**YEAR 12 HOME ECONOMICS**

**STRAND: HEC 12.1 SUBSTRAND: HEC 12.2.2**

**CLO: HEC 12.2.2.1 Outline and explain the factors that influence food choices of a family.**

**LESSON: 71**

**WHAT IS FOOD**

What is Food Choice?

Food choice is defined as the selection of foods for consumption resulting from the competing, reinforcing and interacting influences of a variety of factors.

Factors that influence the Choice of Food in Families Food

**Family**

* The family is widely recognized as being significant in food decisions.
* Because family and friends can be a source of encouragement in making and sustaining dietary change, adopting dietary strategies which are acceptable to them may benefit the individual whilst also having an effect on the eating habits of others.

**Individual energy and nutrient needs**

* The amount of energy, carbohydrate, fat, protein, vitamins and minerals needed differs between different age groups and between males and females.
* For example, athletes will have much higher energy requirements due to their high level of physical activity.

**Health concerns**

* Diets which exclude many foods due to a person’s health concerns or for medical reasons need to be planned carefully.
* For example, people who are lactose intolerant cannot eat some dairy products and so must make sure that they eat other foods which are good sources of calcium.

**Religious practices**

* Ethical and religious practices, such as avoiding meat, may limit the range of foods people eat. For example, a strict Vegan will not consume any meat products.
* They should choose non-meat food sources which are high in protein, iron and vitamin B12.

**Cost**

* Food prepared food at home is often cheaper than eating out or buying take-always.

**LESSON 72**

**Food availability**

* Buying foods when they are in season will often ensure the food price is lower.
* Technology and the importation of food, however, have allowed food to be available all year round.

**Technology and Advertisements**

* Point of purchase information and product placement are strategies often used to provide information to consumers. This can assist people in making healthier choices.

**Personal Likes and dislikes**

* Food preferences” taste, smell, appearance and texture of food. Taste is consistently reported as a major influence on food behavior.
* Palatability is proportional to the pleasure someone experiences when eating a particular food. It is dependent on the sensory properties of the food such as taste, smell, texture and appearance.

**Convenience**

* Accessibility to shops is another important physical factor influencing food choice, which is dependent on resources such as transport and geographical location.

**Education and Knowledge**

* The level of education can influence dietary behavior during adulthood.
* Thus, it is important to convey accurate and consistent messages through various media, on food packages and of course via health professionals.

**Cultural influences**

* Cultural influences lead to the difference in the habitual consumption of certain foods and in traditions of preparation, and in certain cases can lead to restrictions such as exclusion of meat and milk from the diet.
* Cultural influences are however amenable to change: when moving to a new country individuals often adopt particular food habits of the local culture

**Peer Influence**:

* Peer pressure can have a significant impact on the food choices people make when eating in a restaurant as part of a group.
* It was demonstrated that people often select items from the same menu categories when they eat in groups and are required to state their food choice out aloud.

**LESSON 73**

**Occupation**:

* The type of job a person does influence their food selection.
* The income received from employment also determines the quality and quantity of food chosen.

**Geographical location**:

* Our ancestors cultivated their crops according to local, natural resources, which greatly affected their eating habits.
* We tend to carry on the traditions that were passed down through generations, and that tradition, along with growing awareness of the fragility and importance of our natural environment continues to influence food habits around the world.

**REVISION QUESTIONS**

1. 1. There are many factors that contribute to family’s choice for food.

Explain **how nutrient needs** of individual determines a family’s diet.

(b) Explain how cultural influence the choice of food in families.

(c) Explain how religion affects our food choice.

(d) Explain how education influences the choice of food in families.

(e) Define the term **food choice**.

(f) Describe how the following factors affect food choices.

i. Health Concerns ii. Cost

ESSAY WRITING

*Food choice is defined as the selection of food for consumption.* Briefly discuss how the following factors affect the choice of food in families:

* Cultural practices
* Health concern
* Personal likes and dislikes
* Food availability

**STRAND: HEC 12.1**

**SUBSTRAND: HEC 12.2.3**

**CLO: HEC 12.2.3.1 Explore the utilization of micronutrients and the effects of malconsumption by individuals.**

**LESSON 74**

MICRONUTRIENTS

Vitamins

* Vitamins are complex chemical substances required by the body in very small amounts. They are usually made up of the chemicals carbon, oxygen, hydrogen and nitrogen and are not always obtained from food.
* If they are not included in the diet, deficiency diseases such as scurvy and rickets may occur.
* Symptoms of these deficiency diseases often include tiredness, mouth ulcers and poor condition of skin, hair, teeth and nails.

