**Understanding Foreign Students' Food Choice in the UK**

Qualitative Research Report

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**Abstract**

Research investigated foreign students’ perspective on English food and how English food affected their diet. Participants included two participants. This study utilized a qualitative methodology for which data were obtained by a semi-structured interview.

Participants’ culture, taste and opinions (i.e. stereotype) about English food are very different, which gave a good background for comparison. The social identity theory was the main theory applied in this study. The main result suggests that the Latvian participant identifies herself more with her traditional food, while the South African student seems to be more adapted to English food. This research raised many arguments regarding the relationship between food, culture and identity and revealed that the complexity of this subject requires new approaches and a wider investigation of factors to understand dietary behaviour.

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**Introduction**

In this research, researchers are interested how foreign (i.e. international or ethnic minority) students are responding to eating practices in the UK. Since 1997, there has been a steady increase in the number of international students in British Higher Education. In 2012-13 there were 425.260 international students, which is around 18% of the student population (UKCISA, 2014). Dependence of universities on fees from international students makes it important to gain a clear understanding of the issues that face students during their study abroad (Brown and Holloway, 2008, cited in Brown, Edwards and Hartwell, 2010).

Food habits are inseparable from the culture that a person inhabits and these habits vary from culture to culture. Therefore, some degree of food shock is inevitable upon moving to a culturally dissimilar country (Finkelstein, 1999, cited in Brown, Edwards and Hartwell, 2010). Attitudes to food and food choice are complex issues that continue to be a great interest for many social scientists. However, a very little empirical research exists on international students eating habits (Furukawa, 1997, cited in Brown, Edwards and Hartwell, 2010).

Since there are many different conceptual models of food choice, their complexity and the limitations of this study encouraged me to make my own model (see Appendix 7), which reveals relevant factors that affect my participants’ opinions about English food and factors that can affect their diet. I built most of my theoretical framework around this model.

There has been little dedicated research into this exact field, so I related my findings to a variety of ideas and theories from a similar background. I used the Social Identity Theory – which states that positive social identity can be achieved by drawing a favourable comparison between a group which we belong to and some relevant out-group (Tajfel, 1979, cited in Eysenck, 2009, p.485) and many other notions to find out whether our participants identify themselves with their traditional food or they have conformed to English cuisine. Also, different ideas were used to explore participants’ opinions/prejudices about English food and to find out whether or not they are health conscious.

This study sought to focus on stereotypes about English food, food choice and adaptation to the UK’s eating customs. Researchers used interview as a method of qualitative research to gain insight into foreign NCC students’ opinion about English food and how English cuisine has affected their diet.

**Method**

In this research two undergraduate female students are interviewed. One is from Latvia and she is 21.(Participant 1). The other is from South Africa and she is 28 years old (Participant 2). Purposing sampling is used.

Materials used for this research are: Consent Form (Appendix 1), Questions (Stimulus Material – Appendix 2), and a voice recorder.

This investigation is a qualitative research. The design of this research is a semi-structured interview. Researchers use discourse analysis as a systematic methodology for investigation, which allows participants to express their views in their own expressions. It allows large amounts of comparable qualitative data to be collected/recorded from participants about their characteristics, activities and attitudes. However, this data is not very reliable because in general, interviews have many limitations, such as participants’ accuracy of recall, exaggeration or underestimation, honesty and the desire to please the interviewer (demand characteristics).

Participants were approached in a relaxed school environment. They were asked if they were willing to participate in this project and researchers read the Consent Form (Appendix 1). Participants gave their consent, they signed it and verbally agreed that researchers could use a voice recorder during the interview. Questions (Stimulus Material – Appendix 2) were read one by one and sufficient time was given to participants to answer each question. If researchers thought that an additional question needed to be asked, they asked those questions. One participant was interviewed at a time and standardised instructions were used. The interview was recorded.

Participants did not suffer any harm during the interview. Results remained completely confidential and participant’s identity remained completely anonymous. Researchers tried to make the Consent Form (Appendix 1) simple, but also to provide enough information about the research. Researchers paid attention not to judge participants' eating habits and to avoid stress if participants could not answer some question. Sensitive questions were left to the end.

**Results and Discussion**

I started this investigation with an assumption that participants have been eating unhealthily since they are in the UK. Studies show that deteriorated health of immigrants is associated with an increased consumption of Western style food (Himmelgreen et al., 2005, cited in Brown, Edwards and Hartwell, 2010).

