

Appendix A: Focus Group Discussion Guide

What do you understand by the relationship between fruit and vegetable consumption and health?

Tell us, what personal factors encourage you to eat enough fruit and vegetables?

Tell us, what personal barriers make it difficult for you to eat enough fruit and vegetables?

Tell us, what family factors encourage you to eat enough fruit and vegetables?

Tell us, what family barriers make it difficult for you to eat enough fruit and vegetables?

Tell us, what socio-cultural factors encourage you to eat enough fruit and vegetables?

Tell us, what socio-cultural barriers make it difficult for you to eat enough fruit and vegetables?

Tell us, what factors in the environment encourage you to eat enough fruit and vegetables?

Tell us, what environmental barriers make it difficult for you to eat enough fruit and vegetables?

Tell us, what church/biblical/spiritual factors encourage you to eat enough fruit and vegetables?

Tell us, what church/biblical/spiritual barriers make it difficult for you to eat enough fruit and vegetables?