

Factors affecting food choice

Circle your answers below:

1. Which of the following factors could influence food choice?

- Cultural or religious practices
- Cost
- Food availability
- All of the above

2. True or false? Energy requirements differ between different age groups.

- True
- False

3. Which of the following best describes a vegan?

- Someone who doesn't eat meat
- Someone who eats meat but doesn't eat dairy
- Someone who loves vegetables
- Someone who doesn't eat meat or animal based products

4. Which of the following is an example of a seasonal food?

- Strawberries
- Chicken
- Spring onion
- All of the above

5. Which two of the following could be described as 'social concerns' affecting food choice?

- Fair trading
- Animal welfare
- Best tasting foods
- Foods in season

6. When talking about food what does the word 'organic' mean?

- Fruit and vegetables
- Foods grown without use of inorganic fertilisers/pesticides
- Foods grown in a greenhouse
- Genetically modified foods

7. What does the information standards logo tell you about information on food?

- That the information has come from the Government
- That all the information given is evidence based
- That the information is about healthy food
- That the information has come from supermarkets

8. True or false? Regardless of reasons for food choice, is it recommended everyone should follow the Eatwell Guide (see below).

- True
- False

