

FACTORS EFFECTING FOOD CHOICE

WHY DO WE CHOOSE THE FOODS WE EAT?

- **COST**
- **CULTURE/RELIGION**
- **SEASONS**
- **MEDICAL ISSUES**
- **MARKETING/ADVERTISING**
- **ETHICS**



ORGANIC FOOD

- Can be of a higher quality
- Can taste better
- More ethical
- Less environmental impact
- More sustainable
- Can be expensive



FAIRTRADE

Supports farmers in developing countries by offering better prices and better working conditions.

Products such as: bananas, chocolate, tea, coffee and rice.

FOOD MILES



Food miles refers to the distance the food has travelled from farm to fork. It also refers to the potential impact on the products carbon footprint

RELIGION AND FOOD



ISLAM

Food must be HALAL. Cannot eat pork or pork products and cannot drink alcohol

CHRISTIANITY

No dietary restrictions. Some eat fish on Friday instead of meat

JUDAISM

Food must be KOSHER. Cannot eat pork, shellfish. Also cannot eat meat and dairy together.

SIKHISM

Cannot eat beef or drink alcohol

HINDUISM

Beef is forbidden, many follow a vegetarian diet. Some will not eat garlic, onions or mushrooms.

BUDDHISM

Most are vegetarian, some will eat fish

HOW TO SAVE MONEY WHEN

BUYING FOOD



- Compare prices
- Buy food seasonally/locally
- Use coupons or offers
- Plan your meals
- Only buy what you need

MEDICAL CONDITIONS



DIABETIC

A diet high in starchy carbohydrate. Low in fat and sugar

CORONARY HEART DISEASE

Less sat fats from animal products. High in fibre.

ANAEMIA

Diet high in Iron, fortified cereals, dark green veg, meat, fish and eggs

COELIAC

Must avoid wheat and gluten such as flour, bread, cakes.

LACTOSE INTOLERANT

Must avoid milk and dairy products.

SEASONAL FOOD

- Reduces food miles and environmental impact
- Costs less
- Supports local producers
- Taste and looks better/fresher



FOOD ADDITIVES

Preservatives:

Prevent food spoilage

Antioxidants

Prevent foods going rancid or brown

