



GUIDELINE DAILY AMOUNT

GDAs ARE GUIDELINES FOR AN AVERAGE PERSON OF A HEALTHY WEIGHT AND LEVEL OF ACTIVITY

NUTRITION INFORMATION			
TYPICAL VALUES	PER 100G	PER ½ CAN	GDA*
ENERGY – KJ	309 KJ	640KJ	
–KCAL (CALORIES)	73KCAL	151KCAL	2000
PROTEIN	4.9G	10.0G	45G
CARBOHYDRATE (OF WHICH SUGARS)	13.9G (5.0G)	36.7G (10.4G)	230G 90G
FAT (OF WHICH SATURATES)	0.2G (TRACE)	0.4G (TRACE)	70G 20G
FIBER	3.9G	7.9G	24G
SODIUM	0.3G	0.7G	2.4G
SALT EQUIVALENT	0.8G	1.7G	6G

ENERGY
KILOJOULES (KJ) ARE THE METRIC EQUIVALENT OF KILOCALORIES (KCAL)

CARBOHYDRATES
SUGARS ARE CARBS, BUT SOME COMPANIES HIDE THE AMOUNT OF SUGAR BY NOT BREAKING DOWN THE FIGURE.

FAT
FAT CONTENT IS NOT ALWAYS BROKEN DOWN. SATURATED FAT IS PARTICULARLY A CONCERN.

SODIUM

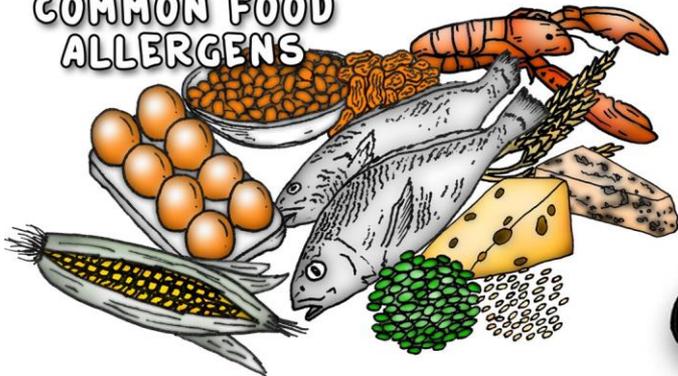
SALT IS SODIUM CHLORIDE, BUT SOME PRODUCTS ONLY LABEL THE SODIUM PART. SALT CONTENT IS ROUGHLY TWO AND A HALF TIMES THAT OF SODIUM.



KnowIT FOOD CHOICE



COMMON FOOD ALLERGENS



Lifestyle (PAL, Age, Income, Skills)

- List 5 factors linked to our lifestyle that affects food choice.
- Define the terms 'snacking' and 'grazing'
- How does a social life affect food choice?
- Define the term 'dashboard dining' and 'keyboard eating'.

Seasonality and food waste

- Define the terms 'seasonality' and 'food waste'.
- Why does seasonality effect the food we eat?
- What is meant by "locally sourced foods" and why should we be encouraged to use them?
- What is meant by the term 'food miles'.

Labelling & Marketing

- Name 10 pieces of mandatory information found on a food label by law.
- List 4 pieces of non compulsory information.
- Define the term 'marketing'.
- State 8 ways in which foods are marketed.
- What does 'pester power' mean?

Religion

- List 5 religions that have specific dietary needs.
- When do Christians follow food related celebrations?
- Define 'halal'.
- Which religion eats Kosher foods?
- Identify the dietary laws linked to Rastafarianism.



Sensory Qualities

- List the 5 senses used in food choice.
- Describe the term appetising.
- Name 7 types of sensory test.
- State the 5 different food flavours detected on the taste buds.

