	336	2.6	1.56	284	2.2	1.43	258	2.9	1.31	286	2.4	1.45
Tea	288	3.2	1.30	244	3.5	1.56	336	3.9	1.23	283	2.9	1.48	258	3.2	1.26	288	3.1	1.50
Milk	288	4.0	1.11	237	4.0	1.28	334	4.0	1.22	283	3.4	1.38	256	4.0	1.10	280	3.8	1.33
Cocoa drink	288	4.2	0.99	243	4.1	1.23	334	4.2	1.17	284	3.9	1.12	256	4.0	1.08	287	4.2	1.08
Fizzy drinks / soft drinks	288	4.0	1.07	244	4.3	1.01	334	4.5	0.88	283	4.3	0.97	257	3.8	1.04	285	4.2	1.07
Fruit juice / fruit smoothies	288	4.3	0.89	241	4.3	0.96	334	4.5	0.83	284	4.4	0.76	256	4.4	0.76	285	4.6	0.75
Water	287	4.5	0.78	243	4.3	1.09	335	4.3	1.10	284	4.0	0.99	258	4.6	0.78	285	4.4	0.90

Summary stats by country	PECS (HUNGARY)			ROMA (ITALY)			STOCKHOLM (SWEDEN)			VIENNA (AUTRIA)			ZARAGOZA (SPAIN)			
<i>Drinks</i>	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	p
Coffee	238	2.4	1.24	286	3.5	1.63	288	2.1	1.39	392	2.9	1.63	283	2.8	1.32	0.000
Tea	239	4.1	0.82	286	4.0	1.31	291	3.5	1.42	391	4.0	1.16	282	2.6	1.29	0.000
Milk	238	3.9	0.99	284	4.0	1.35	287	4.1	1.21	386	3.9	1.30	277	4.0	1.05	0.000
Cocoa drink	239	4.1	0.91	285	4.4	1.05	291	4.3	0.92	389	4.1	1.19	276	4.0	1.05	0.000
Fizzy drinks / soft drinks	240	3.9	0.88	286	4.6	0.94	288	4.3	0.95	390	4.0	1.24	280	4.1	1.07	0.000
Fruit juice / fruit smoothies	239	4.3	0.79	286	4.3	1.12	288	4.4	0.83	390	4.3	1.03	280	4.3	0.85	0.000
Water	239	3.7	1.05	286	4.7	0.67	287	4.4	0.83	390	4.3	1.07	280	4.4	0.74	0.000

Q2.2.b. By country (Do you drink this?)

Summary stats by country	ATHENS (GREECE)			BIRMINGHAM (UK)			DORTMUND (GERMANY)			GENT (BELGIUM)			HERAKLION (CRETE)			LILLE (FRANCE)		
<i>Drinks</i>	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD
Coffee	274	1.7	0.73	238	1.5	0.73	326	1.6	0.70	276	1.5	0.72	245	1.6	0.73	282	1.4	0.67
Tea	274	1.9	0.69	237	2.1	0.83	330	2.2	0.69	281	1.7	0.74	242	1.9	0.71	280	1.7	0.74
Milk	272	2.7	0.60	236	2.4	0.74	327	2.2	0.74	283	2.2	0.80	244	2.5	0.69	272	2.3	0.78
Cocoa drink	276	2.2	0.73	242	2.1	0.72	331	2.2	0.69	281	2.1	0.71	242	2.2	0.75	281	2.2	0.72
Fizzy drinks / soft drinks	275	2.1	0.66	238	2.4	0.64	331	2.3	0.59	283	2.4	0.65	243	2.1	0.68	280	2.2	0.72
Fruit juice / fruit smoothies	275	2.5	0.63	238	2.4	0.63	329	2.5	0.61	279	2.5	0.59	243	2.6	0.62	277	2.5	0.58
Water	274	2.8	0.44	239	2.6	0.63	332	2.6	0.60	281	2.7	0.52	244	2.9	0.45	281	2.8	0.41