My results did not support this prediction. Participants claimed, they eat healthier and they are more health conscious since they are in the UK (see Appendix 6b and Appendix 6e), yet I am not totally convinced. Participant 2 said ‘my favourite is the English breakfast… it is not bad. Just protein’. She is still eating her traditional food (Appendix 6f), which is unhealthy according to her. I think there are contradictions in her answers and she is rather health concerned than health conscious.

Modern consumers are struggling with many fears about food. They are afraid of additives and of becoming obese. The problem with quantity is accompanied with problems of quality (Millstone, 1986, cited in Mennell, Murcott and Otterloo, p. 73). Worries about health often go together with those about taste (Driver, 1983, cited in Mennell, Murcott and Otterloo, p. 73). In addition, the media do not just promote anxiety, but promote the public misunderstanding of science. There are ‘ludicrous health claims on food, where journalists are… guilty as nutritionists’ (Goldacre, 2009, cited in Shah, 2010, p. 124).

I also believed that foreign people have negative stereotypes about English food. Participant 1 gave me the answers I was expecting (Appendix 6b), but Participant 2 gave different answers (Appendix 6e). She stated that English food was healthy and she liked it (Appendix 6d). She might be right, but looking at the other side of the coin, she might have some positive stereotypes about English food. I found this strange because I thought that people usually have negative stereotypes about British cuisine, which is often labelled unhealthy and it has a poor international reputation. Brown (2009) found that the more dissimilar the original food culture from the food available in the new culture, the greater the adverse reaction to the local food supply (cited in Brown, Edwards and Hartwell, 2010). Similarly, in this study, Participant 1 had a greater adverse reaction than Participant 2 – who claimed that they have the same or very similar food products in South Africa.

Zubaida (1992) notes that communities are often proud of their own food while denigrating that of their opponents, often in terms of stereotypes (cited in Allison, 2003, p.73). This contradicts the evidence of a tremendous diversity of food preferences within any particular culture, there is a diversity not only in regional specialities, but also in nationalised food tradition (Allison, 2003, p.72). Therefore, I think, it would be an oversimplification that English food is healthy (or not healthy). Consequently, Participant 1 might have negative stereotypes about English food. She does not really like English food, she rarely eats it and she said it is not healthy (Appendix 6a and 6b). She was laughing each time, when she was stating that English food is not healthy and that gave an emphasis to her answer. She repeated 27 times the word ‘they’ or ‘their’ and seven times the word ‘we’, while she was continuously comparing her traditional food with English foodstuff (see Figure 1).

**Figure 1**



**Figure 1 shows how often participants repeated certain words, to indicate differences between their eating habits and eating habits of English people**

The use of food is recognized as a way how a person assigns an identity for herself/himself and others by what is considered eatable, types of foods liked and disliked, and methods of preparation (Fischler, 1988, cited in Bisogni et al., 2002, p.129). In Western societies, the food is a marker of personal and social identity (Peterson and Lupton, 1996, cited in Bisogni et al., 2002, p.129).If we assume that Participant 1 has assigned identity to herself and to others and her repetition of food related differences can be explained by Henri Tajfel's Social Identity Theory.

According to this theory, having a positive social identity makes us feel good and increase self-esteem. One way we can achieve a positive social identity is to draw a favourable comparison between a group to which we belong and some relevant out-group, but this may lead to prejudice and discrimination (Tajfel, 1979, cited in Eysenck, 2009, p.485).

Her repetition and comparison also support my previous statement that she might have negative stereotypes about English cuisine and in some measure she identifies herself with her culture. In addition, Allison James stated, culture has a determining factor in taste (2003, p. 72), and indeed, Participant 1 likes her traditional food.

However, regardless of this apparent certainty of what ‘we’ and ‘they’ eat, there is also an uncertainty how food can in practice, sustain images of cultural identity. Many historical facts challenge the idea of a traditional relationship between food, culture and identity. Cuisines are not limited by geography or nationhood. They sustain the traces of trade, travel and technology, so they are creations of more global rather than local cultures (Mennell, 1985, cited in Allison, 2003, p. 73).

