

Key points to learn: Influences

Religion - Muslim, Jewish, Sikh

Culture - Traditions, food available in home country

Skill Level – Reliance on processed foods vs fresh produce

Medical Needs i.e. Low Fat, Low Salt, Low Sugar

Allergies and Intolerances i.e. Gluten Free, Lactose Free, Nut Allergy

Ethical Choice i.e. Vegetarian, vegan, Fairtrade

Income – High vs Low income

Time of Year – Summer BBQ's vs Winter Roasts

Time Available – Busy parents may rely more on processed foods

Environment – Seasonal Produce, Packaging

Location – Living in cities will provide a greater range of food than living in an isolated village

Lifestyle – Active vs Sedentary lifestyle

Personal Preference – Taste, Texture and Appearance

Life stage – Toddlers vs Adults

Key points to learn: Farming Techniques

Intensive

- Animals are raised in confined spaces to maximise yield
- Pesticides are used to clear pests
- Chemical fertilisers are used to boost growth

Pros

Large profit due to increased yields
Less overhead costs due to lower quality feed

Cons

Lower quality animal welfare
Disease spreads quickly due to animals being kept in close quarters

Free Range

- Animals have more space
- Animals are allowed to roam outside for all or part of the day

Organic

- Animals have space to roam
- Natural fertilisers are used, such as animal slurry
- Artificial preservatives and colours are not used

Pros

Animals have a better quality of life
Produce is generally better due to suffering less 'stress'

Cons

Smaller yields
Less profit to start with
Large area needed for animals to roam

KS3 Food Choices

Food Preparation and Nutrition

Year 8 – Autumn 1 and 2

Key Terms

Halal – Meat such as chicken, beef and lamb is slaughtered according religious law (Muslim)

Gluten Free / Coeliac Disease – Wheat and Wheat products must be avoided

Lactose Free – Products made from Cow's milk must be avoided

Fairtrade – Farmers are given a fair deal on their produce

Task

Suggest some week day dinners suitable for the following family;

- 3 children (ages: 14, 10, 6)
- Both parents work low income jobs
- The 14 year old has recently decided to become vegetarian

Justify why you have provided these meals with reference to nutrition

Influences

Farming Methods