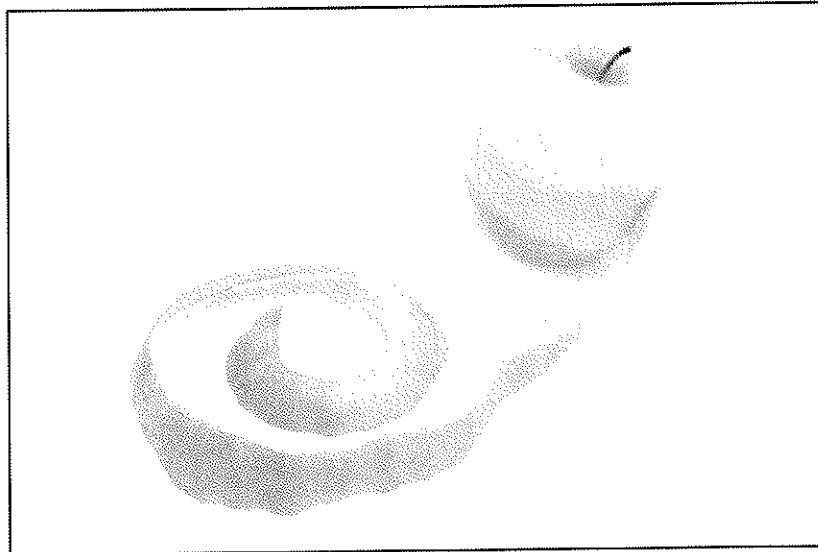


Year 9 Food Technology

Assessment Task One: 'Food Selection and Health'

Support Material



Factors that Influence Food Choices

Social Practices

The society in which we live in has a great impact on our eating habits.

Family

- When your family eats dinner, you often eat what they eat.

Friends

- If your friends choose to eat fast food, you may be influenced to do the same.

Religion

Religious ties can have a direct impact on the food habits of an individual. Religious taboos may dictate food habits.

- Jews do not consume meat and milk in the same meal.
- Jews and Muslims do not eat any pork products.
- Muslims fast for one month every year.
- Hindus do not eat beef.
- Christians do not eat meat on Good Friday.

Geographic Location

Where we live has a great impact on our food habits.

- Certain foods can not be grown in certain areas.
Example; wheat grows in hot, mostly dry conditions.
- Some isolated places do not get regular fresh food deliveries.
- Climate in certain areas restrict food availability.
Example; tropical fruits will be available in summer but not winter.

Economic Situation

The financial state of a country will determine the foods available to people.

- In some countries, some people can only afford to eat once a day. In Australia, however, we can generally afford to eat three good meals a day.

The type of job you have and the amount of money that you earn will affect what you tend to eat.

Technological Developments

The level of technology that is available has a great impact on our food habits.

- With the introduction of microwave ovens and microwaveable meals, foods can be just heated and eaten.
- Appliances such as bread makers, coffee machines, blenders and sandwich grills means that you are able to produce fresh, restaurant- quality meals in your own home.
- Internet shopping technology has meant that people don't have to leave home to purchase their foods.

Individual Preferences

Your individual preferences are shaped by many factors;

- Your Past Experiences
- Your Ideas and Beliefs
- Your Health
- Your Individual Needs

Mass Media

You can not avoid being exposed to persuasive marketing of food through television, magazines, newspapers, radio and the internet.

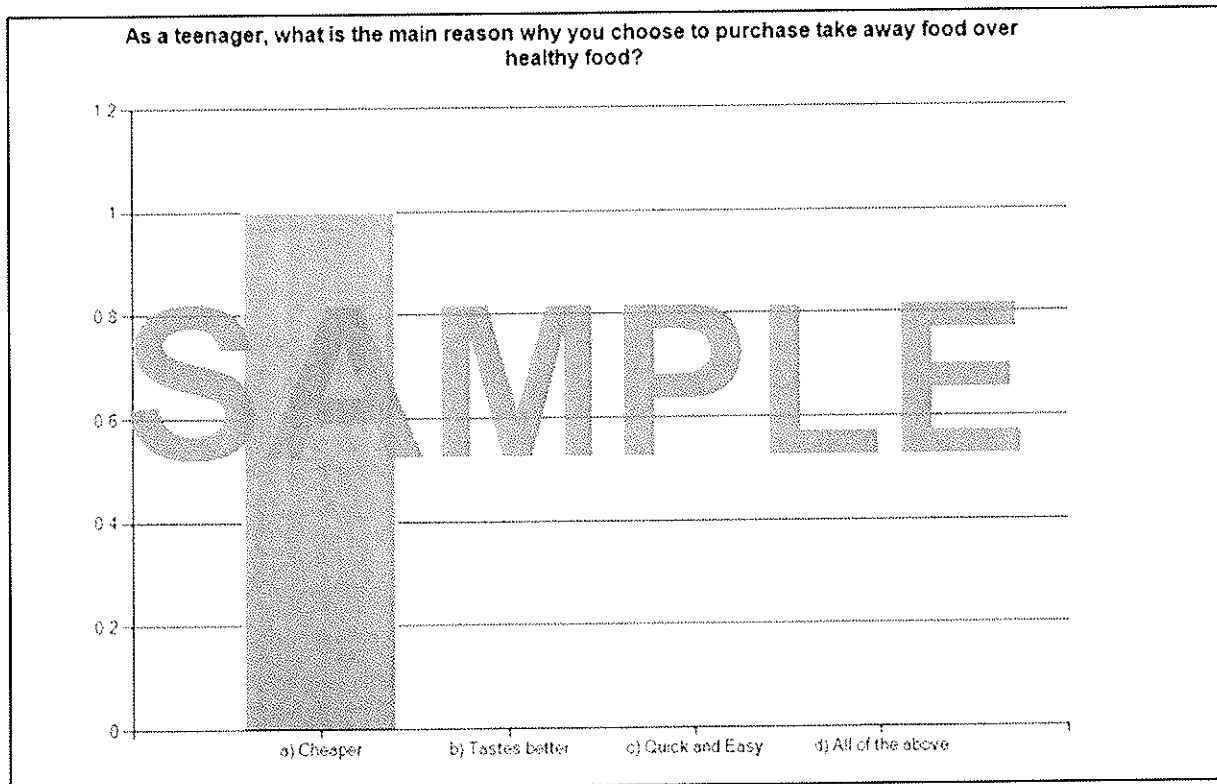
Advertising makes use of unrealistic and manipulated body images, targeted at teenagers. Example; a thin model is always shown to be eating food such as; Pizza or Fried Chicken. As a result, teenagers are likely to become unnecessarily concerned about their body image, cutting out the consumption of carbohydrates and other important nutrients.

