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Worksheet 12

School: Ba Sangam College

Year: 1202

Subject: Home Economics

Name: _____

Strand	2 HEC 12.2 Food and Nutrition
Sub strand	HEC 12.2.2 WHAT IS FOOD
Content Learning Outcome	HEC12.2.2.1 Outline and explain the factors that influence food choices of a family.

CHAPTER 5 WHAT IS FOOD?

What is Food Choice?

Food choice is defined as the selection of foods for consumption. This results from the competing, reinforcing and interacting influences of a variety of factors.

Factors that influence Food Choices in Families:

1. **Family** - family and friends can be a source of encouragement in making and sustaining dietary change, adopting dietary strategies which may benefit the individual whilst also having an effect on the eating habits of others.
2. **Individual energy and nutrient needs;** The amount of energy, carbohydrate, fat, protein, vitamins and minerals needed differs between different age groups and between males and females. For example, women of child-bearing age should consume extra amounts of folic acid and foods with added folic acid during early pregnancy to decrease the risk of fetal neural tube defects, e.g., spina bifida. Energy needs also depend on activity levels. Athletes will have much higher energy requirements due to their high level of physical activity.
3. **Health concerns;** Diets which exclude many foods due to a person's health concerns or for medical reasons need to be planned carefully.
4. **Cultural or Religious practices;** Ethical and religious practices, such as avoiding meat, may limit the range of foods people eat. For example, a strict Vegan will not consume any meat products. They should choose non-meat food sources which are high in protein, iron and vitamin B12.
5. **Cost-** is a particularly important factor for people with low incomes. Food prepared at home is often cheaper than eating out or buying take-aways.
6. **Food availability;** Most foods are grown in a particular season of the year, e.g., strawberries are harvested in summer. These are called 'seasonal foods'. Buying foods when they are in season will often ensure the food price is lower.

7. **Technology and Advertisements** -Advertisements encouraging people to choose certain foods often appear on the television, internet, radio, posters, magazines and newspapers.
8. **Personal Likes and dislikes**
Palatability; Palatability is proportional to the pleasure someone experiences when eating a particular food. It is dependent on the sensory properties of the food such as taste, smell, texture and appearance.
9. **Convenience**-accessibility to shops is another important physical factor influencing food choice, which is dependent on resources such as transport and geographical location.
10. **Education and Knowledge**-studies indicate that the level of education can influence dietary behavior during adulthood. In contrast, nutrition knowledge and good dietary habits are not strongly correlated. Thus, it is important to convey accurate and consistent messages through various media, on food packages and via health professionals.
11. **Cultural influences**-leads to the difference in the habitual consumption of certain foods and in traditions of preparation, and in certain cases can lead to restrictions such as exclusion of meat and milk from the diet.
12. **Peer Influence**- can have a significant impact on the food choices people make when eating in a restaurant as part of a group.
13. **Occupation**-the physical demands of the job and its social expectations are reflected in food choices. The income received from employment also determines the quality and quantity of food chosen.
14. **Geographical location**- while irrigation, land development and other modern cultivation techniques are used to enhance existing geographical factors, local food habits are still largely influenced by regional resources.

Activity

1. Define food choices. (1 mark)

2. Identify four factors that influences food choices in families. (2 marks)

3. What does “individual energy and nutrient need” mean? (2 marks)

4. Will a farmers energy requirement be same as an office worker? Explain your answer. (2 marks)

5. Identify the three most important factors a person with health problems will look out when making food choices. (3 marks)
