



Ark Globe  
Academy

**Year 10 Food and Nutrition  
Ark Globe Academy  
Remote Learning Pack  
Phase III**

Monday 11 May- Friday 22 May

## **Year 10 Food and Nutrition**

<b>Session</b>	<b>Title</b>	<b>Work to be completed</b>	<b>Resource provided</b>	<b>Outcome</b>	<b>On-Line Support</b>
<b>1</b>	<b>Factors that influence Food Choice: Availability, cost and spending</b>	Read the information on page 3 and answer the 4 questions.	Information sheet	½ a page of notes	Email Ms Sookun for any support: u.sookun@arkglobe.org
<b>2</b>	<b>Coronavirus and Food Supply</b>	Read through the newspaper article on coronavirus and answer the 5 questions that follow.	Information sheet.	½ a page of notes	Email Ms Sookun for any support: u.sookun@arkglobe.org
<b>3</b>	<b>Coronavirus and Food Choices</b>	Read the three articles on coronavirus. Use these to create a MindMap on the impact of coronavirus on food choices. You should include: <ol style="list-style-type: none"> <li>1. Shortages</li> <li>2. Increase in home-cooking</li> <li>3. Closure of restaurants and cafes</li> <li>4. Food Poverty</li> </ol>	Information sheet.	A MindMap on Coronavirus and Food Choices.	Email Ms Sookun for any support: u.sookun@arkglobe.org
<b>4</b>	<b>Food Poverty</b>	Read the information on page 9 and answer the 4 questions.	Information sheet	½ a page of notes	Email Ms Sookun for any support: u.sookun@arkglobe.org
<b>5</b>	<b>Saving Money on Food</b>	Read through the information on page 10 and create an information leaflet for families telling them how to save money on food.	Information sheet	Leaflet	Email Ms Sookun for any support: u.sookun@arkglobe.org
<b>6</b>	<b>Food Choices: Religion and Culture</b>	Read through the information on page 11 and answer the questions.	Information sheet	1 pages of notes	Email Ms Sookun for any support: u.sookun@arkglobe.org

# Session 1: What makes us choose the foods we do?

In the UK we are fortunate to have a wide variety of foods available to us: we do not all choose to eat the same food and the reasons for this are varied. The main factors that affect food choice are:

- Availability
- Cost
- Culture
- Religious beliefs
- Ethical food choices
- Seasonal food
- Medical conditions
- Marketing and advertising
- Labelling

Food choice is influenced by a range of factors including time of day, enjoyment of particular foods or the occasion being celebrated. Individual dietary needs will also be significant as people's food choice will depend on gender, age group and activity level.

Not everyone enjoys the same food and one of the most important factors for food choice is personal preference. Some of the main ways in which this can be influenced are through opportunities to try foods from a young age, the family culture you grow up in, where you live and your (or your family's) religious beliefs.

## Availability

Not everyone has the same access to food. It can depend on a number of factors such as:

- whether the food is grown locally or whether it needs to be imported.
- the climate and terrain available for food to be grown.
- the types of shops that are available.

Towns and cities will have a wide variety of large supermarkets offering a range of products, often at competitive prices. By comparison, people living in more rural areas may have to drive long distances to access these facilities or instead, must rely on smaller shops where stock is limited and often sold at a premium price.

## Cost

Food prices in the UK are linked to global prices and the following factors can cause food prices to rise:

- Increase in global population
- Increase in agricultural costs
- Increase in fuel costs, affecting production and transport
- Political unrest, e.g. wars
- Change in the weather and climate
- Change in buying habits

There is often speculation about rising food costs, and there are many reasons for changing food prices such as those listed above. Even though media concern has highlighted rising food costs, families in the UK actually spend approximately 15% of their income on food compared to about 33% in 1957. According to the Office of National Statistics Family Food Survey 2014, the average spend per person per week is £9.14 on eating out and getting takeaways. That's on top of the £26.27 spent on weekly groceries, including drinks.

Despite worries about a rise in the cost of living and food costs in particular, modern Britain has a firm culture of choosing to eat outside of the home, a cost that wasn't even measured in the 1957 Food Survey, due to eating out being considered a luxury at that time.