How to Analyse a Graph

For each of the graphs produced from your survey, you will need to *analyse* what information it is providing you with.

Analyse? To examine in detail in order to discover meaning.

Use the example below to help you



Analysis of Graph

The question above was asked to determine the reasons why teenagers purchase fast foods over healthier foods. It is evident from the graph that 100% of teenagers choose to purchase fast food because it is a cheaper alternative. Healthy food items are normally more expensive and since teenagers are still at school, they do not earn enough income to purchase healthy food items on a regular basis. Because of this, teenagers are more likely to make poor food choices, which can lead to weight gain and other dietary conditions.

PEEL

This is a pretty simple exposition structure to use for most subjects. It is for the main body of the exposition, **not** the introductory or concluding paragraph.

Point

Explanation

Evidence

Link

Point

Usually the introductory/topic sentence of the paragraph explaining to the reader what the paragraph will discuss. Avoid making it too lengthy and detailed.

Explanation

Discuss your ideas/reasons/argument regarding the topic sentence (whatever you had mentioned in your 'title').

Evidence

Give support and proof for your ideas/reasons/argument. You can use quotes, statistics and other supporting evidence.

Link

A sentence or two, which refer back to your point.

EXAMPLE OF A PARAGRAPH WRITTEN USING PEEL

POINT: Healthy eating is very important for increasing life expectancy.

EXPLANATION: Life expectancy is the average number of years that a person is expected to live. By eating healthy food, a person can increase their life span. They can live longer than a person who eats junk food.

EXAMPLE: For example, eating five pieces of fruit and vegetables will greatly improve your vitamin and nutrient intake.

LINK: Therefore, eating healthily will clearly benefit your health and give you a better chance of living longer.



How to say it- PEEL

P	E	E	L
<p>One aspect The first convention A key factor One device The main theme The primary technique A secondary device Secondly Further to the first technique In conjunction with the first theme A subsequent technique</p>	<p>This is conveyed A depiction of this A representation of this This is exemplified Best captured by Displayed in the following Communicated by the composer An extract that shows this</p>	<p>Thus highlighting clearly complementing an obvious contradiction to complements consistent with enables the audience to see</p>	<p>Therefore As a result All in all In summary In other words</p>

Ways to link paragraphs:

The first or last sentence in the paragraph should contain the essential reason for the inclusion of that paragraph. This is called a topic sentence or orientation. The first and last sentence in a paragraph can serve as a link between paragraphs, using words like:

- above all
- only then
- following this
- afterwards
- consequently
- however
- meanwhile
- obviously*
- therefore
- it might be though
- provided
- earlier
- if this be granted
- many a case like this
- of course*
- though
- on the other hand
- besides
- even if
- then
- in fact
- not only... but also
- firstly, secondly
- accordingly
- otherwise
- as a result
- even though
- nevertheless
- in conclusion
- to sum up
- in summation
- at the same time
- finally
- indeed
- nonetheless
- similarly
- whether
- later
- curiously enough
- for instance
- since this is so
- hence
- in short
- not until then
- instead
- likewise
- certainly*
- for this reason
- in particular
- more specifically
- still
- on the contrary
- clearly*
- further(more)
- in order that
- not surprisingly
- surprisingly
- admittedly
- although
- while this is so
- although
- even if
- in addition
- moreover

* Beware of the absolute nature of these words. There are not many definite ideas in the world! Words like these are dangerous to the validity (correctness) of your argument because one exception in the entire universe renders your argument incorrect.