Food Allergies

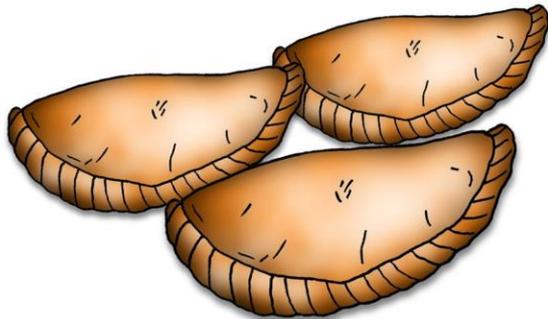
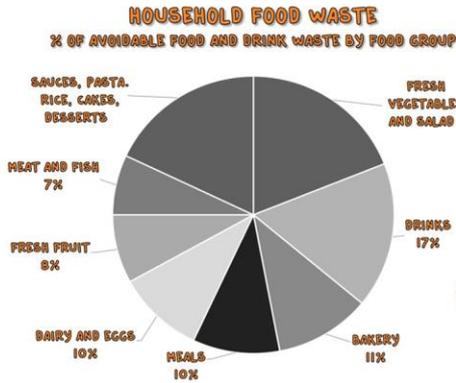
- List the symptoms of a food intolerance.
- Identify 2 common food intolerances.
- Define 'anaphylactic shock'.
- Name 5 symptoms of an allergic reaction to food.
- Identify 5 common food allergens.

Ethical & Moral issues

- Define the term 'fair trade'.
- Name 4 types of food provenance.
- What is meant by the term 'Carbon footprint'.
- How is "organic" food produced?

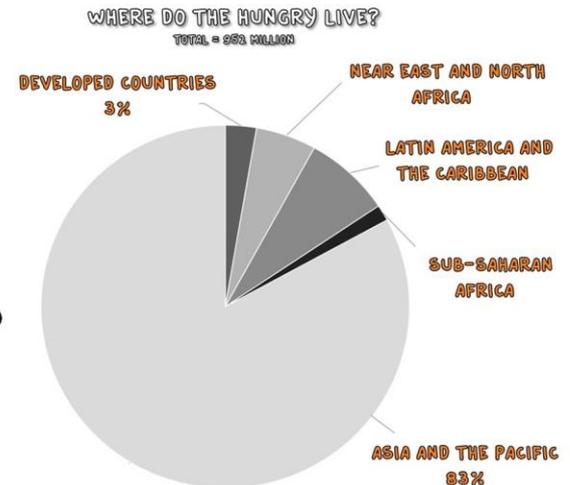
Sustainability and food security

- What do we mean by 'sustainable foods'.
- Define the term 'food security'.
- List the factors that put food security at risk.



Myth vs Fact

FOOD ALLERGY MYTH	FOOD ALLERGY FACT
"ALL ANAPHYLACTIC REACTIONS HAVE SKIN SYMPTOMS"	10 TO 20% OF ANAPHYLACTIC REACTIONS HAVE NO SKIN SYMPTOMS



Life Style (PAL, Age, Income, Skills)

- Identify how income affects our food choice.
- How does an individual's skills and cooking facilities impact upon their food choice.
- Explain how the time of day and eating habits (e.g. snacking, grazing etc.) influence food choice.

Seasonality and food waste

- Explain how buying and using seasonal, locally sourced foods helps the environment.
- Discuss the advantages and disadvantages of being able to buy foods (e.g. raspberries) throughout the year.
- To avoid food waste, how could you use leftover roast chicken, suggest a range of dishes.

Labelling & Marketing

- Explain the purpose of food labels.
- Examine the nutritional labels found on food packaging and consider why it contains both per 100g/ml quantities as well as per portion.
- Food label ingredients:
--- **A:** wheat flour, butter, sugar, dried fruit, whole egg, cows milk, mixed spice, baking powder.
--- **B:** wheat flour, margarine, sugar, dried fruit, cows milk, mixed spice, baking powder.
- Discuss which product you would choose if you were a lacto-vegetarian.

Religion

- Explain why Hindus would not eat a Cornish pasty.
- Examine what Ramadan is and why it occurs at different times each year.
- Discuss why some cultures are vegetarian due to their religious dietary laws and customs.



Sensory Qualities

- Describe how you would set up a sensory test.
- Explain how you would ensure that your sensory test is carried out under fair conditions.
- Discuss the benefits of using sensory tests to evaluate food products.

