**Additional File 1- FGD guide for adolescents**

**Ice breaker**

1. What do the young people in your area like to do?

**Diet and Nutrition**

1. What do you usually eat and drink during the day?
2. Which of these do you like? Which don’t you like?
   1. How do you feel when you eat these foods? Emotionally; Physically
3. What types of foods and beverages do other young people you age/friends/classmates usually consume?
   1. How are these foods different from or similar to what you eat and drink?
4. What kinds of foods do you think a person should eat to be healthy?
   1. Where did you learn that those foods are healthy/unhealthy- (TV/other media, school, peers, elders)
5. How do you feel about what you eat (diet)?
   1. In what ways is it healthy/unhealthy?
6. Have you ever felt that you need to stop eating certain foods or start eating certain other (new) foods?
   1. What influenced you?
7. How do you think we can help young people such as yourselves make better food choices, if necessary?

**Physical activity**

1. What activities do you and other young people engage in regularly/daily?
   1. How do you go to school?
   2. In what ways do you help at home?
2. During holidays/weekends/free time what do you usually do?
   1. Games and sports/Other activities
3. In what ways do you think these activities affect your health?
4. What are the things that make it difficult for you to be physically active/participate in games and sports?
   1. In what ways?
5. How do you think we can help young people such as yourselves exercise more, if necessary?