Participant 2 mentioned the word ‘they’ or ‘their’ only eight times and she mentioned the word ‘we’ only once. She likes English food, which she eats regularly. In relation to the above theories, it is difficult to define to what extent she identifies herself with her culture. Yet, looking back on different theories, different opinions, likes and dislikes, at this point it can be concluded, Participant 2 seems to be more adapted to English food than Participant 1 (Appendix 6c and Appendix 6f).

Nonetheless, we cannot really rely on every assumption due to globalisation. Cultural boundaries are blurred, we cannot certainly say that someone is culturally assimilated or there are fewer cultural barriers. Globalised food production and mixed cuisines (e.g. British Curry) could be the reason why participants were slightly confused about what English food is and if it still exists. Keane and Willetts (1995) found that many people believe that “there was no longer any such thing as British food, and many pointed to the adoption of foreign food items. (Cited in Caplan, 2003, p.14). For this reason, during the interview we did not define what English (traditional or British) food is and let participants decide according to their interpretation.

Findings from this qualitative research are not reliable. Results cannot be generalised to other people or other settings and it is difficult to make predictions and hypotheses. Still, this was the best option for this research because it was useful for describing complex occurrences. We were able to identify contextual factors as we related them to the phenomenon of our interest.

I tried to be unbiased while I was analysing the participant’s answers, but my opinion about the participants might have affected me. There is a gender bias, professional bias and age range bias as well.Besides, participants did not have the same supplementary questions, which also had an impact on results.

Issues about fast food – which is often identified with western culture – were uncovered, so next time I would add questions about fast food as well. Yet, Participant 1 commented on Fish and Chips that ‘I am a really healthy person, personally, so I very rarely eat these fast foods at all’, which means that she identifies English food with fast food.

# I did not consider how long participants have been living in this country, which can also indicate the extent they have adapted to the eating practices in the UK and integrated to their new environment. Many other factors are not considered, such as psychological, economic and biological factors. Also social factors, for example, religion, education, social class, etc. When someone moves to a new environment, many of these influences change so we cannot rely merely on factors examined in this study. Furthermore, the existing paradigms for food choice provide only a limited direction for understanding dietary behaviour, so new approaches are needed.

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**Appendix Contents:**

Appendix 1: Consent Form

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Appendix 4a: Transcript – Participant number 1

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Appendix 6d, 6e and 6f: Coding Results for Participant 2

Appendix 7: Model of Factors Influencing Foreign Student’s Diet / Food Choice

**Consent Form**

Hello, my name is ……….. I am 2nd year student at City College studying Psychology with Sociology and was wondering if you might be willing to participate in my research.

The purpose of this interview is to find out the foreign Norwich City College students’ opinion about English food and how English cuisine affects their diet.

Your participation is voluntary and you are entitled to withdraw from this research at any time. All data and results will remain completely confidential and your identity will remain completely anonymous. **Please sign if you are over 18 and you are ready to participate in this research.**

**Consent given: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (signature)**

**Appendix 2**

**Questions (Stimulus material)**

What do you think about English food?

Do you like English food?

Do you think that English food is still mainly English or foreign food items have been adopted?

What is your opinion about how different English food is from the food you used to eat before?

Could you tell me when you last time ate English food? What was that?

What is your personal opinion about that particular meal? Was it tasty? Did it look nice? Was it healthy?

Have your eating habits changed since you are in the UK?

Do you think it has affected your diet that you have different products in this country?

Do you think you have adapted yourself to the food available in this country?

Do you think you have all the food here that you like to eat? How do you deal with this issue?

In overall, do you think you have been eating healthier since you are in the UK? Why?

**Appendix 3**

**Interview transcription codes**

1. Testy/delicious
2. Not very tasty, but eatable
3. Not tasty/bad-testing/uneatable
4. Healthy
5. Not healthy and not unhealthy / Neutral effect on health
6. Not healthy
7. Affected my diet / food choice / eating habits
8. Slightly affected because there are different food products
9. Not affected my diet

**Appendix 4a**

**Transcript – Participant number 1**

Key: I. – Interviewer P. – Participant

I.: What do you think about English food?

P.: Do you mean overall?

I.: Overall.

P.: For me is a quite interesting in a way. They have all different kinds of food. And in their culture they don’t have their own national food, but actually I don’t prepare English food **(9)**. I eat a loads of things like potato, salad and stuff that I prepare differently as they do. For me, actually as much I‘ve tried to eat the actual food, which is like pies and their Cottage pie and stuff like that, it does not really work... I don’t find it really tasty for me **(3)**.

