



# Activity Book

**Maria Randles and Maria Kennelly**

**The Educational Company of Ireland**

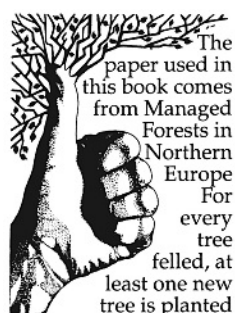
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# Strand 1



## Food, health and culinary skills





# Food choices

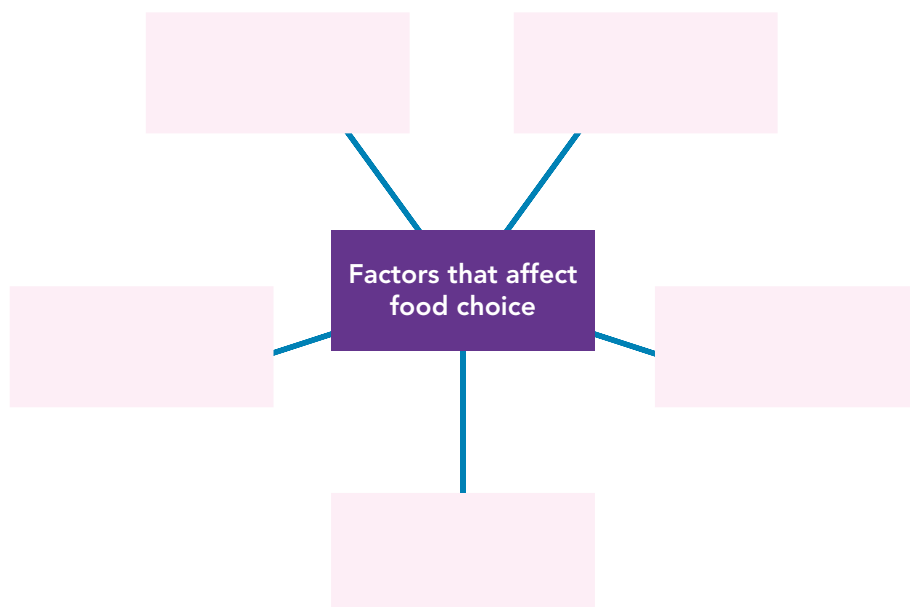
## How much do you know?

Before studying this chapter, tick whether you agree or disagree with each statement. When you have finished this chapter, read the statements again.

**Did your answers change?**

Statement		Before studying		After studying	
		Agree	Disagree	Agree	Disagree
1	Many people choose foods that are easily available.				
2	Seasonal foods are available all year long.				
3	We are likely to make choices on impulse when we have lots of time.				
4	Knowledge of nutrition does not influence food choice.				
5	Most countries have their own traditional foods.				
6	Food preparation skills don't influence food choice.				
7	Organic food damages the environment.				
8	Some people choose special diets for non-medical reasons.				
9	Famous people can influence your food choice.				
10	Culture influences food choice.				

1 Name five factors that influence food choice.





2 (a) What foods did you choose for breakfast?

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(b) Who or what encouraged you to choose these foods?

---

(c) Would you choose the same foods again tomorrow morning? Give a reason for your answer.

---

3 List three foods that are in season right now and name a dish that can be made using each food.

Today's date: \_\_\_\_\_

Food in season	Dish

4 Carry out a survey to find out the most important influence on students' food choice.

(a) Record your answers in the table below.

Student	Most important influence

(b) Rank the answers in part (a) in order of the most common influences on food choice, with 1 being the most common influence.

Influences on students' food choice
1
2
3

5 Describe three ways that lifestyle can influence food choice.

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_

6 Some people consider the environment when making food choices. Give two examples of this.

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_

7 List four sources of information that can help you to make informed food choices.

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_
- (iv) \_\_\_\_\_

8 Some factors that influence your choice of food are listed below. Explain each factor.

Factors that influence food choice	Explanation
Availability	
Lifestyle	
Travel	
Food preparation skills	
Media and advertising	



# Reflecting on my learning

In this chapter I worked really well at...

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One new thing I learned was...

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What helped me understand was...

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The most important thing  
I learned was...

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One thing I could do to  
improve my work is...

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One thing I didn't really  
understand was...

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