Summary stats by country	PECS (HUNGARY)			ROMA (ITALY)			STOCKHOLM (SWEDEN)			VIENNA (AUTRIA)			ZARAGOZA (SPAIN)			
<i>Drinks</i>	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	p
Coffee	211	1.6	0.69	281	1.9	0.80	273	1.3	0.58	374	1.7	0.72	258	1.6	0.66	0.000
Tea	210	2.5	0.60	280	2.1	0.70	274	1.9	0.73	375	2.2	0.69	255	1.4	0.61	0.000
Milk	207	2.5	0.66	279	2.3	0.77	274	2.5	0.74	372	2.2	0.76	247	2.5	0.71	0.000
Cocoa drink	210	2.4	0.61	279	1.9	0.65	275	2.0	0.61	376	2.1	0.73	254	2.0	0.69	0.000
Fizzy drinks / soft drinks	211	2.2	0.59	281	2.3	0.67	275	2.1	0.56	379	2.2	0.72	253	2.2	0.63	0.000
Fruit juice / fruit smoothies	212	2.5	0.58	281	2.2	0.70	275	2.1	0.66	375	2.3	0.65	255	2.4	0.63	0.000
Water	212	2.5	0.61	282	2.9	0.40	274	2.7	0.53	375	2.7	0.53	256	2.9	0.43	0.000

Q2.3. Perceived healthiness of snack foods By country

Summary stats by country	ATHENS (GREECE)			BIRMINGHAM (UK)			DORTMUND (GERMANY)			GENT (BELGIUM)			HERAKLION (CRETE)			LILLE (FRANCE)		
Food item	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD
Fresh fruit	289	4.9	0.59	247	4.9	0.55	338	4.8	0.74	285	4.8	0.53	257	5.0	0.25	287	4.8	0.60
Vegetables	288	4.8	0.59	247	4.8	0.61	338	4.8	0.73	283	4.8	0.56	256	4.9	0.40	286	4.7	0.69
Dried fruits	290	3.6	0.99	244	4.0	0.93	337	3.6	1.06	282	3.7	0.81	254	3.6	0.99	283	3.5	0.93
Nuts, peanuts, seeds	289	3.2	1.11	246	3.8	1.01	337	3.3	1.19	283	3.6	0.92	255	3.0	1.07	287	2.6	1.00
Yoghurt / yoghurt products	287	4.4	0.80	243	4.0	0.87	337	3.7	1.05	283	3.9	0.76	255	4.5	0.69	282	4.3	0.76
Cheese products	288	3.8	1.08	246	3.1	1.11	337	3.5	1.07	283	3.5	0.93	257	4.1	1.01	287	3.8	1.06
Sweets / candy	290	1.8	0.90	247	1.5	0.72	338	1.6	0.90	284	1.5	0.69	258	1.6	0.85	287	1.7	0.88
Chocolate / chocolate bars	290	2.0	1.02	246	1.5	0.74	336	1.7	0.97	283	1.6	0.70	257	1.9	0.98	286	2.1	0.95
Biscuits / cookies	290	2.1	1.01	247	1.8	0.86	337	2.3	0.97	284	2.0	0.75	258	2.1	0.96	288	2.2	0.90
Cakes / muffins/ pastries	287	2.1	1.07	246	1.7	0.82	335	2.1	0.99	285	2.1	0.81	255	2.1	1.02	285	2.3	0.97
Crisps / tortilla chips	286	1.6	0.94	245	1.7	0.89	337	1.6	0.92	283	1.5	0.65	255	1.8	1.01	287	1.9	0.88
Crackers / rice cakes / salty sticks	288	2.3	1.07	245	2.4	1.10	333	2.4	1.05	281	2.0	0.88	257	2.4	1.09	288	2.2	0.94
Popcorn	288	2.4	1.06	243	2.0	0.96	336	2.1	1.03	283	1.8	0.79	250	2.3	0.96	286	2.1	0.91
Meat based snacks	284	2.4	1.14	245	2.4	1.16	338	2.1	1.07	283	1.8	0.88	257	2.4	1.08	286	2.7	1.20
Bread / toast	290	3.7	0.92	247	3.5	0.85	338	3.8	1.09	284	3.8	0.75	257	3.5	0.94	287	3.6	0.85
Bowl of cereal	289	4.4	0.85	244	4.1	0.84	338	3.8	1.07	283	3.7	0.75	255	4.3	0.86	288	3.9	0.83
Oatmeal / porridge	288	3.6	1.25	244	4.3	0.92	337	4.1	1.06	280	3.6	0.84	257	3.4	1.18	276	3.3	1.02
Cereal bars	290	3.7	1.00	242	3.6	1.03	336	3.7	1.04	284	3.7	0.80	256	3.8	0.97	287	3.6	1.06
Sandwiches / toasties / pannini	289	3.3	1.06	246	3.4	0.96	331	3.1	1.05	285	3.0	0.91	254	3.2	1.04	287	2.7	1.01
Pizza	289	2.0	1.06	246	1.9	0.90	334	2.1	1.07	284	2.3	0.85	252	1.8	0.99	288	2.2	0.99
Hamburgers	287	1.6	0.93	239	1.5	0.77	335	1.7	0.97	285	1.6	0.73	254	1.6	0.92	289	1.7	0.92
Hot Dogs / sausage rolls	289	1.7	0.87	239	1.5	0.76	334	1.8	0.93	283	1.7	0.71	253	1.7	0.88	289	1.8	0.87
French fries	287	2.1	1.06	245	1.7	0.96	335	1.7	1.01	285	1.7	0.78	253	2.3	1.12	288	2.0	0.99
Pasta dishes	288	3.4	1.09	238	3.8	1.09	331	3.3	1.04	282	3.3	0.96	251	3.5	1.06	283	3.6	0.97
Pasta snack products	288	2.8	1.07	245	2.6	1.19	332	2.12	1.08	283	2.2	0.89	254	3.0	1.08	285	3.4	1.01