I.: So, do you like English food?

P.: It depends. If you compare like. Hm. If you divided in conditions like the fruits, the salads and things they are good **(1)**. Then, if it is prepared in their way how they prepare it, I do not really enjoy **(2)**.

I.: What do you miss from that how they prepare their food?

P.: Tastes differently. I am not used to that taste. I find something tasting together weird **(2)**.

I.: Do you think that English food is still mainly English or foreign food items have been adopted?

P.: Oo.. As I mentioned before, I think there are a loads of foreign foods for them. Like they use these Indian restaurants, loads of Chinese places and in their own traditional way as much as I know, even British people when they say, they have fish and chips and pie, that’s their own thing. All other things keep coming from the other way around, pizzas… and, like from different other cultures, so I think they really don’t have their own traditional food, maybe some of tiny percentage, but not really loads, they are taking a load of food from different way and parts of the world.

I.: What is your opinion about how different English food is from the food you used to eat before?

P.: Do you mean how is different the taste or…?

I.: What is the difference between the foods what you have at home and English (food)? Could you generalise in some way? What is the difference? What would you say?

P.: I eat a lots of different products, like we have this ‘Black bread’, they don’t have it here. And we eat a loads of these porridges and stuff, but they are always mixed with something **(9?).**

I.: Do you mean whole-meal bread?

P.: No whole-meal bread, ‘Black bread’, which is made from wheat, basically ‘black’.

I.: Oo..It is different than whole-meal bread, I know what you mean, we have the same in my country.

P.: Yeah, it is very different and we have these other different spices than what they use. Then the main, which I mainly use in everyday life is, we use sour cream that they don’t have it here **(8)**. And for the preparing salads, what we do, they have only the green salads always, we prepare salads from potatoes and salads from beans and stuff like that, so there are a loads of different things. Like if I have to think about, I just prepare it in a different-different way than they do here. They don’t even know the food which I eat, so there is a quite big difference in preparing and eating I think.

I.: Could you tell me when you last time ate English food?

P.: It was a while ago. Maybe… a month ago.

I.: What was that?

P.: I ate fish and chips.

I.: What is your personal opinion about that particular meal? I mean about (that) fish and chips.

P.: (Laughing) I mean it is very unhealthy **(6)**. I am a really healthy person, personally, so I very rarely eat these fast foods at all. It is not really for myself **(3)**. But sometimes you want them **(1)**. I think they are really unhealthy **(6)**. And I think that you can eat them rarely and you can enjoy them when you eat them rarely **(1; 5; 8)**. If I would eat them in everyday life, I think they get quite like not too tasty anymore in a way **(2)**.

I.: So was it tasty what you had last time?

P.: It was good, but, it’s still you have to put a loads of spices on, you can’t eat like that. Still, I need to add some spices and veg’s to make them more tasty. In a way they are quite good, but very rarely in a very rare occasion **(7)**.

I.: Did it look nice?

P.: Yeah, it was quite nice. Because it was in a cafe so on the plate it looked very nice.

I.: And what do you think was it healthy?

P.: No, as I said no. (Laughing) I rarely find these fast food healthy and most of them are not healthy at all. So, I do not think it was healthy **(6)**.

I.: Have your eating habits changed since you are in the UK? If yes, in which way?

P.: I have changed, maybe a bit, a little bit, because I have tried and started to eat something what they eat and prepare, ‘their’ food **(7)**. Sometimes, rarely as the fish and chips, but in a way I’ve been always a healthy person, so I did not change my opinion of it. I still try to prepare as healthy as I can at home as well **(6, 9)**, but it was the same even before I moved. But in a way, these unhealthy foods has impact on me to be more healthier **(6; 7)**.

I.: Hm. Surprising.

P.: Yeah.

(Both laughing).

I.: Are you choosing different food since you are here? I mean more or less you answered this question. You said you did not change your eating habit much, but still because here are different products it might affect you…

P.: Yeah, it is like, it was hard to get used to it, that some products which I was used to it to use, now I have to replace to their products. So I still have to use their products to eat what I like. Because sometimes their products are in a way different, you cannot find always what you want. So, I’ve started to use those, in a changing way. I still use those but not really loads **(8)**.

I.: Do you think you have adapted yourself to the food available in this country?

