



Physical activity level

Amount of energy needed to perform all daily tasks, such as waking up, showering, exercising, working and shopping. The more active a person, the more energy they need.

If you eat more than you need (your PAL is low), you are likely to gain weight.

If you do not eat enough, or you are very active (your PAL is high), then you are likely to lose weight.

Keep your diet balanced to maintain weight!



Healthy eating

A balanced and varied diet is key to a long life!

Healthy foods and snacks may be:

- low-fat
- low-sugar
- high-fibre
- low-calorie
- low-salt



Reasons for choosing them usually include the need to lose weight or maintain health.

Food availability

The amount and variety of food depends on:

- food production possibilities
- food storage
- transportation and import from other countries

Seasonal foods might be cheaper in their harvesting season, but still available all year round.

Seasonality

Some foods may be unavailable beyond their harvesting season or may be more expensive.

People may prefer seasonal foods for various reasons:

- locally grown, cheaper, fresher, tastier
- want to decrease the environmental impact – food miles and carbon footprint

Cost of food

The price of food products varies depending on:

- quality
- quantity in a package
- brand
- place you're shopping in

Supermarkets usually have lower prices than convenience stores on most products. Food may be cheaper if you look out for special offers, meal deals and discounts.



Income

Disposable income is the amount of money a family can spend on goods such as food and rent.

The amount of money available determines the quality, quantity and variety of food which can be bought.

Low-income families may choose high-fat and high-sugar products since they are usually cheaper than healthy foods such as fruit or vegetables.



Preferences

Some people have a 'sweet tooth' and tend to choose more sugary foods, while others prefer savoury and will tend to buy salty or more bitter foods.

Enjoyment

People often like to eat certain foods for enjoyment.

This may include popcorn and fizzy drinks at the cinema, ice creams or candyfloss at an amusement park or toffee apples for Halloween.

These foods tend to be more fatty and sugary than everyday food.



Factors influencing food choice

Food choices are driven by many various factors, which are very important when planning diets, meals and menus.

Time available to prepare food

- Busy schedules and lack of time
- People choose ready-to-eat foods, order in or eat out more often
- People choose simple recipes which don't take too long to cook

Time of day (in the UK)

- Breakfast: sandwiches, cereals; more filling meals are served at weekends or during holidays
- Lunch: pasta, salads, sandwiches or eat out
- Dinner: more demanding foods, soups, stir-fry, curry, pie, order in or eat out

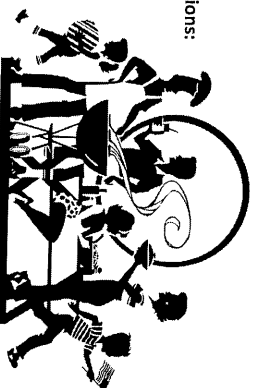
Celebration

Food plays a large role on various special occasions. To celebrate, people eat:

- more food
- special festive food
- more fatty or sugary foods than usual

People celebrate with food on various occasions:

- birthdays
- weddings
- anniversaries
- funerals
- special events
- religious events



Lifestyle

The way in which people live often means they have:

- busy schedules
- no time for shopping and cooking
- no time for eating



A healthy lifestyle should include home-cooked food and regular meals during the day. There is a variety of healthy snacks and foods which are ready to eat:

- portioned fruit and vegetables
- protein shakes and smoothies
- sandwiches, salads and soups

Food choices

Religion often dictates nutritional regime, indicates what foods can be eaten and when, and what foods should be avoided.

	Rastafarians	Buddhists	Muslims	Jews	Hindus	Sikhs	Christians
Eat	<ul style="list-style-type: none"> • Halal • Coconut oil, herbal tea, fruit and juices, vegetables 	<ul style="list-style-type: none"> • A vegetarian diet 	<ul style="list-style-type: none"> • Halal food only 	<ul style="list-style-type: none"> • Kosher food only 	<ul style="list-style-type: none"> • Milk • A mainly vegetarian diet 	<ul style="list-style-type: none"> • A vegetarian diet 	<ul style="list-style-type: none"> • Generally everything, no special restrictions
Don't eat	<ul style="list-style-type: none"> • Pork and other meat • Salt • Milk • Coffee • Alcohol 	<ul style="list-style-type: none"> • Alcohol • Meat 	<ul style="list-style-type: none"> • Pork • Alcohol • Fish and shellfish without scales 	<ul style="list-style-type: none"> • Shellfish • Pork • Meat with dairy 	<ul style="list-style-type: none"> • Beef • Alcohol 	<ul style="list-style-type: none"> • Alcohol • Kosher or halal food • Beef 	<ul style="list-style-type: none"> • Meat on Fridays
Holidays or fasting periods	<ul style="list-style-type: none"> • Ethiopian Christmas (7th Jan) • Grounation Day 	<ul style="list-style-type: none"> • Vesak – Buddha's birthday 	<ul style="list-style-type: none"> • Ramadan – month-long fasting period during which Muslims can eat only at night 	<ul style="list-style-type: none"> • Passover • Rosh Hashanah • Yom Kippur • Hanukkah 	<ul style="list-style-type: none"> • Divali – festival of lights 	<ul style="list-style-type: none"> • Guru Nanak's birthday 	<ul style="list-style-type: none"> • Lent – period of fasting lasting for 40 days before Easter • Easter • Christmas
Other	<ul style="list-style-type: none"> • Hal means clean, natural, pure 	<ul style="list-style-type: none"> • Don't kill animals purposefully but would not refuse meat if given 	<ul style="list-style-type: none"> • Halal means permitted, allowed 	<ul style="list-style-type: none"> • Kosher means clean • Matza is a special unleavened bread 	<ul style="list-style-type: none"> • Cows are sacred animals • During Divali, sweets are given as gifts 	<ul style="list-style-type: none"> • Karah Parsahd pudding eaten during the holiday 	<ul style="list-style-type: none"> • Many festive foods, usually different for Easter and Christmas; Christmas pudding, hot cross buns, chocolate Easter eggs

