Your notes

GCSE Food Preparation and Nutrition: revision notes

Factors affecting food choice

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Personal and practical factors

- Enjoyment and preferences: taste, texture, smell and appearance.
- Cost and income: people on low incomes may choose cheaper, filling foods.
- Lifestyle and time: busy people may choose ready meals or quick recipes.
- Availability and seasonality: food in season is cheaper and fresher; some foods are hard to get in some places.
- Health: people may choose foods to manage weight or a condition, such as low-sugar foods for diabetes.
- Physical activity and celebrations also affect choice, such as birthday cakes or Christmas dinner.

Religion and culture

- Islam: **halal** meat only; no pork or alcohol; fasting during Ramadan.
- Judaism: **kosher** food; no pork or shellfish; meat and dairy aren't eaten together.
- Hinduism: many are vegetarian; beef isn't eaten.
- Sikhism: many are vegetarian; meat killed by ritual slaughter isn't eaten.
- Buddhism: many are vegetarian.
- Rastafarianism: many follow an Ital diet, avoiding processed food; many are vegetarian or vegan.

Ethical choices, allergies and intolerances

- Ethical choices: vegetarian, vegan, **organic**, **free range**, fair trade and local food.
- Allergies: the immune system reacts, sometimes severely (such as to nuts, shellfish or milk). UK law requires 14 major allergens to be highlighted on labels.
- Intolerances: the body can't digest a food properly, such as lactose intolerance. Coeliac disease is a reaction to gluten.

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Key terms

Halal	Food permitted under Islamic law.
Kosher	Food prepared according to Jewish law.
Seasonal food	Food at its best and most plentiful at a particular time of year.
Food allergy	A reaction of the immune system to a food.
Food intolerance	Difficulty digesting a food.
Free range	Animals allowed to roam outside.
Organic	Food produced without artificial pesticides and fertilisers.

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. Which religion's followers eat halal meat?
2. Which food is not eaten by most Hindus?
3. In Judaism, which foods aren't eaten together?
4. How many major allergens must be highlighted on food labels in the UK?
5. What is the difference between an allergy and an intolerance?
6. Why is seasonal food often cheaper?
7. What does organic mean?
8. Why might a busy person choose a ready meal?

Answers

1. Islam
2. Beef
3. Meat and dairy
4. 14
5. An allergy involves the immune system; an intolerance is difficulty digesting a food
6. It is plentiful at that time of year
7. Produced without artificial pesticides and fertilisers
8. It saves time

What to do next

Practise 10 questions on this topic

Try 4 exam questions, with mark schemes

Read the lesson, one step at a time

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