P.: Yes in a way, as I said there is something that you are missing, but you can always find a place for those. And I can try to always do that, I can try to find something which is similar and with similar taste or similar appearance. But, yeah, it is easier, it was harder to start, because I can get used to all of these foods, but now since I have been here like five years already, yeah, you always adapt I think **(8)**.

I.: Sorry if I ask certain questions that you have already answered…

P.: No, that is fine…

I.: But when I ask, maybe something else comes out and/or I ask slightly differently. Do you think you have all the food here that you like to eat?

P.: Not really, as you can understand from all of this, there are loads of thinks missing, but it is not that bad. It is like I have been in the different part of the world where they have different spices also. It’s not everything here. But there are some thing what I did not like, but I have started to like them as well **(1; 7)**.

I.: How do you deal with this issue? How do you get does food products what you do not have here (in main food stores)?

P.: I sometimes go to these international shops **(9)** and buy some things from there, but if they do not have, because they do not have everything, I try to find something similar to use. And if I cannot find something similar then I just accept that I do not have it and it is done.

I.: In overall, do you think you have been eating healthier since you are in the UK?

P.: Yea, I think I have been, that is what I have already told before that because of these unhealthy foods, it really influenced me to eat even more healthier, because there are a lot of unhealthy food available around you, it makes you think ‘I do not want to do this’. Yeah, it influenced me to be healthier **(6; 7)**.

I.: Thank you very much.

P.: Yeah, thank you.

**Appendix 4b**

**Transcript – Participant number 2**

Key: I. – Interviewer P. – Participant

I.: What do you think about English food?

P.: I just think it’s healthy, not spicy and very tasty. It is **(1; 4)**.

I.: HM, ok, yeah. Do you like it? Do you like English food?

P.: Yes, I do **(1)**.

I.: Do you have any favourite dishes?

P.: That would beee, Spaghetti bolognaise. It is not English, is it?

I.: Well, I am not sure…

(Both laughing)

I.: You like Spaghetti bolognaise.

P.: I do, I do. I can’t think of anything except vegetables and chicken. Just… yea. My English breakfast is my favourite, yea **(1)**.

I.: Good, OK.

I.: Do you think that English food is still mainly English or foreign food items have been adopted?

P.: Could you ask me that question again.

I.: OK. Do you think that English food is still mainly English or foreign food items have been adopted?

P.: Yes, especially Indian food and Chinese, so it is not really English. It’s mixed. It’s a mix of different culture’s food. Yeah.

I.: Yeah, OK. What is your opinion about how different English food is from the food you used to eat before?

P.: English food is mild. Not spicy and… and traditional food, heavy food…

I.: Like what, for example???

P.: Heavy food, like African traditional food.

I.: Yeah, and what did you eat?

P.: Mmm, like things you would not know (Lough), even if you tell you now.

I.: Is it meat? Vegetable?

P.: It is meat with maize meal, you know, just starch food basically. English food… they like vegetables, I do not know.

I.: Do you like vegetables?

P.: Yeah, that is the only thing I eat **(7)**.

I.: OK, could you tell me when you last time ate English food?

P.: I think I eat English food every day **(7)**, actually when you talk about English food I am not quite sure what you mean.

(Laughing)

I.: It is actually your interpretation…

P.: It is my own interpretation what English food is.

I.: Yeah.

P.: I think on the daily basis that is what I eat.

I.: And what is that?

P.: Vegetables and chicken, roasted chicken and what else. I think that’s it.

I.: Thank you. What is your personal opinion about that particular meal that you were eating?

(Laughing)

P.: Since I said to you my favourite is the English breakfast. What I like about it is sausages, bacon and omelette. I like how they make their omelette, yea **(1)**.

I.: OK, then do you think was it healthy?

P.: No, it is not healthy, but it is not bad at the same time. Just protein **(5)**.

I.: Then, when you arrived in the UK, have your eating habits change?

P.: They have. They have, I used to eat so unhealthy until I came here (4; 7).

I.: What do you mean about unhealthy?

P.: I would eat starch at the wrong time of the day.

I.: Like what?

P.: Like bread before I go to bed or chips, things like that. But since I have arrived, I become very health conscious **(4)**. I vegetable at the right time of day. You know breakfast, porridge…

I.: At the right time of the day it means…

P.: Like eating in the morning, lunch time and then in the evening before seven o’clock **(4; 7)**.

