**Factors affecting food choice**

1) Explain the term ‘a balanced diet’.

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2) Complete the table below.

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| --- | --- |
| Factors influencing food choice | Description in relation to food choice |
| Individual energy and nutrient needs |  |
| Health concerns |  |
| Ethical and religious practices |  |
| Cost |  |

|  |  |
| --- | --- |
| Food availability |  |
| Food preference |  |
| Environmental considerations |  |
| Advertising |  |

3) List six sources of information to help people make healthier food choices.

i. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ii. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

iii. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ iv. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

v. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ vi. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4) Describe one way consumers can make informed food choices.

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