

## Appendix 1

English translation of the questions asked during the pre-programme focus group session (Siu et al., 2019)

1. How many meals do you usually have on a (a) school day and (b) holiday?  
Probe the reasons if
  - the student does not have all 3 meals (breakfast, lunch, dinner) for either (a) or (b)
  - the student has more than 3 meals (breakfast, lunch, and dinner) for either (a) or (b).
2. What do you consider when making food choices?
3. (Following the previous question) Which factor(s) is/are the most important for you when making food choices? Can you explain why you have ranked the factors in this way?
4. How do you make food choices when you are eating with
  - Parents or family members?
  - Classmates?
  - Friends?
  - Teachers?
5. (Following the previous question) Can you tell me why you have different choices when eating with these people?
6. For you, what is (a) healthy eating and (b) unhealthy eating?
7. Where did you learn about “healthy eating”?
8. Do you think healthy eating is important? Why?
9. Do you think you are eating healthfully? Why?
10. Is pursuing healthy eating habits easy or difficult for you? Why? Can you tell me the barriers that you have encountered?
11. What can be done to help you easily develop healthy eating habits?

## Appendix 2

English translation of the questions asked during the post-programme focus group session

1. Can you tell me what have you learned about healthy eating from the talks and the PSA competition?
2. How did you feel when you filled out the food diary? Were there any difficulties in filling them out?
3. Does filling out the food diary help you to understand your own dietary habits?
4. Are there any changes in your dietary habits brought by the education programme?
5. Do you have any difficulties in eating according to the dietary guidelines from the health talks?
6. Which activity of the healthy eating programme did you enjoy the most, and why?
7. Which activity of the healthy eating programme did you do not enjoy, and why?
8. What is the most memorable part of the programme?
9. If the school is going to run a similar programme again, do you have any suggestions?
10. Overall, do you think that the programme was successful?