

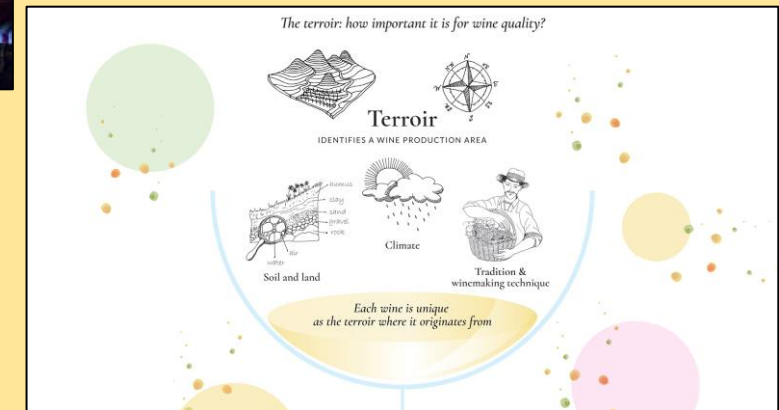
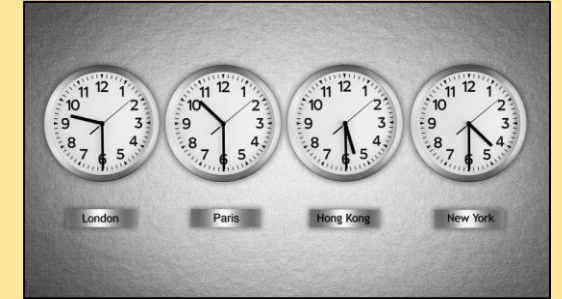
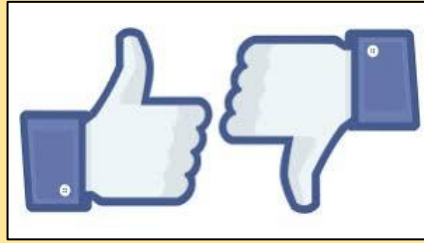
DO NOW

Create a brainstorm – What affects the food you choose to eat?

What affects what we choose to eat?

Learning intent: To understand why food is eaten

- Climate
- Religion
- Traditions/ provenance
- Celebrations
- Terroir
- Time of day
- Time available
- Money available
- Likes/ dislikes
- Ethical choices



Food choices

Learning intent: Understand why food is different in countries around the world

Tasks:

- Match the country to the food produced/ shown.
- What affects the food we eat discussion.
- Written evaluation of the food we eat and what this is influenced by.

Success criteria:

- **Distinction:** A range of cooking techniques explained with several examples of foods cooked in each method.
- **Merit:** Some cooking techniques described with examples of foods cooked in each method.
- **Pass:** Some cooking techniques identified with a few examples of foods cooked in each method.

WAGOLL:

One factor which influences the food we eat is the time of day. This is because within the UK we typically will eat bland and lighter foods which provide us energy for breakfast such as breakfast cereals. This allows us to have energy for the day. In contrast if we have food high in sugary carbohydrates, such as chocolate cake, before bed then this will give us lots of energy and can impact our sleep.



Food choices- Can you choose any more?

- If a customer has a lot of disposable income available then they will be able to eat more expensive foods and more regularly. This might include fresh cuts of meat and fish and certain fruits. If a person has a lower income then they will have less available for food so they may be limited to foods such as pasta which is cheaper.

• Climate



- In areas very warm then a person will typically want cooler foods such as salad and ice cream. In contrast warming foods such as soups may be more suitable in cooler areas.

• Time of day



- At certain times of the year people will celebrate different festivals and there may be food traditions linked to these. For example, this could be eating turkey at Christmas due to it serving a large number of people, often gathered at this time or eating lamb at Easter as this is when it is in season.

• Traditions



• Time of year



- In summer then certain fruits are likely to be in season so therefore there will be more available. This means that foods like strawberries will be eaten in summer and will be less available in winter.

• Money available



- We usually will eat bland and lighter foods which provide us energy for breakfast such as breakfast cereals. This allows us to have energy for the day from carbohydrates. In contrast, if we have food high in sugary carbohydrates, such as sweets, before bed then this will give us lots of energy and can impact our sleep.