

### Interview Prep Questions:

- Why do we eat?
- Why do we exercise?
- What rules do you have at home when eating dinner?
- What are types of energy? Where do they come from?
- What is a calorie?
- Do you pay attention to what you eat?
- What interest you about food? What are you curious about? Why do you like it?
- How does food play a role in your life?
- Where does food go after we eat?
- What do you usually eat?
- Where do you think food comes from?
- How do you feel after you eat a meal?

### Interview #1:

(Ryder Irwin)

- Favorite food is doughnuts and anything chocolate
- We eat so we don't get hungry, or else you'll die
- Exercise so we stay healthy
- Favorite veggie is watermelon... carrots
- Favorite meal is lunch, because it is packed by his mom she gives him dessert
- Soda or popsicles in his lunch
- Types of energy? Energy drinks, doesn't know any others
- Does not pay attention to what he eats, eats what his mom gives him and if doesn't like it throws it away
- Curious about the different forms of food, and what kinds of foods are healthy
- Wants to know where food comes from

(Tristan Kelly)

- Likes all types of food
- We eat to be healthy and not get sick
- Thinks exercise is important because it causes the heart to work more
- Types of energy are: electricity, movement, heart energy
- After we eat food it is “digested”
- Favorite foods are fruits and vegetables
- Pays attention to what he eats, especially with the choices he gets to make at the school cafeteria
- Favorite vegetable is lettuce, favorite fruit is apples
- Thinks a calorie is something you get energy from
- “too many calories=hyper”
- Not being healthy means you are sick and your heart is working well
- Curious about a person trying to be healthier. How and why it is healthier
- Knows food comes from nature
- Dislikes Filipino food
- Eats mostly food made at home with the family, from the grocery store
- Grew up with the rule to always finish your food
- Favorite meal is breakfast because “you get to eat a lot and it is the most important meal of the day”

## Follow Up Interview:

- What color would you like the garden tiles to be?
  - Turquoise: 3
  - Lime green: 6
  - Red: 4
  - Black: 1
  - Blue: 2
- How much exercise/activity do you think you should participating everyday?
  - 30-60 minutes of exercise (person 1)
  - Thinks 10 minutes is too much (person 2)
- What are some of those activities that you think keep you healthy?
  - Running
  - Jumping Jacks
  - Walking
- How many calories do you think you should consume per day?
  - Doesn't know how much calories needed per day
  - 500 (person 1)
  - 2,000 (person 2)
  - 10 (person 3)
  - 5 (person 4)
- What does being healthy mean to you?
  - Eating healthy foods and exercising
  - It is important to have a combination of healthy food and exercise
- What do you think happens if you don't eat healthy? In the short term and long term?
  - You slow down if you eat junk, and are calm if you eat healthy
  - Your body starts melting if you eat too much bad food
  - Know that you can die from long periods of junk diets
- Do you know what obesity is?
  - Doesn't know about the obesity epidemic, but knows what it means to be fat
- How do you feel after eating a healthy meal?
  - Energized and prepared
  - More fit
- How do you feel after eating junk food?
  - Stomach hurts with junk food
  - Slow when they burn "bad energy" and junk
- What would you like to learn from our video?
  - How much it takes to burn a certain amount of calories
  - Effects of of bad calorie intake
  - The percentage of daily energy expended on exercise
  - Effects of the lack of or too much energy