Support for healthy eating \( n = 14 \) ‘my Dad will tell us to eat more vegetables, and we’re not allowed to leave until we’ve ate our vegetables’ G20.

Parents as role models \( n = 2 \) ‘In like healthy eating my Dad is my role model because he’s always saying don’t eat too much fat and he goes to the gym a lot’ G17.

Prevention of unhealthy eating \( n = 11 \) ‘You wanna eat something like chocolate or something that may not always be like healthy…But your Mum sometimes stops you’ G24.

Siblings/grandparents \( n = 7 \) ‘Me and my brother we are really competitive so if I knew we had like a competition like who ate chocolate first then we probably wouldn’t eat it’ G17.

Peers \( n = 2 \) ‘They’d always help me and if I was going to stop the goal, like if we was in Asda shopping for stuff, and if we saw the McDonalds and I walked over they’d like stop me’ G7.

School \( n = 13 \) ‘And they encourage like in school they encourage us to eat healthy stuff’ G19.

Influences to healthy eating

B = Boy, G = Girl