Food Allergies

- Explain what Coeliac disease is and the impact it can have on a person's health.
- Discuss how an intolerance to lactose influences a person's food choice.
- Examine a recipe, identifying which intolerances and allergies it would be unsuitable for. Justify your answer.

Ethical & Moral issues

- Discuss the advantages and disadvantages of purchasing organic ingredients.
- Explain what is meant by genetically modified food.
- Summarise the main concerns consumers have when using GM ingredients.

Sustainability and food security

- Identify how 'food security' can be achieved.
- Explain why ensuring food security is important to global food production.
- Discuss the benefits of buying fish marked with the 'marine stewardship council logo'.

REGULAR MEALS



VS

Snacks

	SALAD 50%	ALMOST 50% OF WHAT WE BUY WE THROW AWAY
	FRUIT & VEG 25%	ALMOST 25% OF THESE ARE THROWN OUT POTATOES ARE OUR MOST WASTED VEGETABLE BANANAS & APPLES ARE THE MOST WASTED FRUIT
	BREAD & BAKERY 20%	ALMOST 20% OF THIS IS WASTED
	MEAT & FISH 10%	10% OF THESE ARE WASTED

Traffic light labelling

EACH GRILLED BURGER (94G) CONTAINS

ENERGY	FAT	SATURATES	SUGARS	SALTS
924KJ 220KCAL	13G	5.9G	0.8G	0.7G
11%	19%	30%	<1%	12%

OF AN ADULT'S REFERENCE INTAKE
TYPICAL VALUES (AS SOLD)
PER 100G: ENERGY 966KJ / 230KCAL



RELIGIOUS AND CULTURAL NEEDS



ThinkIT FOOD CHOICE



Organic Farming

CONTAINS WHEAT, SOY, EGG AND MILK INGREDIENTS. MAY CONTAIN TRACES OF TREE NUTS.

Fair trade THE POWER TO CHANGE

Life Style (PAL, Age, Income, Skills)

- Think about the potential problems associated with snacking instead of eating regular meals.
- Discuss the importance of checking price per 100g/ml when choosing which product/ brand to buy.
- Consider why a person's job, level of physical activity and age should be considered when planning food choices.

Seasonality and food waste

- Approximately 10 million tonnes of food is wasted in the UK per year; 60% of which can be avoided. This wastage has a value of £17 billion a year and results in 20 million tonnes of Greenhouse gas emissions. Think about what could be done to reduce this waste.
- Explore the ways in which you could adapt an asparagus and salmon tart to use seasonal produce between October and March.
- Consider the range of fruits and vegetables available in the UK during the winter months and identify a range of dishes they could be used to make.

Labelling & Marketing

- Think about why a manufacturer would use a film franchise, or celebrity, to promote their products. Give examples to justify your answer.
- Consider how the traffic light system supports consumers in making healthy food choices.
- Justify why manufacturers include non-mandatory information on their food labels.

Religion

- Compare the dietary customs of Judaism with Islam.
- Consider how you would change the following meal to make it suitable for Buddhists --- Beef lasagne and salad with mayonnaise dressing, followed by strawberry trifle.
- Explore the reasons why Sikhs would not consume a halal chicken curry.



Sensory Qualities

- Consider how your choice of cooking methods can be used to modify the texture and flavour of foods.
- Compare a preference test to a hedonic rating test.
- Establish 7 specific sensory descriptors which can be used to evaluate a chocolate and orange cheesecake. Justify why each one would be suitable.
- Discuss why selecting suitable organoleptic descriptors is important when testing foods.

Food Allergies

- Compare a food allergy with a food intolerance.
- Consider the dietary recommendations you would make to someone suffering lactose intolerance to avoid calcium deficiency.
- Justify the importance of food labelling to someone with a serious food allergy.

Ethical & Moral issues

- Consider the advantages and disadvantages of hydroponic food production.
- Compare intensive farming methods with organic farming methods.
- Explore the impact that food packaging has on the environment. Consider how this could be reduced.

Sustainability and food security

- Consider the factors that have contributed to low fish stocks.
- Investigate ways in which consumers can reduce greenhouse gas emissions by changing their kitchen practises.
- Think of the ways in which the work of 'The Fair Trade Foundation' contributes to global food security.