▲ Small scale food production cannot cope with global pressures on food

### Questions:

1. What are the 9 main factors that affect food choices?
2. What is the difference between availability of food in cities compared to the countryside? (List two difference and think about where food is bought and what might be on offer).
3. What affects the cost of food?
4. How does spending on food today compare to spending on food in the 1950s?

## Session 2: How has coronavirus affected the UK's food supply?

# Coronavirus UK: Fears over food shortages rise as pandemic disrupts imported goods

FEARS of food shortages in the UK have reignited as the pandemic disrupts the flow of imported goods into the country.

The UK faces food shortages unless 70,000 Britons harvest the country's fruit and vegetables. Those who "do their duty" will receive £15-an-hour, and will help counter the disrupted flow of foods being imported into Britain as a result of the pandemic.

So far more than 30,000 people have asked to join a new "Land Army" to "pick for Britain" and "feed the nation".

The group is, however, 40,000 heads short of what is needed by early May.

Moreover, only a third of those signed up have ever worked on a farm, furthering worries over logistics and efficiency in collecting enough produce.

There is also growing confusion over how these workers will travel to the farms, share accommodation, and work safely while maintaining social distancing.

On Wednesday the National Farmers Union's vice chairman Tom Bradshaw called on Britons to "set up and do their bit".

He warned them there could be food shortages if not enough people came forward.

He told MailOnline: “Allowing furloughed workers to take second jobs opens up a large pool of British people who have the opportunity to get into the fields from early May.

“It gives us a chance to get to that 70,000 - but of course we are all nervous that we won't get there.

“This is a call to arms for to do their bit for their country - we need people to help society by picking the fruit and vegetables crucial to our diet.”

He said: “International supply chains are becoming more unstable - but we have the fruit and vegetables we need here.

“But unless we get our British crop picked we may have some shortages of food.”

Experts have admitted they are “nervous” about whether it is possible to find enough workers at such short notice.

If unsuccessful, tonnes of food will be left to rot in fields across Britain.

Jack Ward, chief executive of the British Growers Association, said 40,000 people are needed by the end of the month, but warned that many will not be retained due to the tough nature of the work.

The work is usually carried out by migrant workers from eastern Europe, but travel bans and restrictions have cut the usual amount of those workers by 90 percent.

### Questions:

1. What have farmers asked British people to come and do?
2. What will happen to crops if farms do not have enough workers on their farms?
3. Where do farms normally get their workers from?
4. Why have these workers not come this year?
5. Would you go and join the ‘Pick for Britain’ campaign?

## Session 3: Coronavirus and Food Choices

### 1. Coronavirus: Why is there a flour shortage in the UK?



**Have you been cooking up a storm in the kitchen while in lockdown? Perhaps you've baked some delicious bread, cakes or biscuits?**

Well, you're not the only one. Flour - a key baking ingredient - has been flying off the shelves as more and more of us are getting into the home-baking trend.

This has led to shortages of flour on supermarket shelves and some people are now sourcing flour from local bakeries instead.

The National Association of British and Irish Millers (Nabim) says the industry is "working round the clock", milling flour 24 hours a day, seven days a week to double their flour production - but is still struggling to meet demand.

Alex Waugh, director general of Nabim, says the issue isn't being able to make enough flour - but the lack of capacity to pack it into small bags for supermarkets.

Only around 4% of UK flour is sold through shops and supermarkets. The rest is produced in bulk and delivered to bakeries or other food manufacturers.

The flour industry is considering the possibility of shops selling larger bags - as it is better equipped to produce in bulk.

However, Mr Waugh says that could be some way off and for now it's just a question of waiting for demand to reduce enough for stock levels to be rebuilt.

Have you been baking at home? If so, please send in a picture of your creations to Ms Sandford. Whether it's a stunning showstopper or even a scone with a soggy-bottom, we want to know about it!

## **2. Coronavirus: McDonald's, Nando's and other big companies temporarily close**



**Huge food companies like Nando's and McDonald's are temporarily closing because of the coronavirus outbreak.**

People won't be able to eat in or take food away from either restaurant, from today. McDonald's said: "This is not a decision we are taking lightly, but one made with the well-being and safety of our employees in mind as well as in the best interests of our customers."

Nando's said that any remaining food will be given away to "those who need it most across the community".

They're not the only companies to announce temporary closures.