Summary stats by country	PECS (HUNGARY)			ROMA (ITALY)			STOCKHOLM (SWEDEN)			VIENNA (AUTRIA)			ZARAGOZA (SPAIN)			
<i>Food item</i>	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	p
Fresh fruit	240	4.4	0.76	286	4.8	0.70	292	4.7	0.65	393	4.9	0.61	283	4.8	0.48	0.000
Vegetables	239	4.5	0.68	286	4.7	0.74	290	4.8	0.64	391	4.8	0.71	282	4.7	0.55	0.000
Dried fruits	236	3.7	0.80	285	3.0	1.16	291	3.8	0.80	391	3.7	0.86	278	3.6	0.78	0.000
Nuts, peanuts, seeds	241	3.5	0.91	284	2.5	1.12	288	3.8	0.90	392	3.6	1.07	281	3.2	0.89	0.000
Yoghurt / yoghurt products	240	4.0	0.76	281	4.0	0.99	291	3.4	0.88	393	3.9	0.84	282	4.2	0.73	0.000
Cheese products	240	3.7	0.84	285	3.5	1.20	290	2.7	1.01	391	3.5	0.94	281	3.9	0.80	0.000
Sweets / candy	240	2.0	0.80	286	1.7	0.93	290	1.4	0.61	393	1.5	0.73	283	1.9	0.82	0.000
Chocolate / chocolate bars	240	2.4	0.84	286	2.0	1.16	291	1.5	0.69	393	1.7	0.79	282	2.2	0.90	0.000
Biscuits / cookies	236	3.0	0.78	286	2.6	0.98	291	1.8	0.78	391	2.0	0.86	283	2.4	0.85	0.000
Cakes / muffins/ pastries	235	2.5	0.81	284	1.9	1.03	289	1.6	0.67	389	2.1	0.89	280	2.0	0.86	0.000
Crisps / tortilla chips	236	1.8	0.82	285	1.6	0.90	289	1.5	0.67	391	1.5	0.75	281	1.9	0.89	0.000
Crackers / rice cakes / salty sticks	240	2.2	0.81	282	3.3	1.10	289	2.1	0.83	390	2.4	0.94	282	2.2	0.91	0.000
Popcorn	239	2.4	0.80	284	2.0	0.95	290	2.3	0.84	388	2.0	0.84	281	2.3	0.85	0.000
Meat based snacks	239	2.8	0.91	284	2.4	1.15	288	2.2	0.79	391	2.0	0.93	269	2.4	1.01	0.000
Bread / toast	241	3.3	0.74	285	3.4	1.11	288	2.8	0.86	392	3.5	0.94	283	3.6	0.82	0.000
Bowl of cereal	240	3.6	0.77	286	3.9	1.15	287	3.4	0.85	391	3.8	0.94	282	3.7	0.89	0.000
Oatmeal / porridge	240	3.5	0.84	286	3.7	1.11	288	4.4	0.72	392	4.2	0.82	278	3.4	0.96	0.000
Cereal bars	240	3.8	0.77	286	3.8	0.95	275	3.1	0.88	392	3.5	0.98	282	3.6	0.88	0.000
Sandwiches / toasties / pannini	241	3.2	0.76	286	2.5	1.15	284	2.5	0.81	393	2.9	0.92	281	2.8	0.89	0.000
Pizza	240	2.5	0.79	284	2.7	1.12	287	1.5	0.76	393	1.9	0.84	283	2.4	0.92	0.000
Hamburgers	240	2.2	0.83	284	2.0	1.03	286	1.8	0.83	392	1.5	0.72	283	2.2	0.95	0.000
Hot Dogs / sausage rolls	239	2.3	0.80	286	1.9	0.99	286	2.1	0.84	391	1.7	0.77	283	2.0	0.88	0.000
French fries	241	2.4	0.91	285	1.6	0.90	286	1.4	0.68	393	1.6	0.77	283	2.2	0.92	0.000
Pasta dishes	239	3.1	0.79	281	4.0	0.95	285	3.5	1.00	392	3.1	1.05	280	3.5	0.99	0.000
Pasta snack products	241	2.7	0.89	286	2.1	1.11	287	3.2	0.95	392	2.7	0.99	276	2.7	0.98	0.000

