Activity 1 – Nutrition and Health claims

# 1. List some of the products you buy/eat that have nutrition/health claims.

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2. Do you ever choose foods because they make any of the following nutrition or	r
health claims?	

Nutrition Claim	Health Claim
Less/Low fat	For healthy bones
Source of omega-3	Aids digestion
High in Fibre	For clear skin
Less/Low saturated fat	For stronger muscles

3. Have you ever bought a food because of a nutrition or health claim other than the examples given above? Please give an example.

4. How does advertising influence what you buy?

5. What tv ads that make nutrition or health claims do you find effective? Why are they effective? Activity 2 – Check the foods, drinks and snacks at home

1. Look at foods at home. How many foods have used marketing terms? Please give three examples.

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2. Look at drinks at home. How many drinks have used marketing terms? Please give three examples.

3. Look at snacks at home. How many snacks have used marketing terms? Please give three examples.

Transition Year Topic 2

Activity 3- Vegetarian and Vegan food choices

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#### 1. What is the difference between a vegetarian and a vegan?

#### 2. How do you identify a vegetarian or vegan food from the label?



# 3. Suggest a healthy vegetarian lunch menu for your family.



Transition Year Topic 2

Activity 4 – Organic food products

# 100% Juice Cereal

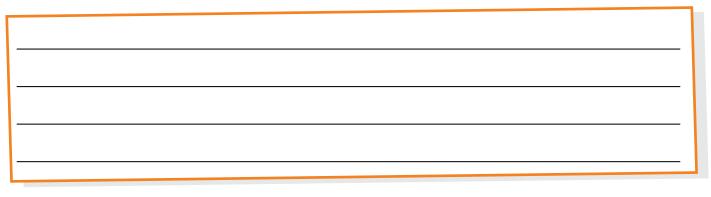
# 1. Explain three reasons why a consumer might choose organic foods.

1	

2	

2		
5		

# 2. How would you know that a food is organic from the label?



Transition Year Topic 2

Activity 5- Genetically Modified Organisms (GMOs)

## Supermarket trip

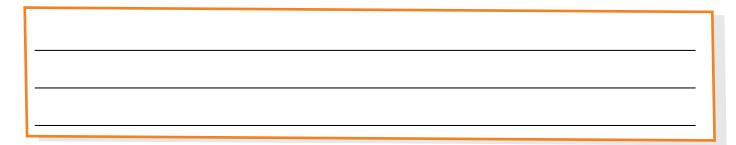
Find out if there are any Genetically Modified foods in your local supermarket.

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Cereal

#### 1. What foods are they?

# 2. Would you/do you buy Genetically Modified food?



#### 3. Why?