Great Weight Debate – conversation starters for young people

If you wish to hold a Great Weight Debate activity or event for young people, below are a list of possible conversations starters that you may find helpful.

**Conversation starters:**

* What is your favourite food?
* What is your favourite ‘healthy’ food?
* What activities do you like doing?
* It is important to be active every day - what would help you to do more activity every day? Prompts: playgrounds, more PE, access to safe outside spaces
* In day to day life, what stops you from doing exercise and staying active?
* How could we make walking and cycling to and from places easier and more attractive?
* We all have sugary food and drink from time to time. What would help you to eat and drink these less often?
* What would help you in a restaurant or takeaway shop to understand which food and drink options are healthier?
* We know that young people in London get fast food takeaways and ready-made meals quite often. What things could we do to encourage you to eat freshly prepared, healthier options instead?
* What would help you eat more healthily?