Classification of Vitamins

* Vitamins are grouped according to their solubility.

The two classes of Vitamins are:

Fat – soluble vitamins: A, D, E and K

* The fat soluble vitamins are soluble in lipids.
* These vitamins are usually absorbed in fat globules that travel through the lymphatic system of the small intestine and into the general blood circulation within the body.
* Those not required are stored by the liver and in the body tissues.
* Once it is stored it tends to remain there and if a person has too much of these vitamins present in their body, a dangerous condition called hypervitaminosis can occur.

Water soluble vitamins: B group and C

* The water – soluble vitamins are absorbed through the walls of the stomach and intestines.
* Excess is eliminated through the kidneys.
* As water – soluble vitamins are not stored care should be taken to obtain a regular supply.

**LESSON 75**

FAT SOLUBLE VITAMINS

|  |  |  |  |
| --- | --- | --- | --- |
| Vitamin | Function | Dietary sources | Characteristics |
| **Vitamin A Retinol** – Pure vitamin A Carotene – Provitamin A | * It regulates growth. * It promotes healthy skins. * Maintenance of epithelial (lining) membranes such as the cornea and bronchial tubes. * Necessary for healthy eyes to manufacture rhodopsin, the pigment in the retina which helps the eye to adopt to dim light | Retinol carotene  Cod liver oil Carrots liver spinach butter watercress margarine Dried apricots, prunes cheese tomatoes Egg yolk cabbage herrings peas Milk and crea | * A yellow fat soluble alcohol * Insoluble in water. * Can be destroyed by oxygen, as when exposed to air and light. * Heat stable, therefore affected by cooking or heat preserving. * Prolonged high temperatures destroy it. * Some loss when food is dried, as when raisins are dried in the sun |
| **Vitamin D (Calciferous** | * Necessary for the absorption and lying down of calcium and phosphorus in bones and teeth. * Regulates calcium balance between skeleton and blood. * Prevents rickets. | Sunlight is a major source.  Cod liver oil. Oily fish (herrings) Margarine Eggs Dairy produce in summe | * heat stable unaffected by cooking or preserving. Unaffected by oxidation, acids or alkalis. * Insoluble in water; unaffected by steeping or moist cooking methods. * Fat – soluble. |
| **Vitamin E (Tocoperols)** | * Thought to be necessary for metabolism. * Acts as an antioxidant, both in cell membrane and commercially. It is possible that its antioxidant properties prevent oxidation of polyunsaturated fatty acids within the body, thus enabling them to reduce susceptibility to coronary heart disease | Most foods contain a little vitamin E. the best sources are: Eggs Cereals Wheat – germ Vegetable and cereal oils such as corn oil Animal fats Pulse vegetables especially soya bean | * A yellow, fat – soluble alcohol. * Insoluble in water. * Stable to heat and acids. * Unstable to alkalis and ultra – violet light. * A powerful antioxidant – delays rancidity. |
| **Vitamin K (Quinone’s)** | * Necessary for blood clot. * Vitamin K is a component of prothrombin (a protein in the blood) | Liver Green vegetables Fish  Fish liver oil Manufactured by bacteria in the intestine. | * Fat soluble * Insoluble in water * Affected by irradiation |

REVIEW QUESTIONS

1. Why are vitamins needed by the body?

2. Vitamins are divided into two groups. Explain the basis of this grouping.

3. Explain how vitamin A helps prevent infection.

4. Identify the two forms of vitamin A and their major food sources.

5. Why is vitamin D needed in the body?

6. Identify a problem that may occur when there is not enough vitamin D in the body.

7. Name the three known functions of vitamin E.

8. Name the health problem that results from a deficiency of vitamin K.

9. List the names of the vitamins that belong to the B complex.

10. Explain the three major functions of the vitamin B complex in the body.

11. Name four food commodities that contain most of the vitamin B complex vitamins.