I.: Do you think it has affected your diet that you have different products in this country? You have different products in shops than in your country. Did it affect you in some way?

P.: It wasn’t because my country almost has the same kind of food **(8)**, but different mentality. Here they promote health a lot, eating healthy, then back in my country. That’s what the difference is. Change of mind, like mentality, thinking **(4)**.

I.: Do you think you have adapted yourself to the food available in this country?

P.: Yes, I have **(8)**.

I.: Do you think you have all the food here that you like to eat?

P.: Ask me that question again.

I.: Do you think you have all the food here that you like to eat?

P.: Oh, yes, yes. As I said, my preferences have changed, you know **(7)**. I eat healthy now, so healthy food is available **(4)**.

I.: I would like to ask one question, if you compare UK and your country, what are the main differences between the cuisines would be, some different dishes or some…

P.: The difference would be that where I come from food is cooked with a lot of oil, it is spicy, you know, you eat big chunks, big, you know, but then here it is more health conscious. You steam your food, you roast your food.

I: Why do you think your food is cooked in the oil? Is it that some tradition or is it the culture.

P.: I do not, maybe it is just how it is. I do not know, maybe.

I.: Do you have some traditional dishes that you cook at home?

P.: I do. I do. Yeah, like last night I had a traditional meal we normally eat when it is winter in my country. So I cooked it here. I bought it from the shop **(9)**.

I.: What it was?

P.: It’s called Samp and Beans

I.: Is it a meat dish or…

P.: No…

I.: Not met dish.

P.: No, you do not know Samp? They look like corn, white corn and you cook it with beans. It is not like real-real corn, it is white corn with beans. And you cook meat on the side, vegetables and you eat that.

I.: Sounds nice.

P.: Yeah.

I.: Do you have all the ingredients here in the UK for your traditional meals?

P.: Yes.

I.: Yes. You do not have any difficulties?

P.: No, I can easily access any food.

I.: Then, in overall, do you think you have been eating healthier since you are in the UK? P.: Yes, yes, yes, I have, even last week I have been consuming a lot of vegetables, drinking a lots of water, exercising, so yes, yes. My eating habits have changed **(4; 7)**.

I.: Because… Why they changed?

P.: Because of the healthy eating awareness in this country and health… keeping healthy **(4)**.

I.: OK, thank you for your time.

(Laughing)

P.: You’re welcome.

**Appendix 5**

**Coding Criteria**

**Taste (Is English food tasty?)**

|  |  |  |
| --- | --- | --- |
| **Testy/ delicious****(1)** | **Not very tasty, but eatable****(2)** | **Not tasty/bad-testing/uneatable****(3)** |

**Healthy or not (Is English food healthy?)**

|  |  |  |
| --- | --- | --- |
| **Healthy****(4)** | **Not healthy and not unhealthy / Neutral effect on health****(5)** | **Not healthy****(6)** |

**Diet affected / food choice / eating habits**

|  |  |  |
| --- | --- | --- |
| **Affected my diet / food choice / eating habits (7)** | **Slightly, because there are different food products****(8)** | **Not affected my diet****(9)** |

**Coding Results for Participant 1 – Appendix 6a**

**Taste (Is English food tasty?)**

|  |  |  |
| --- | --- | --- |
| **Testy/ delicious (1)** | **Not very tasty, but eatable (2)** | **Not tasty/bad-testing/uneatable (3)** |
| **Examples**…you can enjoy them when you eat them rarely.But sometimes you want themBut there are some thing what I did not like, but I have started to like them as well | **Examples**Depending how you prepare. If it is prepared in their way I do not really enjoy.Tastes differently. I find something tasting together weird.I am not used to the taste.I would eat them in everyday life, I think they get quite like not too tasty anymore in a way. | **Examples**It does not really work… I did not find really tasty for me.It is not really for myself.…it makes you think ‘I do not want to do this’ |
| **Final code:****English food is not tasty, but sometimes it can be eaten.** |

