

What's next?

01 Watch the video

Make sure you watch the video in order to understand the study. You can do that by clicking the image on the right or by following the link below:

<https://youtu.be/h7uvJ-CsXdE>.

A document titled 'Parental Consent Form'. It has two columns: 'PLEASE READ CAREFULLY' and 'PLEASE TICK BOX'. The form contains several lines of text for consent, each followed by a tick box. At the bottom, there are fields for 'NAME OF THE PARENT/GUARDIAN', 'DATE', and 'SIGNATURE'. The researcher's name 'Cecilia Iyemba' and the date '1 July 2022' are pre-filled in the bottom section.

02 Consent Form

Read the participation information sheet and complete the consent form by following the link below or click the photo in the left

https://uwpsych.eu.qualtrics.com/jfe/form/SV_57oDwbpoc24ZJu6.

03 Children's survey

Keep a 3-day diet plan for the children following the link below

https://uwpsych.eu.qualtrics.com/jfe/form/SV_cFOE4ComOvIm0jY.

You can collect the diet for all 3 days and complete the survey after. We can measure the children at school.



04 Complete the GNKQ

Parents to complete the General Nutrition Knowledge Questionnaire by following the link

https://uwpsych.eu.qualtrics.com/jfe/form/SV_5AU3X3CRVIlrRem.

Don't worry if there are questions you might not know the answer.

05 Flavour School and Nutritional Workshops

After all the 4 steps above are completed, the children will participate in Flavour School and the parents in the Nutritional Workshops.



06 Final step

Repeat the first four steps