

Section 4—Food Choice learn sheet

Food Choices

Religious Diets

Some religions have their own dietary laws and rules

Religion	Dietary Requirements
Judaism (Kosher)	No shellfish, only kosher meat, no dairy foods are eaten
Hinduism	No beef or beef products, many Hindus are vegetarian
Islam (Halal)	No pork, only halal meat can be eaten.
Sikhism	No beef, many Sikhs are vegetarian or ovo-lacto vege-
Christianity	No particular dietary requirements
Buddhism	Vegetarian
Rastafarianism	Vegetarian or vegan. White fish sometimes eaten (but

Vegetarians

Vegetarians don't eat meat, poultry, fish or products such as gelatin that have been obtained by killing animals. Ovo-lacto vegetarians eat egg and dairy products (but only cheese made with vegetable rennet). **Lacto vegetarians** eat dairy products and honey but not eggs. Vegans do not eat any food with an animal origin. The reasons why people become vegetarian include: religious dietary laws; **ethical** reasons (wasting the Earth's resources); Moral reasons (animal cruelty); health reasons (allergies).

Allergies and Intolerances

Coeliac disease is a condition where people have an adverse reaction to gluten (a protein found in wheat, barley, rye, oats) Xanthan gum is added to gluten-free flour in order to make the product elastic/ stretchy which can be reduced by the absence of gluten. Coeliacs can not absorb nutrients if they eat gluten. This causes severe pain and can lead to anaemia and **malnutrition**.

Lactose intolerance is caused when the body is unable to digest lactose (a sugar found in milk and dairy products) **lactose intolerance** causes stomach upset.

An **allergy** to nuts can cause **anaphylaxis**, a reaction that can be fatal. People with severe allergies carry an epi-pen in case of an attack. Food products must be labelled if they contain nuts. People with a nut allergy have to check that food does not include nuts as an ingredient and that food has been produced in a nut-free environment.



Medical Conditions

Diabetes is a condition caused because the pancreas doesn't produce any, or enough, insulin to control the amount of sugar in the blood. Type 1 diabetes is often diagnosed in childhood and is not associated with excess body weight. (it is treated with insulin injections). Type 2 diabetes is usually diagnosed in over 40-year-olds and is often associated with excess body weight, high blood pressure and/or cholesterol levels at diagnosis. (it can be treated with tablets but mainly with a healthy diet and exercise).

British and International Cuisines

Traditional British Food

British food makes use of ingredients produced in the local area. British cheese originates from different parts of the country e.g. cheddar (Somerset), Wensleydale (Yorkshire). Each cheese has its own distinctive colour, flavour and texture and is made using ingredients from its region and origin. There are lots of regional dishes, including Cornish pasties, Lancashire hot pots, Melton Mowbray pies, Eccles cakes.



Other Cuisines

Spain: Tapas and Paella

Tapas consists of a wide variety of appetisers or snacks served on small plates and chosen from a menu list.

Tapas may be cold, e.g. mixed olives or tortilla (a potato omelette) or hot e.g. chupitos (battered/ fried baby squid) garlic prawns (gambas pil pil) and patatas bravas (cubes of potato in a spicy tomato sauce).

Paella is widely served in restaurants and is traditionally eaten by large groups of people in the street during fiesta times.

Paella is based on rice from Valencia and cooked in a wide flat pan with a mixture of locally source foods such as seafood, meat, vegetables and spices e.g. saffron.

Modern British Food

WE now live in a country that is **multicultural** and people travel to holiday destinations worldwide and are exposed to the **cuisines** many other countries. Cheaper air travel process mean that these countries are more easily accessible to a greater number of people than ever before. Supermarkets and specialist shops provide a vast range of ingredients, such as herbs, spices, fruit and vegetables from global cuisines. Because of influences from other countries, meals in the UK now contain a wide variety of foods and recipes have been adapted to meet our tastes.

Japan: Fish, Noodles and Rice

Fish is common in traditional Japanese cuisine as most of the population live near a coastline.

Other seafood's such as seaweed are also important in the Japanese diet as it is rich in protein and has a flavour that many people love.

As well as rice, udon noodles are an important ingredient.

A typical Japanese meal consists of a bowl of rice (ghan), a bowl of miso soup (miso shiru), pickled vegetables (tsukemono) and fish or meat.

Sashimi consists of thin slices of raw fish pH cooked or other seafood served with spicy Japanese horseradish (wasabi) and soy sauce (shoyu).



Key Words:
Regional
Multicultural
cuisine

Sensory Evaluation



Tasting food and drink

There are five **senses** that are used to **taste** food and drink. A combination of these senses helps you decide if you like a food. Taste: the tongue can detect five basic tastes (bitters, sweet, salt, umami, sour). Texture: what food feels like. Appearance: what something looks like. Aroma: the smell. Sound: hearing e.g. sizzling. The senses help to develop personal food preferences and evaluate foods, either through preference or discrimination tests. A range of accurate sensory words should be used when describing food.

Controlled Sensory Analysis

Stages of carrying out a controlled **Sensory analysis**

- Invite people to be your tester in the sensory analysis.
- Find a quiet area to work
- Give each tester a cup or water to cleanse their palate between each sample.
- Provide small samples of food with clean spoons or forks for each sample. Provide a record results for each tester.
- Foods should be identified using codes or symbols so that tasters are not influenced by brand names.
- Food products should be tested carefully and results recorded accurately.