Q2.3.Perceived healthiness of drinks By country.

Summary stats by country	ATHENS (GREECE)			BIRMINGHAM (UK)			DORTMUND (GERMANY)			GENT (BELGIUM)			HERAKLION (CRETE)			LILLE (FRANCE)		
<i>Drinks</i>	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD
Coffee	290	2.1	0.98	246	2.5	0.92	334	2.2	1.10	285	2.6	0.85	255	2.1	0.95	289	2.9	0.87
Tea	289	4.0	1.01	246	2.9	0.96	334	4.2	0.91	284	3.7	0.87	255	4.1	0.98	286	3.6	0.83
Milk	289	4.8	0.63	240	4.4	0.82	334	4.5	0.85	285	4.4	0.64	253	4.9	0.49	289	4.4	0.80
Cocoa drink	289	3.1	1.10	242	2.5	1.10	332	3.4	1.15	284	3.1	0.87	255	3.1	0.94	287	3.6	0.96
Fizzy drinks / soft drinks	290	1.7	1.03	245	1.6	0.90	334	1.9	1.13	284	1.8	0.86	255	1.7	1.00	287	1.9	0.95
Fruit juice / fruit smoothies	289	4.6	0.87	245	4.5	0.83	334	4.4	0.88	284	4.2	0.77	253	4.6	0.74	289	3.7	1.19
Water	289	4.8	0.68	243	4.8	0.64	334	4.7	0.73	282	4.9	0.42	255	4.9	0.54	287	4.8	0.59

