



University of Wales
Trinity Saint David
BIRMINGHAM

Methods and Search Strategy Academic Poster

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Module code: BMHP6020



(Magnifik, 2010)

A Comparative Study of Toddler Diets and Adolescent Eating Habits in the UK

Understanding how eating behaviours develop, and the factors that influence them



(Vecteezy, 2026)

1. INTRODUCTION

Research approach: Secondary research using existing academic literature, research studies, population data and authoritative sources. A structured literature search (Grant and Booth, 2009; Snyder, 2019) is the foundation of critical comparison.

The aim: To compare eating behaviours in toddlerhood and adolescence in the UK and to explore whether eating practices in early childhood are related to later adolescent dietary behaviour. (Grant and Booth, 2009; Snyder, 2019)

AIM OF STUDY

The aim: To compare eating behaviours in toddlerhood and adolescence in the UK and to explore whether eating practices in early childhood are related to later adolescent dietary behaviour.



3. SEARCHING FOR INFORMATION

Research Methodology:

1. Identify research aim and key ideas.
 2. Identify key words.
 3. Search databases.
 4. Title and abstract screening.
 5. Screen for eligibility.
 6. Full texts.
 7. Quality and relevance assessment.
 8. Choose sources to analyse
- 10 sources screened initially 5 selected for in-depth review



2. SEARCH STRATEGY

Databases and sources: Google Scholar, PubMed/MEDLINE, ScienceDirect, university library databases, UK Government and World Health Organization.

Keywords: Toddler, young child, adolescent, teenager, eating behaviour, diet, food choice, food preferences, nutrition, UK

Search method: Keywords combined with AND/OR. Recent evidence highlighted; older theoretical and historical sources retained where relevant.



4. GRAPH OF INFLUENTIAL FACTORS

Five very pertinent sources that collectively address need, identification, support allocation, intervention, and workforce capacity were found in the workbook. Presenting them graphically clarifies the evidence base and demonstrates how the chosen sources advance the purpose of the research. Rather than providing statistical service accessibility results, the graphic below describes the function of each source.

Here you can include key information visually which can aid the reader. You do not need to go into too much detail, just the main points and you can expand in the main dissertation if you wish.



Pickard, A. et al. (2023)	Mahmood, L. et al. (2021)	Ryan, D., Holmes, M. and Ensaff, H. (2022)	Shaw, S. et al. (2023)	Devine, L.D., Gallagher, A.M., Briggs, S. and Hill, A.J. (2023)
Identifying an avid eating profile in childhood: Associations with temperament, feeding practices and food insecurity	The influence of parental dietary behaviors and practices on children's eating habits	Adolescents' dietary behaviour: The interplay between home and school food environments	The interplay between social and food environments on UK adolescents' food choices: implications for policy	Factors that influence food choices in secondary school canteens: a qualitative study of pupil and staff perspectives



Validation, Analysis and Ethics

How evidence was appraised, organised and prepared for chapter 4 findings



5. RESEARCH VALIDATION AND ANALYSIS

Individual analyses: Results, methods, samples, strengths, limitations and keywords.

Thematic analysis (Braun & Clarke, 2006; 2021; Kiger & Varpio, 2020):

Familiarisation, Coding, Identification of themes, Review of themes, Reporting of findings.

Possible initial themes:

- Food choice and eating behaviour
 - Family and parental influence
 - Social and food environment

The themes are developed further in Chapter 4.



6. INCLUSION CRITERIA

- Toddlers, young children and adolescents.
 - Related to diet, nutrition or eating behaviour.
 - UK context preferably.
 - English language, credible sources.
 - Relevant to the research objectives.
 - Methodological detail sufficient.
- Recent evidence given priority; older foundational sources retained.



7. EXCLUSION CRITERIA

- Studies only on adults.
- Topics or age groups not related to one another.
- Moderate relevance to the research aim.
- There is insufficient methodological information.
- Publications in duplicate.
- gratuitous opinion.

International studies retained where useful for theory or context.



8. ETHICAL CONSIDERATIONS

- No participants or new personal data.
- Correct Harvard referencing and suitable paraphrasing
 - Reporting of results accurately.
- Identify limitations and researcher bias.
- Sources are clearly selected and interpreted.
- Follow principles of research integrity (UKRIO, 2025).



Reference list:

Braun, V. and Clarke, V. (2006) 'Using thematic analysis in psychology', *Qualitative Research in Psychology*, 3(2), pp. 77–101. doi:10.1191/1478088706qp063oa.

Braun, V. and Clarke, V. (2021) *Thematic Analysis: A Practical Guide*. London: SAGE.

Grant, M.J. and Booth, A. (2009) 'A typology of reviews: an analysis of 14 review types and associated methodologies', *Health Information & Libraries Journal*, 26(2), pp. 91–108. doi:10.1111/j.1471-1842.2009.00848.x.

Greenhalgh, T. (1997) 'How to read a paper: Assessing the methodological quality of published papers', *BMJ*, 315(7103), pp. 305–308. doi:10.1136/bmj.315.7103.305.

Kiger, M.E. and Varpio, L. (2020) 'Thematic analysis of qualitative data: AMEE Guide No. 131', *Medical Teacher*, 42(8), pp. 846–854. doi:10.1080/0142159X.2020.1755030.

Magnific. (2026). *Cartoon baby eating food image*. Available from: <https://www.magnific.com/free-photos-vectors/cartoon-baby-eating-food#uuid=4644227d-2cff-4ed0-b7a6-4c7e85867a02>
Accessed: 20/10/2026

Snyder, H. (2019) 'Literature review as a research methodology: An overview and guidelines', *Journal of Business Research*, 104, pp. 333–339. doi:10.1016/j.jbusres.2019.07.039.

UK Research Integrity Office (UKRIO) (2025) *Code of Practice for Research*

Vecteezy. (2026). *Woman eating*. Available from: <https://www.vecteezy.com/free-png/woman-eating> Accessed: 20/10/2026