Paired Preference Tests

Testers are asked to taste two similar products and asked which they prefer.

Triangle Testing

Three samples are tested but two are the same. The aim is to find out if the tester can pick out which sample is different e.g. a sauce made with 15% fat or 5% fat. This test helps to work out whether a 'healthier' product can be developed without losing taste.

Ranking Tests

People are asked to taste several products and award scores to decide on the order of preference (best to worst). All the samples should be coded.

Rating Tests

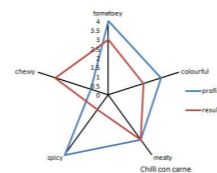
People are asked to say how much they like or dislike a **sensory characteristic** of a product. This is called a **rating**. They use a hedonic scale to award a number, or indicate which symbol they think is best.

Sensory Characteristic	Tasters			Total
	1	2	3	
Evenly spread toppings				
Golden brown cheese				
Cheese aroma				
Overall flavour				

Key
1= dislike a lot
2= dislike a little
3= neither like nor dislike
4= like a little
5= like a lot

Sensory Profiles

The results of sensory tests are often displayed visually using charts and sensory profiles, such as the star profile/ radar diagram



Key Words:
Senses
Taste
Aroma
Texture
Olfactory
Sensory analysis
Palate
Sensory characteristic
Rating

Food Labelling

Food labels

The information on a food label is controlled by EU regulations. Pre-packaged foods have information labels to inform consumers.

Recent changes (from December 2016) the rules for nutritional labelling in the EU and FSA in the UK must be followed on pre-packed foods. The nutritional declaration must include the energy value in both Kilojoules and kilocalories. Amounts in grams of fat, saturates, sugars, protein and salt. You must have nutrition labelling if: you make a nutrition or health claim, vitamins or minerals are added to the food.

Contains GM ingredients—allows consumers to make an ethical choice



Weight/ volume food—'e' indicates average/ approximate weight

The **Manufacturer's name/ address**—allows consumer to contact the manufacturer (complaints or compliments)

The **country or origin**—this identifies the where the food has come

The **name of the food**—this identifies the food. Processed foods must also be identified by the cooking method e.g. smoked

Ingredients—are listed in descending order. The largest amount to the smallest.



Allergens—e.g. may contain traces of nuts, this indicated if the food has been produced in a factory that also uses nuts.

The **Instructions for use/ cooking**—ensures the product is safe to eat by providing the consumer with guidelines for the correct time/ temperatures.

Storage instructions—can be shown in words, symbols or temperatures

Allergens: celery, cereals contain gluten, crustaceans, eggs, fish, lupin, cow's milk, molluscs, mustard, nuts, peanuts, sesame seeds, soybeans, sulphur dioxide

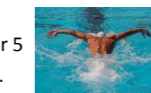
Nutrition Labelling Methods

Food labels can be found in several places on packaging. Front of the pack labelling is optional. Reference intakes (RIs) are based on the energy and nutrient values per 100g/ml or per portion, or product/ Traffic lighting (red = high/ amber = medium/ green= low). Back of pack is compulsory.

Factors Affecting Food Choice

Physical Activity Level (PAL)

There are UK Government guidelines for 5-18 year olds regarding physical activity. These guidelines promote the benefits of being active and suggest at least 60 minutes of physical activity each day. Physical activity improves **cardiovascular** and bone health, it also helps maintain a healthy weight.



Healthy Eating

The **Eatwell Guide** is a government guide that advises the public and how much to eat. It makes healthy eating easier to understand by showing a visual image of types and **proportions** of foods needed for a well-balanced diet.



Income and Cost of food

The income a household has influences good choices. Low-income households have to make difficult choices regarding healthy foods, cost and quality e.g. protein foods and fresh fruit and vegetables are generally more expensive than starchy foods. Where people shop and what they buy is affected by cost. Some food **retailers** market their foods based on high quality and others aim for low cost. Food banks are used by people on very low incomes.



Availability of Food

There is a vast array of foods to choose from including organic, multicultural and gluten-free. The best strategy for a healthy and varied diet is to plan a meal diary for the week, create a shopping list, then look for 'best buys'.

Seasonality

Seasonal foods are foods that are harvested and consumed in the season they are naturally harvested. In-season foods that are grown and sold locally should have more flavour and nutritional value than imported foods e.g. English strawberries.



Enjoyment of Food

Our enjoyment of food is affected by what the food looks, smells, tastes and feels like. We get maximum enjoyment from eating a variety of textures, flavours and colours.



Lifestyle

Factors affecting household eating patterns include: work, travelling time, pastimes (hobbies), who plans, prepares and cooks the meals. The amount of time available to prepare and cook food influences: whether to use a microwave oven, a slow-cooker or a conventional oven. The decision to use pre-prepared vegetables or from a greengrocer, the type of food cooked e.g. a casserole or a steak to fry.



Celebrations/ Occasions

Many religious festivals have strong eating traditions e.g. hot cross buns at Easter, unleavened bread at Jewish Passover. Birthday parties or weddings generally include a selection of more expensive and extravagant foods as they are a special time for families.



Key Words:
Cardiovascular
Eatwell Guide
Proportions
Retailers