Summary stats by country	PECS (HUNGARY)			ROMA (ITALY)			STOCKHOLM (SWEDEN)			VIENNA (AUTRIA)			ZARAGOZA (SPAIN)			
<i>Drinks</i>	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	p
Coffee	240	2.2	0.74	286	2.7	1.04	286	2.4	0.77	393	2.2	0.88	283	2.8	0.82	0.000
Tea	238	3.7	0.78	285	3.8	1.03	286	3.3	0.85	392	4.2	0.78	282	3.5	0.91	0.000
Milk	240	4.2	0.73	282	4.5	0.84	283	4.3	0.75	391	4.2	0.81	279	4.5	0.73	0.000
Cocoa drink	240	3.5	0.79	286	2.8	1.14	284	2.1	0.81	392	2.8	0.99	279	3.0	0.92	0.000
Fizzy drinks / soft drinks	241	2.2	0.88	286	1.8	0.95	285	1.5	0.77	392	1.7	0.93	282	2.3	0.91	0.000
Fruit juice / fruit smoothies	240	4.2	0.80	285	3.9	1.01	282	3.7	0.95	387	3.8	0.99	280	4.3	0.74	0.000
Water	239	4.1	0.90	286	4.8	0.70	284	4.7	0.68	392	4.8	0.61	282	4.8	0.52	0.000

APPENDIX VII

SECTION 3

IMPORTANT INFLUENCES ON FOOD CHOICES AND PREFERENCES

TABULATIONS AND SUMMARY STATISTICS: BY CENTRE (CITY)

Q3.1 By country (How strong of an influence do the following factors have on your choice of foods at BREAKFAST?)

Summary Stats by country	ATHENS (GREECE)			BIRMINGHAM (UK)			DORTMUND (GERMANY)			GENT (BELGIUM)			HERAKLION (CRETE)			LILLE (FRANCE)		
	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD
Your parents or guardian	287	3.4	1.28	246	3.6	1.32	335	3.1	1.37	284	3.0	1.29	255	3.4	1.25	286	2.9	1.34
School environment	287	2.3	1.21	244	2.5	1.30	334	2.0	1.06	283	1.9	1.06	253	2.6	1.07	287	2.2	1.23
The taste of the food	284	3.5	1.13	246	3.7	1.12	333	3.7	1.20	283	3.6	1.06	253	3.6	1.08	283	3.6	1.14
Concern for your health	286	3.7	1.18	244	3.7	1.18	332	3.5	1.19	279	2.8	1.21	254	4.1	1.04	283	3.4	1.24
Your friends	286	2.3	1.18	243	2.2	1.22	334	2.2	1.13	282	1.8	1.05	253	2.6	1.16	282	2.1	1.19
The food is readily available	287	2.9	1.19	242	2.9	1.25	332	3.2	1.26	283	2.0	1.13	251	2.8	1.20	282	2.5	1.22
The food is easy to prepare	288	3.0	1.27	244	3.1	1.22	332	3.0	1.24	283	2.4	1.18	250	2.9	1.19	284	2.8	1.31
How hungry you are	285	3.6	1.24	243	3.8	1.16	331	3.7	1.18	283	3.8	1.04	248	3.6	1.28	285	3.5	1.29
Price of the food	284	2.3	1.23	243	2.7	1.32	333	2.5	1.26	283	1.9	1.09	248	2.3	1.21	285	2.4	1.27
Your habits or daily routine	287	3.2	1.22	244	3.3	1.31	334	3.1	1.28	284	2.9	1.16	254	2.9	1.18	282	3.3	1.26
Other, e.g. Medical reasons	232	2.5	1.53	219	2.1	1.44	321	2.2	1.47	251	1.6	1.06	231	2.9	1.56	246	2.2	1.44

