

Food Choices

There are lots of reasons why people eat the way they do, for example where they live, their family traditions and beliefs and the time of the year. Some people don't have a choice because food isn't easily available, and others might have too much choice.

How does where we live affect what we eat?

Links with Geography

- Hot and cold areas of the world / climate zones
- Land use and natural resources for food production
- Living in towns, the countryside or by the sea

Links with DT Cooking and Nutrition

- Where food comes from
- Seasonality



How does religion and personal belief affect what we eat?

Links with Religious Education

- Dietary laws
- Diversity and respect for others, e.g.

Personal beliefs e.g. plant-based diets

Local / national food traditions e.g. Pancake Day and Burns Night

Ways of eating e.g. with hands, chopsticks or cutlery; using crockery or disposables; at a table or in front of TV



How did people eat in the past?

Links with History

- Link to projects on Stone Age, Roman Empire, Anglo Saxons, Vikings,
- Local History
- Did your grandparents or older people you know eat differently 50 years ago?
- Rationing in WW2

