



FOOD CHOICE

Pupil activity sheets

What affects our choice of food?

Food pairs is a perfect activity to help pupils identify what influences their food choices as consumers. It often raises issues of pupils own values and attitudes towards food, which makes it a great starter activity to introduce the topics of food provenance and sustainability.

Preparation needed

- 1.** Use the food pair cards provided or buy a selection of eight 'food pairs'. If buying the food, select 'food pairs' that raise a number of issues that might influence consumer choice e.g. fairtrade vs non-fairtrade, branded vs non-branded, grown in the UK vs imported.
- 2.** Place the product pairs with their prices on tables around the classroom.
- 3.** Give each pupil the *Food pairs: My choices work sheet*. Ask them to move around the classroom to look at the food pairs, then decide which one from each pair they would choose. Ask them to write their selected food on the sheet with their reasons for their choice.
- 4.** After 5 minutes ask pupils to report back on their reasons for their choices of foods. Write them on a board and summarise the main criteria students used when making decisions as consumers e.g. cost, brand, quality.
- 5.** If issues around food provenance or sustainability have not been raised, ask the pupils whether they considered where the food originates from or any environmental, social, economic issues.

Food pair cards



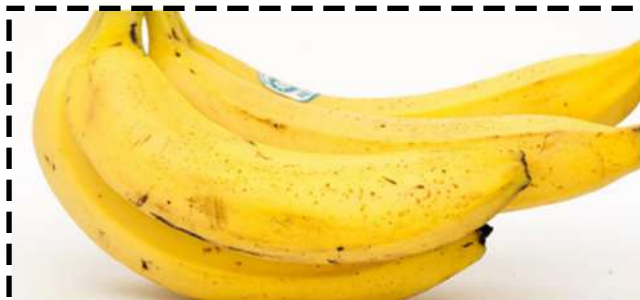
Organic carrots
£1.79/kilo



Non-organic carrots
60p /kilo



Fairtrade banana
£1.29/kilo



Non fairtrade banana
72p /kilo



Branded tin tomatoes
95p



Shop brand tin tomatoes
31p



Dolphin friendly tuna
£1.25



Non-dolphin friendly tuna
79p



Can of fizzy drink
70p



Bottle of fizzy drink
£1.25



Imported apples
40p per apple



Apples grown in the UK
33p per apple



Barn eggs
£1.00



Free range eggs
£1.50



Soya yoghurt
£1.50



Dairy yoghurt
90p

Food pairs: My choices

Name:

Decide which of the foods from each pair you would buy, then complete the table below.

Class:

Food	Cost	Reason(s) for choice