Summary Stats by country	PECS (HUNGARY)			ROMA (ITALY)			STOCKHOLM (SWEDEN)			VIENNA (AUTRIA)			ZARAGOZA (SPAIN)			p
	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	
Your parents or guardian	240	2.2	1.22	285	2.9	1.37	285	3.0	1.29	390	2.8	1.35	281	3.6	1.20	0.000
School environment	237	1.9	0.97	284	2.1	1.13	282	2.1	1.11	388	2.0	1.14	281	2.3	1.10	0.000
The taste of the food	237	3.0	1.19	283	3.5	1.24	279	3.3	1.26	389	3.6	1.18	280	3.3	1.11	0.000
Concern for your health	235	2.8	1.21	284	3.2	1.29	281	2.5	1.24	388	3.1	1.30	281	3.6	1.12	0.000
Your friends	239	2.0	1.08	285	2.0	1.10	279	1.9	1.07	388	1.9	1.06	279	2.3	1.11	0.000
The food is readily available	240	2.4	1.18	284	2.1	1.04	279	2.7	1.28	387	2.6	1.14	281	2.4	1.11	0.000
The food is easy to prepare	239	2.5	1.21	284	2.3	1.16	280	2.8	1.27	387	2.8	1.22	281	2.5	1.17	0.000
How hungry you are	240	3.2	1.25	285	3.4	1.25	282	3.5	1.24	388	3.6	1.26	282	3.3	1.20	0.000
Price of the food	238	2.3	1.17	283	2.0	1.14	278	2.1	1.21	388	2.2	1.12	281	2.1	1.11	0.000
Your habits or daily routine	238	2.4	1.14	283	3.0	1.28	278	2.8	1.19	388	2.8	1.20	277	2.8	1.15	0.000
Other, e.g. Medical reasons	236	2.3	1.33	278	2.0	1.32	268	1.5	1.00	377	2.0	1.29	252	2.5	1.48	0.000

Q3.2 By country (Which is your MAIN MEAL of the day?)

Summarised counts & % by country	ATHENS		BIRMINGHAM		DORTMUND		GENT		HERAKLION		LILLE		PECS	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%
Lunch (mid-day meal)	260	95.2	37	18.6	223	76.9	75	27.9	188	89.1	156	67.5	158	71.2
Dinner (evening meal)	11	4.0	160	80.4	61	21.0	192	71.4	15	7.1	67	29.0	60	27.0
Other	2	0.7	2	1.0	6	2.1	2	0.7	8	3.8	8	3.5	4	1.8

Summarised counts & % by country	ROMA		STOCKHOLM		VIENNA		ZARAGOZA	
	N	%	N	%	N	%	N	%
Lunch (mid-day meal)	149	58.2	108	43.0	227	64.9	196	85.2
Dinner (evening meal)	104	40.6	138	55.0	119	34.0	24	10.4
Other	3	1.2	5	2.0	4	1.1	10	4.3

Q3.3 By country (Where do you usually eat this MAIN MEAL?)

Summarised counts & % by country	ATHENS		BIRMINGHAM		DORTMUND		GENT		HERAKLION		LILLE		PECS	
	N	%	N	%	N	%	N	%	N	%	N	%	N	%
At home	273	100	167	83.9	269	92.1	207	76.7	189	90.4	147	63.6	156	71.2
At school	0	0.0	29	14.6	15	5.1	55	20.4	18	8.6	75	32.5	54	24.7
Other	0	0.0	3	1.5	8	2.7	8	3.0	2	1.0	9	3.9	9	4.1

Summarised counts & % by country	ROMA		STOCKHOLM		VIENNA		ZARAGOZA	
	N	%	N	%	N	%	N	%
At home	246	96.5	148	59.7	295	84.5	198	86.8
At school	8	3.1	96	38.7	41	11.7	27	11.8
Other	1	0.4	4	1.6	13	3.7	3	1.3

Q3.4 By country (How strong of an influence do the following factors have on your choice of foods for this MAIN MEAL?)

