

YR8 Knowledge Organiser: Topic 2-Food choice

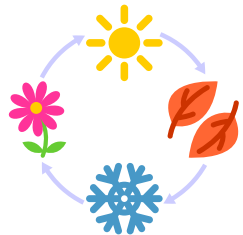
Factors That Influence Food Choice

Celebrations & Occasions: Birthday cakes, Christmas dinners, Diwali sweets, special events.



Medical Conditions e.g. Diabetics avoid sugary foods; coeliac sufferers need gluten-free products.

Cost of Food: Budget limits may mean buying supermarket brands or choosing cheaper ingredients.



Food Availability & Seasonality: Strawberries may be eaten in summer when in season; root vegetables in winter.

Media & Peer Pressure:

Advertisements or friends can influence people to try new foods or avoid others.



Healthy Eating & Physical Activity Level (PAL): Athletes may eat high-protein foods; those less active might eat smaller portions.

Lifestyle or Family: Busy families may choose convenience meals; cultural traditions influence regular meals e.g. Shabbat.



Fashion Trends: Veganism, high protein diets, or plant-based diets promoted on social media can affect food choices.

Religion & Culture:

Hindus avoid beef; Muslims eat halal meat; Rastafarians often follow an Ital (vegan) diet; Jewish people may eat kosher foods and do not mix dairy foods with meat.



Food Labelling

Food labels help consumers make informed choices about what they eat e.g. check for allergens, and compare nutritional content.

Mandatory information includes:

- Name of the food
- Ingredients list
- Allergy information
- Net quantity of the food
- use by or best before
- Special storage conditions
- Name and address of the manufacturer
- Country of origin
- Instructions for use (e.g., cooking guidelines)
- Nutrition declaration (energy, fat, sugars, protein, etc.)

ENERGY	FAT	SATURATES	SUGARS	SALT
924KJ 220kcal	13g MED	5.9g HIGH	0.8g LOW	0.7g MED
11%	19%	30%	<1%	12%

% of an adults reference intake.
Typical values per 100g: Energy 966kJ/ 230kcal

Religion and Food

Different religions have rules about what can and cannot be eaten:

- **Islam:** Halal meat only; no pork or alcohol.
- **Judaism:** Kosher food; no pork or shellfish; no mixing dairy with meat.
- **Hinduism:** Many avoid meat, especially beef.
- **Buddhism:** Often vegetarian or vegan.
- **Christianity:** Some fasting during Lent; fewer restrictions generally.
- **Sikhism:** Many are vegetarian; no alcohol.
- **Rastafarinism:** do not eat shellfish or pork. Mostly vegan and also avoid processed foods and additives.

Allergens and Intolerances

An **allergen** is a substance that causes an allergic reaction in some people (this can be life-threatening)

An **intolerance** is a difficulty in digesting certain foods, causing discomfort but it is not life-threatening..

Common Allergens: Milk, eggs, peanuts, tree nuts, soya, wheat (gluten), fish, shellfish, mustard, celery, sesame, lupin, sulphur dioxide.

Coeliac Disease: An autoimmune condition where gluten damages the small intestine; must follow a gluten-free diet.

Intolerances: Lactose intolerance (difficulty digesting milk sugar), gluten intolerance (not coeliac), sulphite sensitivity.

Alternatives for people with allergens and intolerances:.

Dairy-free: Soya milk, almond milk, oat milk.

Gluten-free: Rice flour, gluten-free pasta, oats.

Egg-free: Mashed banana, chia seeds.

Adapting Recipes:

- Use gluten-free flour for baking.
- Substitute cow's milk with almond milk in sauces.
- Replace eggs in cakes with mashed banana or flaxseed.

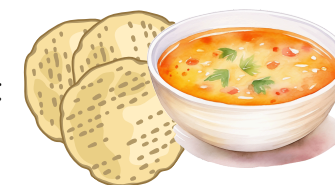
Respecting religious dietary needs shows cultural understanding and ensures people can eat safely and comfortably.

Religious Foods:

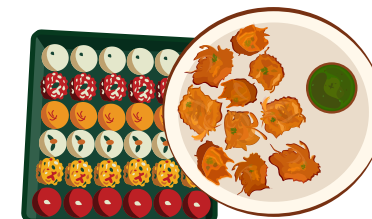
Eid: Sweets, samosas, biryani and lamb dishes.



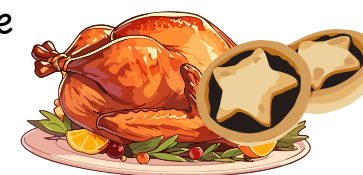
Passover: Unleavened bread, matzo soup, brisket and shakshuka.



Diwali: Sweets, chaat, samosas, pakora and a vegetarian feast.



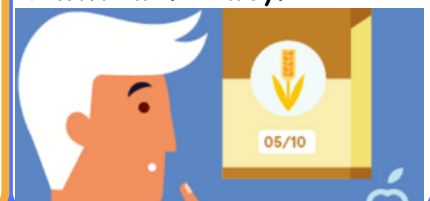
Christmas: Turkey, mince pies, Christmas pudding, Goose, pigs in blankets, cranberry sauce.



Use By Date: The last date the food is safe to eat (used for perishable items like meat, fish).



Best Before Date: Food is at its best quality before this date (used for non-perishables like dried pasta, biscuits or canned foods).



Cooks



Nut free pesto pasta: Food skills

- Sauce making.
- Weighing and measuring.
- Using the hob.



Jewish Chicken and Noodle Soup: Food skills

- Weighing and measuring.
- Using the hob.
- Knife skills



Dough balls: Food skills

- Making a dough.
- Kneading

Sausage Rolls: Food skills

- Needs adding
- needs adding



IMPORTANT!!- Always check the classroom for your set ingredients and what practical you have.

Revision Questions

- 1.Name three factors that influence food choice and explain how each one affects what people eat.
- 2.What is the difference between a 'use by' date and a 'best before' date?
- 3.What is coeliac disease and how must the diet be adapted for someone with this condition?
- 4.List three common allergens that must be highlighted on food labels.
- 5.Choose one religion and describe two key food rules or restrictions followed by its members.

Key words

Factor

Vegetarian

Vegan

Halal

Kosher

Mandatory

Use-by-date

Best before date

Allergen

Food intolerance