Other food and drinks outlets like Costa Coffee, Starbucks and Patisserie Valerie are closing their shops.

And big shops like IKEA, John Lewis, Topshop and Oxfam have also said they'll be shutting down for a while.

The closures follow government advice that people should be using social distancing to help stop the spread of coronavirus - that means keeping away from other people and public spaces.

### **3. Coronavirus: Food vouchers to help kids on free school meals**

**Coronavirus has stopped some people from being able to work which means there is less money for many households across the country.**

This has a big impact on lots of people, including children.

Today, the government announced some extra help to make sure children are getting healthy food to eat.

Families in England with children who get free meals at school will now be given vouchers to use in supermarkets worth £15 a week per child.

#### **What are free school meals?**

Around 1.3 million in children in England have free school meals, which means they don't have to pay for their food at lunch time.

It is available to families living in poverty and provides support to children from low-income families.

Earlier this month schools in the UK were forced to close which has led people to worry about whether these children will have enough food.

Until today's announcement, schools have been making their own arrangements to provide food to children on free school meals.

#### **How will the vouchers help?**

Schools will be able to continue to provide meals for collection or delivery themselves, but where this is not possible the voucher system will ensure that children do not lose out.

The scheme will allow schools to issue vouchers worth £15 a week per child.

However, some head teachers have warned that even with the vouchers, some parents will struggle to feed their children.

But the Department for Education says the amount they are giving is more than what is normally paid to schools for free school meals.

Newsround spoke to Vicky Ford, the Minister for Children and Families, about the scheme.



"In the supermarkets you can buy a considerable amount of food if you shop creatively and we are also looking at lots of ways to provide advice about healthy meals and easy ways to cook for that money," she said.

Speaking about how long the voucher scheme will last she said it "is designed to last for as long as the schools are closed".

When asked about how the government is reassuring children who are worried about going hungry, she added: "If you are concerned, please do get in touch with the school and make sure this system is working.

**Create a detailed MindMap on the impact of coronavirus on food choices. You should include:**

- 1. Shortages**
- 2. Increase in home-cooking**
- 3. Closure of restaurants and cafes**
- 4. Food Poverty**





# Session 4: What is 'Food Poverty' and what are its effects?

## What affects food costs?

Consumers have a budget for how much they can spend on the products and services they need to buy. Therefore, cost of food is an important consideration for many people. There are many factors that affect whether the cost of food rises or falls; these include:

- the amount of people in the world to feed
- the cost of producing the food
- the cost of fuel to produce and/or transport the food
- climate change
- people wanting to buy or not wanting to buy a certain product.

## Food poverty


For some, rising food costs are more than a passing concern: 4 million people in the UK are affected by food poverty. **Food poverty** means that an individual or household isn't able to obtain healthy, nutritious food, or can't access the food they would like to eat. Despite the increasing choice and affordability of food in the UK, many people eat what they can afford, not what they want.

## What are the effects of food poverty?

- Restricted food choice resulting in poor diet.
- Diet related diseases such as heart disease, obesity, diabetes and cancer.
- Inadequate levels of many vitamins and minerals.
- Rise in malnutrition.
- Children from poorer families experiencing hunger and problems accessing food during school holidays.

## The role of food banks

Food banks are meeting a very real need in the UK. A 2014 report by Oxfam UK, the Trussell Trust and Church Action on Poverty revealed that 350,000 food parcels were provided to people in the UK who could not afford to feed themselves – more than double the number from the previous year. However, food banks are only a short term solution, providing food to families in times of need. They provide a minimum of 3 days nutritionally balanced, non-perishable food in exchange for food vouchers.



- Milk (UHT or powdered)
- Sugar (500g)
- Fruit juice (carton)
- Soup
- Pasta sauces
- Sponge pudding (tinned)
- Tomatoes (tinned)
- Cereals
- Rice pudding (tinned)
- Tea bags/instant coffee
- Instant mashed potato
- Rice/pasta
- Tinned meat/fish
- Tinned vegetables
- Tinned fruit
- Jam
- Biscuits or snack bar

▲ Foods provided to  
Trussell Trust food bank users

## Questions:

1. What does 'Food Poverty' mean?
2. What are the consequences of food poverty?
3. What do food banks do?
4. How would you solve food poverty? (Write one paragraph)

## Session 5: How can you save money on food?

Many people on a limited budget have to plan the amount of money they are going to spend on food carefully. Often this leads them to buy cheaper products which are highly processed and contain higher quantities of fat and sugar. There is a common misconception that healthy foods are more expensive, but good planning and food knowledge can ensure that even those shopping on a limited budget can still eat nutritious meals.

