

**TT18 Factors affecting food choice: Factors which influence food choice**

1. Fill in the gaps using the keywords below. Note that each keyword may be used once, more than once or none at all. (4 marks)

<i>adipose</i>	<i>muscle</i>	<i>peer assisted learning</i>	<i>physical activity level</i>
<i>phase alternating line</i>	<i>energy</i>	<i>active</i>	<i>sedentary</i>
<i>calories</i>	<i>carbohydrate</i>	<i>sugar</i>	<i>fat</i>

- i) PAL stands for \_\_\_\_\_.
- ii) PAL helps to assess how much \_\_\_\_\_ a person needs every day.
- iii) Low PAL means that a person leads a \_\_\_\_\_ lifestyle.
- iv) If a person eats more than he or she needs, all the excess \_\_\_\_\_ will be stored in the body in the form of the \_\_\_\_\_ tissue.

2. i) What is meant by the term 'disposable income'? (1 mark)

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ii) Suggest **two** ways in which the disposable income can influence one's food choices. (2 marks)

- 1. ....
- 2. ....

3. Outline four factors which affect food availability in Great Britain. (4 marks)

- 1. ....
- 2. ....
- 3. ....
- 4. ....



4. Suggest three ways in which celebrating an occasion influences food choices. **(3 marks)**

- 1. ....  
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- 2. ....  
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- 3. ....  
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5. The information below shows some of the ingredients necessary to prepare a traditional Cornish pasty.

<b>For the pastry:</b> 500g strong wheat flour 125g lard 125g butter 200ml cold water	<b>Prices:</b> £0.90 / 1.5kg £0.40 / 250g £1.20 / 250g £0.20 / 2l	
<b>For the filling:</b> 500g beef 500g potatoes 250g swede 200g onion	<b>Prices:</b> £18.00 / 1kg £1.50 / 1kg £4.00 / 1kg £0.80 / 1kg	

Using the information above, answer the following questions.

i) How much will one pasty cost if the ingredients above are suitable to prepare six portions? **(2 marks)**

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ii) Suggest one modification that could make the dish suitable for a person who wants to eat healthily. Justify your answer. **(2 marks)**

- .....
- .....
- .....
- .....

6. Describe **two** ways in which personal preferences may affect food choices. **(2 marks)**

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7. Analyse the impact someone’s lifestyle has on their food choices. Provide examples in your answer. **(6 marks)**

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**Total marks \_\_\_\_\_ /26**