

Factors affecting food choice

Below are two practice questions; the first question shows students responses and examiner feedback; the second question is for you to try yourself.

Chapter 7: Practice question 1 (with student responses and examiner feedback)



Give detailed reasons explaining what families need to consider when meal planning.
(10 marks)

Responses

The following responses were provided by students. The level and detail within the responses increases. More examples, with reasons, have been provided that allow students to achieve higher marks. The use of subject-specific language shows more informed understanding of the subject content.

Basic level response

When planning meals, families need think about how much money they have to spend on food. They need to have enough money to pay for the food. I think they will need to consider the likes and dislikes of everyone in the family. You will also need to think about if anyone in the family has a special dietary need or if they are vegetarian. (3 marks)

Examiner feedback (3 marks)

The student has understood the question relates to meal planning and has made an attempt to give some reasons. Three reasons have been given. The student has understood the term dietary need and given an example, e.g. vegetarian. Further considerations are required for additional marks with reasoning.

Medium level response

When planning meals families need to think about how much income they have to spend on food. They will have a budget for food and will buy food according to this. I think they will need to consider the preferences of different life stages. They will need to consider the likes and dislikes of everyone in the family; this will avoid food waste. Dietary needs and religious or cultural needs will need to be considered, for example, some religions have strict rules about food choice. An example would be that the Jewish religion needs kosher food and the Islam religion needs to purchase halal meat. Muslims also do not eat pork. (6 marks)

Examiner feedback (6 marks)

The student has thoroughly understood the subject of meal planning. Each point has been explained which shows very good understanding. Three meal planning points have been considered. Each point has been explained allowing further marks to be achieved. To reach the next level more than three issues should be discussed.

High level response

When planning meals families need to think about how much income they have to spend on food for the size of their family. They will have a budget for food and will buy food according to this. Families have different incomes and this will influence how much can be spent on food. Some families may eat out sometimes and this will need to be taken account of within the food budget. Dietary needs and healthy eating will be a major consideration for many families. Food will need to be purchased which is balanced and meet the needs of the eatwell guide. Everyone in the family should be eating five portions of fruit and vegetables. How active some of the family members are will need to be considered. If someone in the family has a high PAL (physical activity level) they will need more energy and this influences food choice. I think they will need to consider the likes and dislikes of everyone in the family; this will avoid food waste and will ensure all the family can eat together. Dietary needs and religious or cultural needs will need to be considered, for example, some religions have strict rules about food choice. An example would be that the Jewish religion needs Kosher food and Islam needs to purchase halal meat. Muslims also do not eat pork. You will also need to consider if anyone in the family has any special dietary needs or if they are vegetarian or suffering from coeliac disease. Vegetarians do not eat meat and coeliacs cannot eat food that contains gluten. When planning family meals you will need to consider seasonality. Many families prefer to buy food in season as this improves sensory characteristics and reduction in food miles. You will also need to consider who is preparing the food. Do they have the skills to make the food? (10 marks)

Examiner feedback (10 marks)

The student has thoroughly understood the subject of meal planning and provided detailed reasoning. This is an excellent answer. Each point has been thoroughly explained with good examples. At least five meal planning points have been considered. Excellent use of subject-specific terminology.

Factors affecting food choice

Mark scheme

For 8–10 marks: The response shows **thorough** knowledge and understanding of meal planning. The answer gives several detailed reasons that relate to **at least five** of the points below. Clear examples have been given.

For 5–7 marks: The response shows **good** knowledge and understanding of food choice. The answer gives several reasons that relate to **3–4** examples of the points below. Examples have been stated.

For 0–4 marks: The response shows **some** knowledge and understanding of food choice. The answer gives some reasons that relate to **2–3** examples of the points below.

Points to include in the answer

- **Healthy eating:** Understanding of nutrition and healthy eating such as how to produce balanced meals which meet the dietary guidelines, for example, DRV or the Eatwell Guide. Mention of nutritional needs for different life stages will also achieve marks.
- **Physical activity level (PAL):** Whether physically active or mostly sedentary (inactive), which will affect how much energy different people need from food every day.
- **Income/cost of food:** How much families have to spend on food. Having a food budget will help families to plan meals.
- **Eating habits:** Meal times, eating with others or eating alone, snacking or grazing. Each family member's likes and dislikes for different foods.
- **Celebration/occasion/religion:** Different religious and cultural factors may affect what food is purchased, for example, Muslims buy halal meat.
- **Preferences/enjoyment:** The family's likes and dislikes will be important in what food should be purchased.
- **Food availability/seasonality:** Many families prefer to buy food in season – this can improve sensory characteristics and reduction in food miles.
- **Time of day/time available to prepare/cook:** The times people are at home to have a meal may mean that members of a family have to eat at different times. How often they go out of the home for social and recreational activities may mean they need a snack or to take a packed meal. What skills they have to prepare and cook the food are also relevant.

Factors affecting food choice**Chapter 7: Practice question 2**

In many religions and cultures there are rules and advice about which foods should and should not be eaten. Discuss a range of religious and cultural needs that influence food choice. (10 marks)

Factors affecting food choice

Chapter 7: Mark scheme for practice question 2



In many religions and cultures there are rules and advice about which foods should and should not be eaten. Discuss a range of religious and cultural needs that influence food choice. (10 marks)

Mark scheme

The religions below are stated in the AQA specification; other religions mentioned would also receive credit.

For 8–10 marks: The student has a **thorough** understanding of religious and cultural issues and has provided relevant and **detailed** explanations to support their knowledge. **Clear** examples have been stated at least three religions will be mentioned.

For 5–7 marks: The student has **some** knowledge of religious and cultural issues. **Some** examples have been stated.

For 0–4 marks: The student has a **basic** but confused grasp of religious and cultural issues.

Points to include in the answer

- **Buddhism:** There are no set food restrictions in Buddhism. Under the concept of doing no harm, a lacto-vegetarian diet is followed by many Buddhists. Buddhist monks have additional restrictions, such as fasting and not eating solid foods after noon.
- **Christianity:** There are no strict rules about food and drink that modern Christians are expected to obey. Students may mention celebrations such as Shrove Tuesday, Christmas, Lent and Easter.
- **Hinduism:** A lacto-vegetarian diet is followed by many Hindus – no meat, poultry or fish, no eggs, but milk products are allowed. Beef is prohibited, as the cow is considered sacred. There are many fasting days and periods in the calendar, with restrictions such as eating only plant foods.
- **Islam/halal:** Meats should be slaughtered under halal guidance; pork is not allowed. There are guidelines for fasting, particularly during Ramadan.

Factors affecting food choice

- **Judaism/Kosher:** Complex set of guidelines includes restrictions on how meat is slaughtered, which animals/birds/seafood may be eaten – pork and shellfish are not allowed. Food that is allowed to be eaten is called 'Kosher' and includes fish that have scales and fins, animals that chew the cud (eat grass) and have cloven (split) hooves such as sheep and cows. There are complex rules about which foods can be eaten together.
- **Rastafarianism:** Rastafarians are permitted to eat foods that are cooked lightly. Meats are not eaten, canned goods are avoided, and there are some restrictions on seafood.
- **Sikhs:** They are mainly vegetarian, rarely drink tea, coffee or alcohol.