Fasting means that a person cannot eat any food for a given period of time. Sometimes water and other beverages are permitted.

Alcohol consumption is forbidden by most religions



Ethical beliefs

People may choose to eat or avoid eating certain products because of their ethical or moral beliefs.

These may be based on:

1. Whether animals or people suffer during food production
2. How food is made
3. How food production affects the environment

1 Fairtrade

Global movement focused on ensuring fair working conditions, prices and wages to farmers and workers in developing countries.

- ✓ Improves working and living conditions
- ✓ Supports education and development
- ✓ Empowers farmers and their families



1 Animal welfare

Movement focused on ensuring the well-being of animals and humane conditions for rearing animals.

- ✓ How animals are treated
- ✓ How they are protected for medical conditions or protected from diseases
- ✓ How they are slaughtered
- ✓ What their living conditions are like



2 Organic foods

Plants and animals are grown and reared in the most natural way possible.

- No chemicals
- No pesticides or herbicides
- No artificial fertilisers
- No antibiotics
- No GM feed or fertilisers



2 GM foods

Plants or animals in which DNA has been altered.

Carrier of all information about a living organism, in the form of a double helix tightly packed in a cell's nucleus

Gene

Part of a DNA strand, which carries specific information

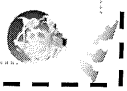
- + Improved immunity, reduced need for pesticides
- + Higher crops and smaller risk of food shortage
- + More nutrients (e.g. Golden Rice)
- Unknown health effects
- Probably cause morbid obesity
- Potentially cause cancer



3 Local produce

Fresher, tastier, cheaper food products

- ✓ Fewer food miles and lower carbon emissions
- ✓ Support for local farmers and societies
- ✓ No need for long-distance transportation



3 Food miles

Distance from a farm to the plate

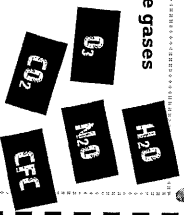
3 Carbon footprint

Indicates how much carbon dioxide and other greenhouse gases were emitted during the production and transportation of a given product



3 Greenhouse gases

- Carbon dioxide
 - Water vapour
 - Nitrous oxide
 - Ozone
 - Chlorofluorocarbons
- Trap heat around Earth and contribute to global warming.



Medical conditions

Many people cannot eat certain products because they would cause harm to their bodies.

Food intolerance

Reaction of the digestive tract to a food ingredient

- What are the most common intolerances?
- ✓ Lactose – the sugar naturally occurring in milk
 - ✓ Gluten – the protein naturally occurring in wheat, barley, rye and oats
- Symptoms and diet
- ⊙ Food intolerances cause bloating, stomach cramps or diarrhoea, but aren't dangerous.
 - ⊙ People should avoid eating certain foods or eat them in small amounts only.



Food allergy

Reaction of the immune system to a food ingredient

- What are the most common allergens?
- ✓ Nuts, eggs, milk, wheat, fish and shellfish
- Symptoms and diet
- Allergens may cause a severe, life-threatening reaction: anaphylactic shock.
- People with allergies have to avoid the foods they are allergic to for their entire life.



Food Labelling

Proper labelling of food products is important to ensure food safety (e.g. for allergy sufferers) and nutritional education (e.g. for those who wish to lead a healthy lifestyle).

