

## Questions for parents

### School Dinners

1. Does /Do your child/children have...

School Lunch	
Packed Lunch	
Both	

2. If your child has a school lunch...how would you rate the service in the following areas? *(please tick one box per row)*

	Good	Fair	Poor
value for money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
quality of food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
feedback from your children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Would you like to try a school dinner? *(please tick one box)*

Yes    Yes, but I can't get to school at lunchtime    No

4. How would you like to hear about our school dinner menu? *(please tick one box)*

Letter                      Website                      Email  
in reception              At gate                      Other (please specify).....

5. Do you and your child look at the menu together to decide on their hot lunch choices? *(please tick one box)*

Yes                              No                              Sometimes

6. Would it be helpful if you could pre-order your child's school meal?  
(please tick one box)

Yes       No

7. Is/Are your child / children entitled to a free school meals? (please tick one box)

Yes (go to q8)       No       Don't know

8. Does your child take up the entitlement? If not, why not?

9. Would you like more information about the food available within school?  
(please tick one box)

Yes       No

**Packed lunches**

10. If your child has a packed lunch which of the following are included?  
(please tick all relevant boxes)

Sandwiches with chocolate or jam	<input type="checkbox"/>	Milk	<input type="checkbox"/>
Sandwiches with cheese, meat or fish	<input type="checkbox"/>	Fizzy drink	<input type="checkbox"/>
Yogurt	<input type="checkbox"/>	Fruit juice	<input type="checkbox"/>
Manufactured lunch box (Dairylea Lunchables etc)	<input type="checkbox"/>	Water	<input type="checkbox"/>
Fresh fruit	<input type="checkbox"/>	Chocolate bar	<input type="checkbox"/>
Salad/ vegetables	<input type="checkbox"/>	Nuts/dried fruit	<input type="checkbox"/>
Crisps	<input type="checkbox"/>	Other	<input type="checkbox"/>

**11. Which of the following best describes your reasons for giving your child(ren) a packed lunch? (please tick one box)**

- I can provide food that I know my child will eat
- My children preferred to eat a packed lunch with their friends
- I can provide healthier food than what is provided by the school
- A packed lunch is cheaper
- My child doesn't like the meals provided by the school
- School meals are too expensive
- School meals are not good value for money
- Other (please specify)

**12. The contents of school meals are now regulated by government legislation. In order to be fair and create consistency at lunchtime we feel the same rules should apply to packed lunches. How strongly do you agree/disagree with this? (please tick one box)**

- strongly agree
- agree
- neither agree nor disagree
- disagree
- strongly disagree
- I need more information before I can make a judgement

**13. Would information on producing balanced healthy packed lunch options be helpful to you?( please tick one box)**

Yes

No

14. What would prompt you to change your child from packed lunches to school dinner?

### Cooking

15. How confident are you about cooking? *(please tick one box)*

Very confident       confident       quite confident       not at all confident

16. How often does your child get involved in the preparation of meals at home? *(please tick one box)*

Every day       A couple of times a week  
 A couple of times a month       Rarely

17. Do you involve your child in preparing and cooking food at home? *(please tick one box)*

Yes – all the time       Sometimes       Hardly ever

18. Would you be interested in coming into school and helping staff to teach pupils cooking skills? *(please tick one box)*

Yes       No       Don't know/need more information

19. Would you be interested in helping with cooking projects in school? *(please tick one box)*

Yes       No       Maybe

20. We are planning to run cookery club/workshops for pupils and parents to attend together. Would you be interested in coming? *(please tick one box)*

Yes       No       Not sure

21. If we ran a cookery club/workshop for pupils and parents, when would be the best time? *(please tick one box)*

During school hours       After school       In the evening  
 At the weekend

22. Would you be interested in joining a cookery class? If yes..what time would suit you best?

### Farms/farm visits

23. Have you and your children ever visited a working farm? *(please tick one box)*

Yes

No

### Growing

24. Would you be interested in helping with growing projects in school? *(please tick one box)*

Yes

No

Maybe

25. Would you be interested in coming into school and helping staff and pupils with a project in the school garden? *(please tick one box)*

Yes, but only during the school day

Yes, but only in late afternoon

Yes, but only at week ends

Yes – most times

No

26. Would you be willing to help look after a school allotment? *(please tick one box)*

Yes

No

27. Do you grow fruit and/or vegetables...either at home or on an allotment? *(please tick one box)*

Yes

No

28. If you grow fruit and/or vegetables at home...do/does your child/ren get involved? (please tick one box)

Yes – lots

Yes – a bit

No – not at all

General/Mixed

29. What skills would benefit your family?

- Budget planning
- Jargon busting, such as to know what saturated fat is
- To know how to cook meals quickly
- Recipe ideas and where to get healthy recipes from
- Strategies to deal with fussy eaters
- Knowing how to grow your own fruit and vegetables

30. Is there any way that you are able to help the school around food?

- No
- Yes, I can help with:
  - Growing
  - Cooking
  - Setting up links with a local food business such as a grower or producer
  - Organising a food event
  - Other, please indicate how you might be able to help .....

