

Summarise information on healthy eating and physical activity level (PAL)



Summarise information on lifestyle, income, time available:



Summarise information on cost of food:



Summarise information time of day/eating habits



Summarise information on availability of food and seasonality



Summarise information on the social aspects of food





Coeliac Disease is an:

Intolerances

Lactose Intolerance

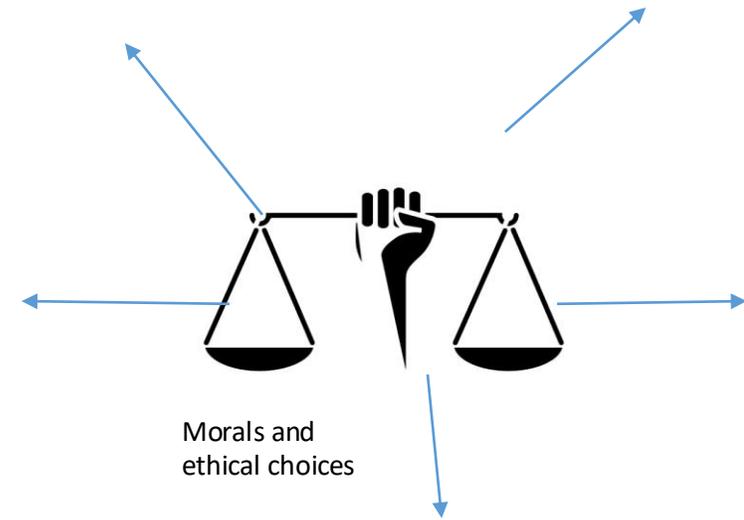
Gluten Intolerance

General intolerance symptoms

Allergies

What is an allergy?

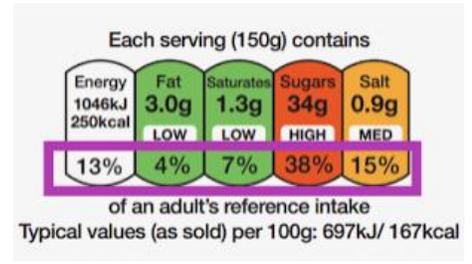
What are the common food allergens:



<https://www.food.gov.uk/business-guidance/packaging-and-labelling#labelling-of-prepacked-food>

What has to be on a food packet by law?

https://www.youtube.com/watch?v=tL8SeX-euko&feature=emb_imp_woyt



What is the purpose of front of pack labelling?

Explain the traffic light system:

This is where you'll find the big 8 on your nutrition label

Nutrition			
Typical Values	per 100g	per sausage (approx. 67g)	GDA
			Average adult
Energy Value	910 kJ	610 kJ	
(Calories)	220 kcal	145 kcal	2000 kcal
Protein	15.4 g	10.3 g	45 g
Carbohydrate	5.1 g	3.4 g	230 g
(of which Sugars)	4.9 g	3.3 g	Low 90 g
Fat	15.2 g	10.2 g	Med 70 g
(of which Saturates)	5.6 g	3.8 g	High 20 g
Fibre	2.2 g	1.5 g	24 g
Sodium	0.6 g	0.4 g	2.4 g
Salt	1.5 g	1.0 g	Med 6 g

GDA = Guideline Daily Amounts

What is the issue with marketing food like this?



How is food marketed to customers:

- Packaging:
- Deals:
- Campaigns:
- Celebrity endorsement :
- Product placement in supermarkets:



Exam question practice: Factors affecting food choice

- 1) List 4 different factors that affect peoples food choices (4 marks)
- 2) How can the cost of food affect what food people choose (4 marks – 2-3 pee)
- 3) Give an example of how food is used within celebration (1 mark)
- 4) What are ‘food miles’ and how do they affect peoples food choice (6 marks – 3-4 pee)
- 5) Discuss the main food principals of 3 major world religions and how they affect food choice (9 marks (3 pee on each religion)
- 6) List 4 pieces of information that need to be on a food packet by law (4 marks)
- 7) Explain how front of pack labelling is used to help consumers make healthy choices (3 marks)

10) What is the difference between an allergy and an intolerance (1 mark)

11) Is Coeliac disease an allergy – explain (2 marks)

12) List 4 major food allergens (4 marks)

13) Discuss how marketing is used to enhance food sales and customer awareness (10 marks – 5-6 pee)