

FOOD AVAILABILITY & SELECTION

ACTIVITY ONE:

Categorise the following words from the word bank into their corresponding factors below:

Hunger	Activity level	Nutritional requirements	Experiences	Age
Lifestyle	Appearance	Reactions to food	Satiety	Gender
Emotions	Attitudes	Household structures	Culture	Appetite
Odour	Employment	Resource availability	Peer group	Habits
Values	Self-concept	Geographic location	Traditions	Taste
Education	Allergy	Social interaction	Beliefs	Media
Interests	Roles	Family hospitality	The Marketplace	Size
		Occupation and finances		

Physiological

Psychological

Social

Economic

PHYSIOLOGICAL FACTORS AFFECTING FOOD SELECTION

ACTIVITY TWO:

How does **HUNGER** influence food selection?

How does **APPETITE** influence food selection?

How does SATIETY influence food selection?

How does BODY SIZE / TYPE influence food selection?

How may an individual's LEVEL OF ACTIVITY influence their food selection?

How may an individual's GENDER influence their food selection?

How may an individual's HEALTH STATUS influence their food selection?