**Participant 1 – Appendix 6b**

**Healthy or not (Is English food healthy?)**

|  |  |  |
| --- | --- | --- |
| **Healthy (4)** | **Not healthy and not unhealthy / Neutral effect on health (5)** | **Not healthy (6)** |
| N/A | **Examples**You can eat them rarely. | **Examples**It is very unhealthy.…these unhealthy foods have an impact on me to be more healthier.I mean it is very unhealthy. I am a really healthy person, personally… I think they are really unhealthy(Laughing)I rarely find these fast food healthy and most of them are not healthy at all.…because of these unhealthy foods… because there are a lot of unhealthy food available around you**She was laughing in three occasions, when she was asked about English food. It was like a suggestion that ‘it is obvious, English food is not healthy’.** |
| **Final code:****English food is unhealthy** |

**Participant 1 – Appendix 6c**

**Diet affected or not / food choice / eating habits**

|  |  |  |
| --- | --- | --- |
| **Affected my diet / food choice / eating habits (7)** | **Slightly, because there are different food products (8)** | **Not affected my diet (9)** |
| **Examples**I eat them rarely.I have changed, maybe a bit, a little bit, because I have tried and started to eat something what they eat and prepare, ‘their’ food. Sometimes, rarely as the fish and chips…But there are some thing what I did not like, but I have started to like them as well.But in a way, these unhealthy foods have an impact on me to be more healthier.…it really influenced me to eat even more healthier, because there are a lot of unhealthy food available around you, it makes you think ‘I do not want to do this’. Yeah, it influenced me to be healthier. | **Examples**…there is something that you are missing, but you can always find a place for those.…now I have to replace to their products. So I still have to use their products to eat what I like. …their products are in a way different, you cannot find always what you want. So, I’ve started to use those, in a changing way. I still use those but not really loads. | **Examples**I do not prepare English food.I go to international shops.…it makes you think ‘I do not want to do this’I still try to prepare as healthy as I can |
| **Final code:****Eats healthier****Rarely eats English food or ‘their’ products****Started to like certain English food / somewhat adapted to the food available** |

**Coding Results for Participant 2 – Appendix 6d**

**Taste (Is English food tasty?)**

|  |  |  |
| --- | --- | --- |
| **Testy/ delicious (1)** | **Not very tasty, but eatable (2)** | **Not tasty/bad-testing/** **uneatable (3)** |
| **Examples**…not spicy and very tasty. It is.I.: Do you like it? Do you like English food?P.: Yes, I do.My English breakfast is my favourite, yeah.Since I said to you my favourite is the English breakfast. What I like about it is sausages, bacon and omelette. I like how they make their omelette, yeah. | N/A | N/A |
| **Final code:****English food is very tasty** |

**Participant 2 – Appendix 6e**

**Healthy or not (Is English food healthy?)**

|  |  |  |
| --- | --- | --- |
| **Healthy (4)** | **Not healthy and not unhealthy / Neutral effect on health (5)** | **Not healthy****(6)** |
| **Examples**I just think it’s healthy, not spicy…I.: …have your eating habits change?P.: They have. They have, I use to eat so unhealthy until I arrived here.I.: What do you mean about unhealthy?P.: I would eat starch at the wrong time of the day.But since I have arrived, I became very health conscious.Here they promote health a lot, eating healthy… change of mind…I eat healthy now, so healthy food is available.Because of the healthy eating awareness in this country…But since I have arrived, I became very health conscious. | **Examples**No, it is not healthy, but it is not bad at the same time (English breakfast). | **Examples**N/A |
| **Final code:****English food is healthy.****Healthy eating awareness is promoted / health conscious** |

**Participant 2 – Appendix 6f**

**Diet affected or not / food choice / eating habits**

|  |  |  |
| --- | --- | --- |
| **Affected my diet / food choice / eating habits (7)** | **Slightly, because there are different food products (8)** | **Not affected my diet (9)** |
| **Examples**I think I eat English food every day…On the daily basis that is what I eat.I.: …have your eating habits change?P.: They have. They have, I used to eat so unhealthy until I arrived here.I eat vegetable at the right time of day. You know breakfast, porridge…Like eating in the morning, lunch time and then in the evening before seven o’clock.Here they promote health a lot, eating healthy, than back in my country. That’s what the difference is.  | **Examples**…my country almost has the same kind of food (products)I.: Do you think you have adapted yourself to the food available in this country?P.: Yes, I have. | **Examples**…last night I had a traditional meal we normally eat when it is winter in my country |
| **Final code:****Eats healthier** (?)**Eats English food every day****Adapted herself to the food available** |

**Appendix 7**

**Model of Factors Influencing Foreign Student’s Diet / Food Choice**

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