**Factors affecting food choice**

1) Complete the table below.

|  |  |
| --- | --- |
| Factors influencing food choice | Description |
| Individual energy and nutrient needs |  |
| Diet and health  |  |
| Religion and culture |  |
| Cost of food |  |
| Time of day and occasion |  |
| Food preferences |  |
| Social considerations |  |
| Environmental considerations |  |
| Advertising other point of sale information |  |

3) What are six sources of information to help people make healthier food choices?

1.

2.

3.

4.

5.

6.

4) What type of information is provided for consumers to help them make informed food choices?

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