1 Name of the food is important so that people know what is inside the package, e.g. butter or butter-like spread

2 Use by – applies to food safety; it may be harmful to eat food after this date; used on fresh, perishable foods such as milk, dairy and fresh meat

3 Best before – applies to food quality; it is usually safe to eat the food after this date, although its flavour, colour or appearance may be changed; used on dried, preserved or tinned foods such as jams and pasta

4 Quantity is given so that it is easier to compare prices between products, and so that the consumer knows how many portions of food the package contains

5 Warnings are given as necessary, e.g.: may contain nuts, source of phenylalanine

6 List of ingredients is shown in descending order, from the one which is used in the largest amount to the one which is used in the smallest amount

7 Name of the company is important to track where the food comes from in case of food spoilage, anaphylactic reactions, pieces of glass inside, etc.

8 The lot number is useful in case of food spoilage or contamination – it is easier to track the whole lot and remove it from the market

9 Storage conditions are given if needed, e.g. refrigerate after opening, suitable for freezing

10 Instruction for preparation helps people to properly prepare and enjoy the food, without poisoning themselves

11 Country of origin is important to track in case of food poisoning, but also for people who prefer to eat locally produced food

Food legislation authorities



European Parliament and the European Council



Food Standards Agency

Food label: mandatory information

- Name of the food
- Date marks
- Quantity, e.g. in litres, grams or pieces
- Warnings
- List of ingredients
- Name and address of the producing, packing or selling company
- The lot number
- Special storage conditions
- Necessary instructions for use or preparation
- Country of origin
- Allergens
- Nutrition declaration

11 Allergens

– Ingredients which may cause an allergic reaction – are shown in bold

List of allergens which HAVE to be indicated on the label

- × Cereals containing gluten: wheat, rye, barley, oats
- × Peanuts
- × Nuts: almond, hazelnut, walnut, cashew, pecan, Brazil, pistachio, macadamia, Queensland nut, e.g. **flavourings (almond)**
- × Mustard
- × Sesame, e.g. **tahini (sesame)**
- × Soybeans, e.g. **tofu (soya)**
- × Fish, e.g. **cod (fish), salmon (fish)**
- × Crustaceans: prawns, crayfish, lobster, shrimp
- × Molluscs: oyster, squid, cockles, mussels, winkles, scallops, snails, e.g. **oyster sauce (molluscs)**
- × Lupin
- × Eggs, e.g. **powdered yolk (eggs)**
- × Celery
- × Milk, e.g. **Cheddar cheese (from milk)**
- × Sulphur dioxide or sulphites, e.g. **preservative (sulphur dioxide)**

12 Nutrition declaration

– Informs consumers of the amount of certain nutrients per 100 g or portion of product and % of GDA it provides.

Traffic light label may be used to indicate low (green), medium (amber) or high (red) amounts of sugar, fats, saturated fats, and salt in a portion of a food product.

Protein	8.8g	0.6g	1%	50g
Salt	1.55g	0.10g	2%	6g

Energy	2%
Total fat	3%
Saturated fat	4%
Sugar	2%
Salt	2%

Some food labels may include non-mandatory information, such as a picture of the food, health and nutritional claims or serving suggestions.

Non-mandatory information

GDA – guideline daily amount – amount of a nutrient a person should eat each day to remain healthy and avoid under- or over-nutrition

Nutritional claim
Statement regarding nutrient content, e.g. 'low energy', 'low fat', 'sugar free', 'source of vitamin C'

Health claim
Statement suggesting potential health benefits of eating a given product, e.g. 'Calcium is needed for the maintenance of healthy teeth and bones'

Nutrients have to be listed in a specific order...

- Energy
- Fat, inc. saturates
- Carbohydrates, inc. sugars
- Fibre, if any
- Proteins
- Salt or sodium
- Vitamins and minerals

14 Food Choice

Marketing influences

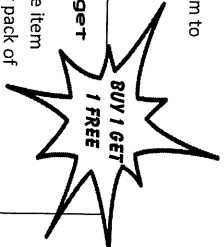
Various techniques and methods which aim to increase sales and maximise profit

MEAL DEAL

A type of special offer in which buying two or more indicated products means that the price is cheaper than when buying them separately.

BOGOF

buy one, get one free
Special offer whereby buying one item of a product means that another pack of the same product will be free.
Other versions include 'buy one, get one half price' or 'three for the price of two'.



ADVERTISING

Posters, TV spots, newspaper publications and other actions taken to promote a product and make it desirable for consumers.



MEDIA INFLUENCES

The television, radio or newspapers may have a large impact on food choices by using a technique called 'product placement'.

A food product is used by famous actors, movie characters or characters from popular sitcoms to make the food look 'desirable', 'fashionable' and 'cool'.

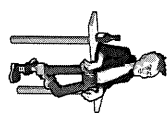
Point of sales

Food stand located near checkouts, usually containing relatively expensive items such as chewing gum, chocolate bars and other sweets.

People tend to buy these products more often if they spend a lot of time standing in a queue.

PEER PRESSURE

This applies especially to children and teenagers, as they tend to follow what's 'cool' in their age group, e.g. smoking.