If you are able to offer help or would like to attend the school's cooking / gardening club please write down your contact details here:

Your child's name: .....

Class .....

Your name.....

Email address:

.....

Phone number:

.....

**31. Would you be interested in helping with growing and cooking projects in school? (please tick one box)**

Yes       No       Maybe

**32. Do you have any particular skills/links with growing, cooking or farming that we could make use of as part of this project?**

**33. Do you cook and eat together as a family? (please tick one box)**

- Yes - every day
- Yes – most day
- Sometimes
- Hardly ever

**34. What is your budget for providing a week of lunches for your child?**

*(please tick one box)*

- £5 or under       £5-10       £10-15       £15 or more
- Haven't really thought about it

**Secondary Specific**

**35. How much money do you give your child to spend on food each day?**

*(please tick one box)*

- less than £3       £3-5       £5 or more

**36. How confident are you that you know what your child is spending this money on/ eating each day? *(please tick one box)***

- Very confident       Fairly confident       Not at all confident

**37. If it was possible to track what your child ate in school; would you make use of such a service? *(please tick one box)***

- Yes       No       Don't know

**38. How confident are you that you know what food choices your child makes at school? *(please tick one box)***

- Very confident     Fairly confident     Quite confident     Not confident

**39. Generally speaking, would you say your child eats the same foods most days when at school? *(please tick one box)***

- Yes – they tend to eat the same thing most days
- They eat from a small range of food
- No – they eat a variety of foods



40. If you know what your children eat at school do you agree with what they eat? *(please tick one box)*

- Yes – most of the time
- Overall its not too bad
- No – I'm not happy about what they eat

41. How supportive would you be of a system that monitored and reported on pupils food choices? *(please tick one box)*

- Very supportive
- Fairly supportive
- Quite supportive
- Not at all supportive

42. How confident are you about your knowledge of the food that is available within school and at break and lunchtime? *(please tick one box)*

- Very confident
- Fairly confident
- Quite confident
- Not confident

43. A minority of pupils currently study food tech at GCSE. Which of the following factors do you think plays the biggest part in pupils opting out of this subject? *(please tick one box)*

- Clashes with other more academic subjects
- Friends not taking it
- Can learn these skills at home
- Don't enjoy subject

## Miscellaneous

44. The Food for Life Partnership is aiming to provide a lunch menu that ingredients which are 75% fresh, 50% local and 30% organic. On a scale of 1-5, how supportive are you of these targets, where 1= "not at all supportive" and 5 = "in full support" (Please circle your answer.)

1                      2                      3                      4                      5

45. How actively do you encourage your child to eat a healthy balanced diet, including 5 portions of fruit and vegetables each day? (please tick one box)

Very actively               Fairly actively               Quite Actively               Not Actively

46. How successful are you in getting your child to eat a healthy balanced diet, including 5 portions of fruit and vegetables each day? (please tick one box)

Very successful               Fairly successful  
 Quite successful               Not successful

47. Do you struggle with getting your child to eat a healthy balanced diet? (please tick one box)

Yes                               No

48. Overall would you say you and your family eat a healthy balanced diet? (please tick one box)

Yes, we do pretty well                               Yes, but we could be better  
 No, we don't!

49. Would sessions on how to encourage your child/family to eat healthily be helpful to you? (please tick one box)

Yes                               No

50. If we offered information sessions on the following would you come?  
(please tick one box per section)

a) School dinners (including nutritional analysis, food sourcing, sampling etc)

Yes       No       Don't know

b) Providing your family with a healthy balanced diet

Yes       No       Don't know

c) Getting fussy eaters to eat a wide variety of foods

Yes       No       Don't know

51. Would you be interested in buying locally produced fruit and vegetables from school? (please tick one box)

Yes       No       Don't know

52. How knowledgeable do you feel about the food education your child gets in school? (please tick one box)

- very knowledgeable       fairly knowledgeable  
 quite knowledgeable       not at all knowledgeable

53. How much do you discuss issues around food with your child(ren)?  
(please tick one box)

A lot       Quite a lot       A bit       Not very much

**54. Which of the following statements best describes your knowledge of the new government legislation relating to School Food Standards?**  
*(please tick one box)*

- I am confident I know all about them
- I've heard of them, but I'm not sure what they mean in practice
- I don't know anything about them