

3.5 Food choice: 3.5.1 Factors affecting food choice

C1 I can describe factors that may influence food choice, such as physical activity level (PAL), celebration/occasion, cost of food, preferences, enjoyment, food availability, healthy eating, income, lifestyles, seasonality, time of day, time available to prepare/cook			
C2 I can cost recipes			
C3 I can make modifications to recipes based on different factors			
C4 I can justify the reasons for choosing a specific recipe			
C5 I can explain religious, cultural, ethical, moral and medical factors that may impact food choice			
C6 I can select, modify and make recipes for different religions, cultures and dietary groups			
C7 I can identify and interpret information that is mandatory to include on food packaging, such as current European Union and Food Standards Agency legislation			
C8 I can identify and interpret non-mandatory information included on food packaging, such as provenance and serving suggestions			
C9 I can describe methods of food marketing, including buy one get one free, special offers, meal deals, media influences, advertising, and point of sales marketing			
C10 I can analyse the effects that advertising may have on food choice			

3.5 Food choice: 3.5.2 British and international cuisines

C11 I can describe the distinctive characteristics and components of British culinary tradition and two different international cuisines, including ingredients, equipment, cooking methods, and presentation			
C12 I can analyse the differences between British and two international cuisines			
C13 I can describe traditional and modern variations of recipes from Britain and two different cuisines			
C14 I can prepare and cook recipes from a range of countries and cuisines, using appropriate equipment and cooking methods			

3.5 Food choice: 3.5.3 Sensory evaluation

C15 I can describe how taste receptors and olfactory systems work when tasting food			
C16 I can explain the importance of senses when making food choices			
C17 I can explain methods to test the sensory qualities of a range of foods, including preference tests, discrimination and grading tests			

C18 I can explain how to set up a taste panel and the controlled conditions required for sensory testing			
C19 I can evaluate and apply the results of sensory testing			

Date:

Student Reflection:

Teacher Comment: