**Interview Jacky Weeber (Felice’s Mother):**

* Dad, mom, a sister and a brother
* 5
* Mom: housewife
* Dad: CEO
* Vianen
* Less healthy, because not everyone had a car, so they walked or cycled everywhere they needed/wanted to go and they couldn’t stay at home to watch television or play computer games.

**Sub-questions:**

1. Yes, they ate plenty of healthy food, a lot of vegetables and meat or fish etc.
2. Local markets or supermarkets
3. At 16 she started playing volleyball, PE
4. Yes, they had a swimming pool, and a fitness room and they went for a walk every ones in a while
5. 2 times PE a week, and outside school activities
6. No, not compared to this time, nowadays they have motor vehicles, so they walk less and there are a lot of fast food restaurants, so they eat less healthy

**Interview Jacoba Weeber (Felice’s Grandmother)**

* Dad, mom, 2 sister and a brother.
* 7
* Mom: housewife
* Dad: Owner butchers shop
* Rotterdam
* No, less healthy in my opinion because there’s a lot of fast food, almost everyone drives a car or stays at home to watch television etc.

**Sub-questions:**

1. Yes, they ate a lot of fresh food, bread, potatoes, vegetables and meat. They had more money than most of the people, so they could afford these luxuries.
2. They had meat from their butchers shop and they grew vegetables themselves and the other stuff they bought at the local market or supermarkets
3. My grandfather played soccer.
4. There were a lot of possibilities and accommodations to play sports, but they went mostly to the sport centers.
5. A few hours of PE a week.
6. No, because in his time people walked/cycled more, and junk food didn’t exist yet.

**Interview Mark McLaughlin (Matthijs’s Father):**

* 3 brothers and 1 sister, dad and mom
* 7
* Father: a plasterer
* Mother: a housewife
* Clonmany, Co. Donegal Ireland
* When he was 16, there was a huge bombing called the Proxy bomb. It impressed him because it was very close and they used innocent people.

**Sub-questions:**

1. Yes, it was healthy because they had fresh vegetable. Which was grown in the garden.
2. They produced most food themselves, they had huge potato fields. But also bought stuff in the local supermarket.
3. All the boys including my father played Gaelic football, soccer and athletics. His sister done Irish dancing and played athletics.
4. There were almost no facilities in the area. The nearest swimming pool was an hour drive.
5. They had PE once a week and there were a lot of different school teams and activities in all sorts of sports.
6. No, because then the people walked everywhere and had no computers etc. and spend a lot of time outside playing and doing sports.

**Interview Pier Hettema (Matthijs’s Grandfather):**

* 2 brothers and 2 sisters, father and mother
* 7
* Fliet, Leeuwarden in Friesland
* Father: construction company
* Mother: housewife
* In 1953 there was a flood in Zeeland. It was a big disaster in the time it cost a lot of money to rebuild the houses which were lost.

**Sub-questions:**

1. Yes, large amount of vegetables.
2. On the market, greengrocer, butchery and bakery.
3. My grandfather played volleyball. His brothers played soccer and his sisters did gymnastics.
4. Yes, there were several sports halls and a swimming pool.
5. The school didn’t do much they only had PE.
6. My grandfather thinks 2014 is healthier because the children play more sports.

**India interview Rolf Kooistra (Támar’s Father):**

* Dad, mom, 2 brothers, 2 sisters
* 7
* Mom: housewife
* Dad: made technical drawings
* Waddinxveen
* When he was 17, The Netherlands won the Eu championship football, 1988

**Sub-questions:**

1. According to standards yes, plenty of food, wide variety of vegetables etc.
2. Supermarket/local shops
3. At 14 he started playing volleyball, PE, from 10-12 gymnastics
4. Yes, nice swimming pool, nice sports hall, enough space to go run outside
5. 2x PE a week, 2x a year a 5km run
6. No, not really at least not compared to his time.

**Interview John van der Kuijl (Támar’s Grandfather):**

* Dad, mom, sister, brother
* 5
* Mom: housewife
* Dad: made sails
* Den helder
* Around the time he was 14, my grandfather’s world wasn’t bigger than 15 kilometers each direction, since they could only move by foot or bicycle. So no.
* Less, because of junk food, cars etc.

**Sub-questions:**

1. Yes, they ate a lot of fresh vegetables and fish. No meat, because that was too expensive.
2. They grew their vegetables themselves, fish they got from friends that had little fisher
3. There was no time, need or money to play sports or exercise.
4. There were a lot of possibilities and accommodations to play sports, but there just wasn’t enough money.
5. A few hours of PE a week.
6. No because in his time people walked/cycled more, and there wasn’t such a time as junk food.

**Comparison grandparents**

All three of the grandparents ate healthy with self-grown vegetables. Most of them produced other foods too, but also bought some at local shops. Not everyone was able to play sports due to a lack of money, but those who could played all kinds of sports like soccer, volleyball and gymnastics. There were enough sports halls and swimming pools. Schools didn’t really promote exercising, but they did have PE. The opinions about if children nowadays are healthier or not are very varied. The one does think children in 2014 are healthier because they play more sports, and the other thinks children back in 1950/60 were healthier because they didn’t (all) have cars or junk food. So there isn’t really a correct answer to the question, since the opinions are very divided.

**Comparison parents**

All three of the parents ate healthy, and ate plenty of food. Most of them bought food at supermarkets or local shops, but some still produced vegetables and other kinds of food in the garden. All the parents were able to play sports volleyball or soccer. School still didn’t promote sports that much, but they all had PE at school one or twice a week and there were more sports activities once in a while like the 5 km run twice a year. All the parents think children in 2014 are less healthy because of all the electronics, junk food restaurants and motor vehicles that we use instead of cycling or walking.

**Comparison grandparents and parents**

All the parents and grandparents ate healthy, they had some variation in food. They ate fresh vegetables self-grown in the garden or fish and some even ate meat, but not all of them because it was too expensive. Most of the grandparents didn’t play sports because there was no time, money or need. Although all the parents did play sports. Most of them agree that the children in 2014 are less healthy because of all the tasty new kinds of food and the cars and motors that we use, but some are also in the opinion that they are healthier because sports plays a big role in our daily life nowadays.

**What is the opinion of the group on the question about the life of teenagers in 2014?**

We as a group think that compared with our parents and grandparents they ate healthier. Even though they eat healthier, we probably do more sports. But in the time of for example our grandparents there were no computers etc. which nowadays is a huge distraction for a lot of people instead of going outside most children play games on their mobile phone, laptop/computer or PlayStation or Xbox.

**Conclusion**

We think that over time, the way we have looked at health hasn’t changed very much. Are main goals are to eat healthy and varied, and do as much exercise/sports as we can (afford). Opinions about whether we are healthier now or back then, are varied. Nowadays we do use cars more and eat junk food, but playing sports is way more common and we know more about foods and what’s healthy for you.