

Additional file 1: Focus Group Interview Questions, Key Constructs and Theoretical Frameworks for KiiDSAY Project

	Focus group interview questions	Theoretical Frameworks and Key Constructs	Definitions of key constructs
A.	Q1. What did you like the most about FEAST?	Experience – Phenomenology	Reciprocal Determinism - behaviour is influenced bidirectionally, between the individual and their environment; children are influenced by and can influence their environment (microsystem i.e. peers, family, home, school)
FEAST Feedback Questions	(Prompt: what did you think of the cooking classes?) Q2. If you could, how would you make FEAST better?	SCT [1] and EMHB [2] - Reciprocal Determinism	
B.	Q3. Do you think that FEAST helped you to eat more vegetables?	SCT - Behaviour change	Behavioural capacity – to be capable of change, which depends on knowledge and skills.
Vegetable Intake Questions	Q3a. If ‘yes’, how? Or... If ‘no’, why not? Prompt: What do you think will help you to eat more vegetables?	SCT - Facilitators	Facilitator- perceived facilitators to behavior change.
	Q4. What do you think prevents you from eating vegetables?	SCT - Barriers	Barriers- perceived Barriers to behavior change
	Q5. What do you think would make it easier for children to eat more vegetables?	SCT - Facilitators	Facilitator- perceived facilitators to behavior change
C.	Q6. Do you think you could help your friends to eat more vegetables?	SCT - Reciprocal Determinism and Role Models	Reciprocal Determinism- behaviour is influenced bidirectionally, between the individual and their environment.
Influencer Questions	(Prompt: inspire, influence, motivate, encourage) Q6a. If ‘yes’, how? Or... If ‘no’, why not?	EMHB - Reciprocal Determinism	Role models- the behaviors of people that individuals copy.

	Q7. Do you think you could help your family to eat more vegetables? (Prompt: inspire, influence, motivate, encourage) Q7a. If 'yes', how? Or... If 'no', why not?	SCT - Reciprocal Determinism and Role Models EMHB - Reciprocal Determinism	AA
D. Actions	Q8a. What actions would you take to share <i>your</i> ideas with your class/school? Q8b. What actions would you take to share <i>your</i> ideas with your family?	SCT - Reciprocal Determinism EMHB - Reciprocal Determinism SCT – Strategies	Reciprocal Determinism - Create and change their environments; be the change makers among their peers/family/school Strategies - or plans to realize goals or actions

Legend: *FEAST* Food Education and Sustainability Training; *SCT* Social Cognitive Theory [1]; *EMHB* The Ecological Model of Health Behaviour [2]

References:

1. Bandura A: Health Promotion by Social Cognitive Means. *Health Educ Behav* 2004, 31(2):143-164.
2. Bronfenbrenner U: Ecological models of human development. In: *International Encyclopedia of Education. Volume Vol. 3*, 2nd edn. Edited by Husen T, Postlethwaite TN. Oxford, England: Pergamon Press/Elsevier Science; 1994: 1643-1647.