

Your Food and You

Information for Children and Young People

A team from Newcastle University and Fuse wants to ask you about what you think of fast foods and fast food restaurants, as part of a project known as **Your Food and You**. This project is going on in your school and you have the chance to be part of it!



What is research and why is the project being done?

Research is a way we try to find out the answers to important questions. We would like to know what you think of fast foods and fast food restaurants in your area. There has been one project already done similar to this in Australia, but we want to find out what people in your local area think.



What will happen to me if I take part?

We would like to understand why, when and where children and young people eat fast foods. To do this, we need your help. If you agree, you will be invited to answer some questions on a computer with the rest of your year group. There are no right or wrong answers. The survey on the computer will take place at your school, during school time, and it won't take more than 40 minutes.

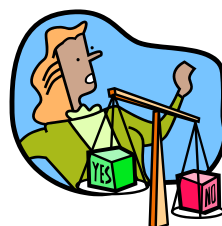


Before you decide if you are going to take part, we would like you to read the information on the next page and talk about it with your family, friends or teacher if you want to. Your teacher will read the consent form to everyone taking part before you start the survey and if you want to take part, and your parents/carers have agreed that you can take part, you should fill in the form that will be handed out.



Why are you asking me to get involved?

You are being asked to take part because your school is one of a number of schools who have agreed to help us with our project.



Do I have to take part? What if I don't want to do it?

No, you do not have to take part. Even if you say 'yes' and then change your mind, that is fine. You won't get into trouble. If you do take part, you don't have to tell us anything you don't want to.

If you don't want to join the project then you don't need to do anything else. But thank you anyway for reading this.



Will anyone be able to find out about what I've talked about?

All the information that you give us will be kept private and will not be shown to your family, friends or teachers, unless we think you or someone else might be at risk of being hurt. If this happens, we'll talk to you first about the best thing to do.

We will keep all of the answers safe and only the researchers will be able to read them. When we write our reports, we won't use your name or anybody else's name, so no-one will know that you were involved or what you said. But you can tell others that you are taking part if you want to.



What will happen when the research stops?

When the research stops we will write a report and make copies for your school. We will also write articles about the project and talk about it at meetings, but remember - we won't mention any names.



We will write a short summary of the research and send this to you so that you can see what we found out through the discussions.

What if I need more information?

If you have any questions about the project, please get in touch with the lead researcher, Amelia Lake, on 07855473686 or email lakenutrition@gmail.com.

Thank you for reading this!

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COPY OF CONSENT FORM FOR CHILDREN AND YOUNG PEOPLE

This is for your information only - the consent form will be available online

Please read the following information carefully, tick the boxes and sign below.

	Yes	No
I have read and understood the Information Sheet for the project and have had plenty of time to decide whether or not I want to take part		
I have had the chance to ask questions about the project		
I understand that it is up to me if I want to take part and that I can stop any time I want, without giving a reason		
I understand that anything written about me will not mention my name and that only the researchers read my questionnaire		
I have been given a copy of this Consent Form to keep		
I am happy to take part in this project		