

## Grade 9 Life Orientation Worksheet

### Ecological factors and dietary choices

#### Activity 1: Brainstorm dietary influences

Divide into groups of 4 – 6 learners per group.

Brainstorm the following issues, keeping notes as you go along:

1. How do you think ecological factors influence personal dietary choices?
2. Why do you think culture plays such a large part in influencing dietary choices?
3. In what way does religion affect dietary choice?
4. Does society play a role in our dietary choices?
5. What is the role of economic influence on personal dietary choices?
6. Can political factors influence our dietary choices?

Your teacher will assess your participation in the group discussion using the following checklist.

<b>Checklist for observation of group discussion</b>			
<b>Name:</b>		<b>Date:</b>	
	<b>Criteria: Does the learner:</b>	<b>Yes</b>	<b>No</b>
1	Wait for a pause before s/he interrupts a speaker?		
2	Interrupt a speaker politely?		
3	Show evidence of having understood the concept of personal dietary choices and the influence of factors such as ecology, culture, religion and economic factors on dietary choices?		
4	Keep to the topic under discussion?		
5	Cover all the points listed above?		
6	Give reasons to support alternative points of view?		
7	Make points clearly using appropriate vocal volume?		
8	Make eye contact when speaking?		
9	Use body language appropriately?		
10	Make notes when applicable to remember points made by others?		
<b>2 marks for every 'yes' answer: 20 total</b>			

#### Activity 2: Reading and questions (Individual activity)

Read the following passage on your own.

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### Influences on Food Choices (<http://www.faqs.org/nutrition/Diab-Em/Eating-Habits.html>)

There are many factors that determine what foods a person eats. In addition to personal preferences, there are cultural, social, religious, economic, environmental, and even political factors.

#### **Individual Preferences.**

Every individual has unique likes and dislikes concerning foods. These preferences develop over time, and are influenced by personal experiences such as encouragement to eat, exposure to a food, family customs and rituals, advertising, and personal values. For example, one person may not like frankfurters, despite the fact that they are a family favourite.

#### **Cultural Influences.**

A cultural group provides guidelines regarding acceptable foods, food combinations, eating patterns, and eating behaviours. Compliance with these guidelines creates a sense of identity and belonging for the individual. Within large cultural groups, subgroups exist that may practise variations of the group's eating behaviours, though they are still considered part of the larger group. For example, a hamburger, French fries, and a soda are considered a typical American meal.

#### **Social Influences.**

Members of a **social group** depend on each other, share a common culture, and influence each other's behaviours and values. A person's membership in particular peer, work, or community groups impacts food behaviours. For example, a young person at a basketball game may eat certain foods when accompanied by friends and other foods when accompanied by his or her teacher.

#### **Religious Influences.**

Religious **proscriptions** range from a few to many, from relaxed to highly restrictive. This will affect a follower's food choices and behaviours. For example, in some religions specific foods are prohibited, such as pork among Jewish and Muslim adherents. Within Christianity, the Seventh-day Adventists discourage "stimulating" beverages such as alcohol, which is not forbidden among Catholics.

#### **Economic Influences.**

Money, values, and consumer skills all affect what a person purchases. The price of a food, however, is not an indicator of its nutritional value. Cost is a complex combination of a food's availability, status, and demand.

#### **Environmental Influences.**

The influence of the environment on food habits derives from a composite of **ecological** and social factors. Foods that are commonly and easily grown within a specific region frequently become a part of the local cuisine. However, modern technology, agricultural practices, and transportation methods have increased the year-round availability of many

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foods, and many foods that were previously available only at certain seasons or in specific areas are now available almost anywhere, at any time.

### **Political Influences.**

Political factors also influence food availability and trends. Food laws and trade agreements affect what is available within and across countries, and also affect food prices. Food labeling laws determine what consumers know about the food they purchase.

Eating habits are thus the result of both external factors, such as politics, and internal factors, such as values. These habits are formed, and may change, over a person's lifetime.

Once you have completed reading the passage, write a short paragraph and provide a real-life example for each one of the following questions that you brainstormed in Activity 1.

1. How do you think ecological factors influence personal dietary choices?
2. Why do you think culture plays such a large part in influencing dietary choices?
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4. Does society play a role in our dietary choices?
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Your teacher will assess your answers and mark each answer out of 5. Total: 30 marks. Please note that these are opinion answers and you will be assessed on the content of your answers.

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### Suggested Solutions

Task number	Possible marks	Solution
1	20	See checklist in Appendix of Assessment Tools.
2	30	Give 5 marks per answer. Allow for individual interpretation and mark as for a paragraph, looking at the structure of the paragraph – introduction, body and conclusion, as well as the examples given.

### Checklist to assess the group discussion

Name:		Date:	
	Criteria: Does the learner:	Yes	No
1	Wait for a pause before s/he interrupts a speaker?		
2	Interrupt a speaker politely?		
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<b>2 marks for every 'yes' answer: 20 total</b>			