Summary Stats by country	ATHENS (GREECE)			BIRMINGHAM (UK)			DORTMUND (GERMANY)			GENT (BELGIUM)			HERAKLION (CRETE)			LILLE (FRANCE)		
	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD
Your parents or guardian	288	3.8	1.15	244	3.9	1.24	333	3.2	1.40	283	3.6	1.23	256	3.7	1.22	287	3.0	1.40
School environment	287	2.1	1.15	245	2.3	1.31	332	1.9	1.10	281	1.8	1.11	254	2.6	1.11	286	2.2	1.18
The taste of the food	286	3.6	1.14	244	3.7	1.13	332	3.6	1.29	282	3.5	1.06	252	3.4	1.22	286	3.5	1.23
Concern for your health	285	3.7	1.21	244	3.6	1.20	330	3.3	1.22	283	2.7	1.20	255	3.9	1.13	286	3.3	1.28
Your friends	288	2.1	1.19	244	2.2	1.24	330	2.0	1.12	281	1.7	0.98	249	2.4	1.19	284	2.1	1.18
The food is readily available	285	2.7	1.21	243	2.9	1.22	330	2.9	1.35	282	2.1	1.18	255	2.8	1.18	287	2.4	1.26
The food is easy to prepare	283	2.7	1.34	241	2.8	1.26	332	2.7	1.27	283	2.1	1.19	256	2.8	1.19	286	2.7	1.36
How hungry you are	284	3.7	1.22	245	3.7	1.21	331	3.7	1.22	281	3.6	1.13	254	3.6	1.27	287	3.4	1.34
Price of the food	285	2.2	1.18	242	2.6	1.30	331	2.3	1.25	281	1.9	1.07	255	2.3	1.15	287	2.3	1.27
Your habits or daily routine	284	3.1	1.21	245	3.0	1.30	332	2.9	1.25	282	2.5	1.19	254	2.9	1.21	284	3.0	1.32
Other, e.g. Medical reasons	230	2.5	1.56	214	2.0	1.42	317	2.0	1.41	250	1.4	0.91	228	2.8	1.56	244	2.2	1.46

Summary Stats by country	PECS (HUNGARY)			ROMA (ITALY)			STOCKHOLM (SWEDEN)			VIENNA (AUTRIA)			ZARAGOZA (SPAIN)			p
	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	
Your parents or guardian	241	2.4	1.21	285	3.0	1.37	290	3.1	1.35	388	3.3	1.31	280	3.7	1.23	0.000
School environment	241	1.9	1.11	286	1.8	1.02	286	2.2	1.24	384	2.1	1.14	279	2.2	1.17	0.000
The taste of the food	239	3.0	1.19	285	3.6	1.17	287	3.5	1.15	388	3.8	1.04	281	3.2	1.13	0.000
Concern for your health	240	2.7	1.16	285	3.2	1.29	288	2.5	1.24	386	3.2	1.22	281	3.4	1.15	0.000
Your friends	240	1.8	1.04	285	1.8	1.00	286	2.0	1.07	385	1.9	1.06	278	2.1	1.05	0.000
The food is readily available	240	2.3	1.16	285	1.9	1.07	284	2.6	1.28	384	2.7	1.16	280	2.3	1.17	0.000
The food is easy to prepare	240	2.3	1.17	285	2.2	1.11	286	2.5	1.21	387	2.7	1.21	279	2.3	1.18	0.000
How hungry you are	238	3.1	1.20	284	3.6	1.19	287	3.5	1.21	387	3.8	1.15	280	3.2	1.20	0.000
Price of the food	240	2.1	1.14	284	1.8	1.09	287	2.0	1.13	386	2.2	1.12	279	2.0	1.08	0.000
Your habits or daily routine	241	2.4	1.20	283	2.7	1.24	284	2.6	1.20	385	2.6	1.15	278	2.7	1.13	0.000
Other, e.g. Medical reasons	237	2.2	1.38	275	2.0	1.34	276	1.5	0.90	372	1.9	1.24	253	2.5	1.48	0.000

Q3.5 By country (How strong of an influence do the following factors have on your choice of SNACK FOODS?)

