Figure 4.

- **Support for healthy eating** n = 28 ‘Educate them, perhaps when you’re doing your shopping. To help them make choices of fresh fruit and vegetables, and to taste things before saying they don’t like them’ F1.

- **Prevention of unhealthy eating** n = 17 ‘Yeah we don’t have sweets in the house’ F23.

- **Parents as role models** n = 13 ‘I think from a young age they look up to the parents too, so it’s whatever you do, they’re taking habits from you’ M1.

- **School** n = 18 ‘They had a well being day at school. They had loads of stalls and different organisations in. They do try to educate people’ F23.

- **Children’s involvement in food preparation and shopping** n = 17 ‘We’ll cook together…and that’s a really good way of encouraging them, to chose what they want to eat and to see what goes into it’ F17.

- **Siblings/grandparents** n = 3 ‘On a Sunday we’ll go to my parents and we’ll have at least three vegetables. Each week we’ll do something different’ F6.

- **Influences to healthy eating**

  - **Parents**
  - **Others**
  - **Family**

**M = Male, F = Female**