

C2.11. What factors influence children and teenagers' access to healthier food? *(food and nutrition)*

Resources

Select ONE of these photo essay books – you can access the photos for these online

- [What I eat](#) Peter Menzel
- [Hungry Planet](#) Peter Menzel
- [Daily Bread](#) Gregg Segal

Scenario

Luca's class had been talking about the foods they most commonly eat at home. What they eat as everyday meals, what they eat for celebrations days, what they eat for breakfast (if they eat breakfast), whether they brought a packed lunch from home, or if they brought lunch at the school canteen, or if they had one of the school lunches provided by the Ka Ora Ka Ako school lunch programme (and what they liked/didn't like about these lunches). Across the class there was a great variety of ideas reflecting their various family and cultural traditions and their personal and dislikes.

When the teacher asked if they knew how much their household spent on food each week, no one in the class had any idea.

Luca knows his family don't have a lot of money. They never go without a meal but sometimes it's pretty basic and with lots of rice or pasta to bulk out the meat and veges (his mum is quite good at making a small amount of meat and veges go a long way when she has to). Luca gets a little bit of money babysitting for another family member so he has some money to buy food at the local shopping mall if he is there after school with his friends.

Luca knows one of his friends came from a home where the money to buy food often ran out each week and he knows that his friend, as well as making use of the Ka ora, Ka Ako lunch, will often take home any leftover lunches for his family. Also, he never has any money to go and buy a burger or anything after school.

Luca noticed his teacher didn't press the class for more information about what their parent(s) spend on food and he suspected she was being sensitive to students like his friend.

1. Select the photo essay you want to use for this activity. If you have time, you can look at more than one.
2. Select FOUR pictures that show children or young people, or a family in very different life circumstances (e.g. rich or poor, different parts of the world, different culture or ethnicity, etc). You can copy and paste a screen shot these images into your Learning Journal and Workbook for reference.
3. Fill in the table to summarise the factors influencing the food choices of the person/family.
4. Answer the reflective questions.
5. Fill in the investigation summary as far as this is possible with the information available in the scenario and resources.

Briefly describe the selected photo – you may also cut and paste a thumbnail size image into the table	What can you infer (<i>conclude something from evidence and reasoning rather than from explicit statement</i>) or deduce (<i>arrive at a conclusion from evidence and reasoning</i>) about the factors influencing the food choices of the person/family in each photo?		
	Personal influences	Interpersonal influences	Societal influences
Photo 1			
Photo 2			
Photo 3			
Photo 4			

What influences did you think were common to all your images (if any)? Why do you think this was the case?	
Give some examples of influences that differ for the young people/families in each of the images. Why do you think these differences exist?	
Thinking back to the scenario, what factors do you think might influence food choices in Luca’s family?	
What do you think are the main factors influencing the food choices of his friend and his family?	