Summary Stats by country	ATHENS (GREECE)			BIRMINGHAM (UK)			DORTMUND (GERMANY)			GENT (BELGIUM)			HERAKLION (CRETE)			LILLE (FRANCE)		
	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD
Your parents or guardian	288	2.9	1.38	244	2.9	1.38	332	2.3	1.29	284	2.2	1.19	255	3.1	1.34	286	2.4	1.42
School environment	282	2.4	1.21	243	2.3	1.26	327	1.9	1.08	285	1.9	1.06	255	2.7	1.13	285	1.8	1.15
The taste of the food	286	3.5	1.26	243	3.7	1.19	329	3.5	1.38	283	3.5	1.15	252	3.5	1.24	285	3.4	1.39
Concern for your health	286	3.4	1.25	245	3.3	1.34	326	3.0	1.30	282	2.4	1.22	256	3.7	1.23	284	2.9	1.38
Your friends	287	2.4	1.23	243	2.4	1.31	329	2.1	1.20	284	1.9	1.05	252	2.7	1.24	285	2.1	1.28
The food is readily available	284	2.9	1.27	244	3.1	1.33	332	2.9	1.35	285	2.1	1.20	250	2.8	1.15	282	2.6	1.41
The food is easy to prepare	286	2.9	1.33	245	3.1	1.31	331	2.8	1.29	285	2.1	1.20	256	2.8	1.21	284	2.6	1.38
How hungry you are	287	3.6	1.24	242	3.8	1.23	330	3.5	1.26	283	3.6	1.17	253	3.5	1.29	280	3.4	1.35
Price of the food	284	2.4	1.29	245	2.6	1.34	329	2.3	1.21	283	2.0	1.13	255	2.3	1.21	284	2.2	1.27
Your habits or daily routine	287	3.0	1.21	243	3.0	1.34	331	2.8	1.29	284	2.4	1.22	253	2.8	1.20	279	2.9	1.34
Other, e.g. Medical reasons	229	2.4	1.52	208	1.9	1.39	318	1.9	1.37	246	1.4	0.92	228	2.8	1.54	239	2.0	1.35

Summary Stats by country	PECS (HUNGARY)			ROMA (ITALY)			STOCKHOLM (SWEDEN)			VIENNA (AUTRIA)			ZARAGOZA (SPAIN)			p
	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	N	Mean	± SD	
Your parents or guardian	240	2.1	1.14	285	2.5	1.33	288	2.3	1.25	385	2.2	1.18	279	2.72	1.38	0.000
School environment	239	1.8	1.01	284	2.0	1.11	285	2.0	1.07	384	2.1	1.13	279	2.18	1.16	0.000
The taste of the food	237	3.1	1.26	284	3.5	1.23	283	3.2	1.31	382	3.7	1.15	280	3.25	1.24	0.000
Concern for your health	239	2.6	1.14	284	3.0	1.29	284	2.5	1.23	385	2.9	1.31	279	3.01	1.32	0.000
Your friends	239	1.9	1.12	282	2.0	1.08	284	2.2	1.13	385	2.0	1.11	276	2.13	1.13	0.000
The food is readily available	238	2.5	1.20	284	2.2	1.18	286	2.6	1.22	386	2.9	1.22	280	2.40	1.21	0.000
The food is easy to prepare	239	2.4	1.20	285	2.2	1.18	284	2.5	1.22	386	2.9	1.29	279	2.42	1.23	0.000
How hungry you are	239	2.9	1.24	285	3.6	1.22	288	3.2	1.32	384	3.7	1.21	278	3.18	1.22	0.000
Price of the food	237	2.3	1.15	283	1.9	1.15	285	2.4	1.26	385	2.5	1.22	278	2.18	1.23	0.000
Your habits or daily routine	239	2.2	1.13	285	2.6	1.27	283	2.4	1.21	385	2.6	1.19	277	2.53	1.16	0.000
Other, e.g. Medical reasons	237	2.2	1.37	276	1.9	1.31	273	1.5	0.90	372	1.9	1.29	246	2.31	1.47	0.000