

Knowing more about your food

Are you fully informed about the food you eat? Collect four food labels to investigate! Consider food origin, how it is produced, the environment, health, and sustainability.

This label tells me about.....

This label tells me about.....

Paste food label here

Paste food label here

This label tells me about.....

This label tells me about.....

Paste food label here

Paste food label here

CHECK!

- ☐ I am aware of the range of factors when I choose food, e.g. seasonality, locality and sustainability.
- ☐ I take into account the cost of food when I cook at home or eat out.
- ☐ I make an informed choice about the food I eat and have a healthy, varied and balanced diet.

foodroute
a journey through food

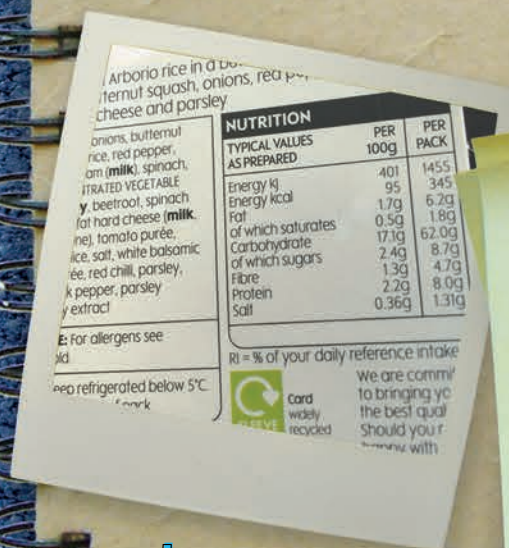
Name:

Consumer awareness

Shop smart!

You may be concerned about where your food comes from and whether or not it is sustainable. You need to be in the know and be able to make informed choices based on the information available.

When choosing whether to cook a meal from scratch, reheat a frozen ready meal or eat out, what affects the choice you make? Is it cost, health, wanting to eat seasonal, local food, or something different?



Think about ...

- * Knowing more about what you eat and why
- * how much you pay for food each time you cook compared with eating out
- * making an informed choice about the food you eat
- * factors that affect your food choice
- * using food labels to make informed choices

change 4 life
Eat well Move more Live longer

Factors affecting my food choices

For a day, list the different factors (reasons) why you choose different food and drink. Think about what influences you. Explain each factor.

Picture of you

Ideas: Advertising, seasonality, special offers, friends, school or home.

Cook in, eat out

Compare a dish that you cook with something similar you have tried when eating out. What are the differences?

Name of dish:

	Cook in	Eat out
Description or photo		
Cost	Ingredients I used -- £ -- £ -- £ -- £ Total cost -- £	Total cost -- £
Number of portions		
Time to prepare		
Time to cook		
Flavour		
Texture		
Colour		
Appearance when cooked		
Any problems?		