### — How to food-shop economically:

- Compare food prices on the Internet, e.g. [mysupermarket.com](http://mysupermarket.com).
- Buy foods from low-cost supermarkets.
- Choose supermarket own brands or value lines which are cheaper than other brands.
- Take careful advantage of 'special offers' in the shops, e.g. buy one get one free or half price. These are especially good for fruit and vegetables and encourage people to include a greater variety in their diet. However, don't be tempted to buy products you don't need – or that you know you can't consume within the use-by date – as these will be wasted, making the deal less cost-effective.
- Use coupons, vouchers or collect loyalty points from shops.
- Plan your meals before you go shopping, and stick to the list.
- Avoid buying more food than you need, check dates on food and eat by the 'use-by' or 'best before' date to avoid waste.
- Buy foods that are in season locally, when they are cheaper, because they are plentiful and have lower transport costs.

### How can we save money when cooking food?

- Plan meals so that leftovers from making one meal can be used for another, e.g. use leftover carrots from a casserole to make carrot and coriander soup.
- Use cheaper cuts of meat and offal such as liver, belly pork, breast of lamb and beef brisket.
- Use quick methods of cooking, e.g. microwave, to reduce the amount of energy used.
- Make food in large batches to avoid ingredients being wasted and then freeze for use at a later date, e.g. chilli con carne or Bolognese.
- Use leftover food to create meals, e.g. mashed potato to make the filling for a corned beef pie or fish cakes.
- Make meals at home rather than buying takeaway foods and ready meals, which can be more expensive, especially if cooking for a family.



## Session 6: How are people's food choices affected by religion and culture?

Culture refers to the ideas, customs, and social behaviour of a particular people or society. The type of food we eat, how we prepare the ingredients to make a certain dish and how we consume and share it, reflects the culture of who we are and where we are from.

Culture and religion are often linked. Some religions have dietary food laws that limit food choices or forbid eating certain foods. Some rules are limited to certain celebrations and festivals, whilst others are continually observed.

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### Christianity

The Christian religion does not forbid any foods; however, there is a tradition that fish is eaten on Fridays instead of meat.



### Judaism

In order to meet Jewish dietary laws, food must be **kosher**, meaning 'clean' or 'proper'. Kosher rules ensure that:

- Meat and poultry has been slaughtered in a special way.
- Pork and shellfish are forbidden.
- Meat and dairy products must not be prepared or eaten together. Separate cooking equipment should also be used.



### Islam

Food must be **halal**, which means that animals have been slaughtered in the Islamic way, according to the rules set out in the Qur'an.

Muslims are not permitted to eat pork, pork products, lard or gelatine. They are also forbidden from drinking alcohol or eating food which contains alcohol.



### Hinduism

Beef is a forbidden food, as Hindus believe the cow is sacred. Although other meat is allowed, many Hindus follow a vegetarian diet. Strict Hindus will avoid onions, mushrooms, garlic, tea and coffee.



### Buddhist

As Buddhist teaching preaches against killing, many Buddhists are vegetarian, although some will eat fish.



### Sikh

The food laws for Sikhs are less strict than those of Hindus and Muslims. Beef is the only forbidden meat and they must avoid alcohol.



### Rastafarian

Rastafarians must eat foods that are natural and clean, and some choose to follow a vegetarian or vegan diet. They will eat fish but it cannot be more than 30cm long, and food is prepared without salt and usually cooked in coconut oil. Rastafarians do not drink alcohol.

**Questions:**

1. What does it mean when we speak about someone's **culture**?
2. Which religion has no restrictions on food?
3. Compare the dietary requirements of Jews and Muslims:

Similarities between Jews and Muslims	Differences between Jews and Muslims

4. Describe the diet of a Rastafarian.
5. Which foods do many religions have rules around?
6. Describe a meal you could cook to cater for people of all cultures and religions.