PESTER POWER

The ability of children to force their parents to buy them sweets, toys or other things.
Food packages are often colourful and eye-catching to make them desirable for children. This technique uses pester power to increase sales.

British cuisine

Cuisine is a style of cooking characteristic for a given region or country, which uses specific ingredients, dishes, preparation and cooking methods.

Cuisine may be affected by various factors, such as climate, type of soil available for growing plants, or history.

Immigrants and conquerors in the past have brought many new meals, ingredients, spices and cooking methods, not previously known in the UK.



Distinctive features and characteristics of cooking
Main ingredients used, traditional dishes and other factors which distinguish the cuisine from others.

Equipment and cooking methods
Kitchen utensils, dishes and cooking methods specific for a given cuisine.

Eating patterns
The meals during the day vary between countries – both the time at which they are eaten and the types of meals that are served. This is changing dynamically due to busy lifestyles.

Presentation styles
How the food is served – how it appeals to the appetites and tastes of consumers.

Traditional and modern variations of recipes
Traditional recipes can be modified to suit busy lifestyles, healthy eating patterns or medical conditions. Variations help to make the meal faster, easier and cheaper to cook.

Traditional ingredients:

- Beef, lamb, pork, poultry, bacon and ham
- Potatoes, onions, leek, peas, beans, swede
- Milk and cheese (e.g. Cheddar, Stilton)
- Herbs, such as mint and sage

Traditional meals and dishes differ depending on the region (see below).

Equipment:

- Open fire for roasting, now exchanged with ovens
- Thick ceramic dishes used for stews, soups and sauces
- Tins and moulds for making puddings, pies and tarts

Cooking methods:

- Stewing, simmering and braising
- Roasting and baking
- Grilling and barbecuing
- Poaching
- Frying

- Breakfast – eaten in the early morning; traditionally very filling; nowadays lighter; may consist of toast with coffee or a bowl of cereal
- Elevenses – small, usually sweet snacks eaten around 11am with a cup of tea or coffee
- Brunch – eaten before noon instead of breakfast and lunch, usually at weekends or during business meetings
- Lunch – midday meal consisting of a sandwich, salad or soup; traditionally, a Sunday lunch is more filling and consists of roasted meat, vegetables, Yorkshire pudding and gravy
- Afternoon tea – eaten in the afternoon, consists of a pot of tea or coffee with a range of small snacks, sandwiches, biscuits and cakes
- Dinner – hot meal eaten in the early evening, the main meal of the day
- Supper – consumed a bit later than dinner, usually replaces it

- Presentation is usually simple, some garnish or sauce may be used to make the food more appetising.
- Meat or fish is served accompanied by potatoes, vegetables and gravy
- Puddings are also served with sauces, e.g. custard
- Desserts are served in individual

- Meats, sausage and bacon can be exchanged with low-fat or low-salt products, or substituted with protein alternatives, such as soy chunks or tofu
- Traditional breakfast is replaced with lighter options, such as toast with jam and orange juice or a bowl of cereal
- Instead of frying, people may choose to roast, grill or dry-fry the food to make it healthier and less fatty
- Lard and suet may be exchanged for vegetable oils and spreads
- New ingredients are introduced to meals as importation allows for a greater variety of foods

Traditional foods of Great Britain

England

- Cornish pasty
- Yorkshire pudding
- Lancashire hotpot – lamb and vegetable stew topped with mashed potatoes
- Clotted cream, cream tea
- Fish and chips
- English breakfast – rich and high in calories, contains bacon, sausages, baked beans, buttered toast, fried egg, fried mushrooms and tomatoes
- Sandwiches
- Sunday roast
- Beer and cider

Wales

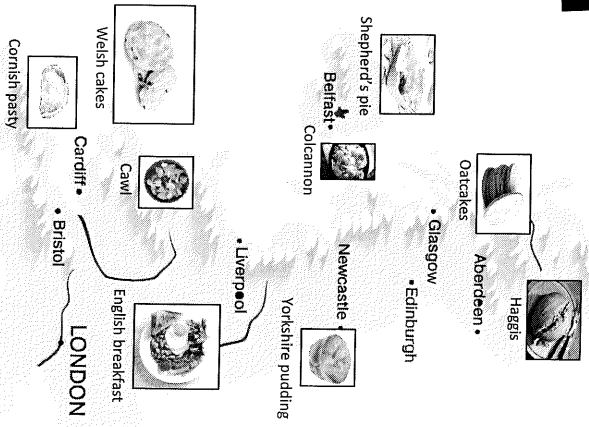
- Cawl – meaty broth served with bacon or lamb and vegetables
- Welsh rarebit – spiced melted cheese served on toast
- Glamorgan sausage
- Welsh cakes
- Bara brith – rich yeast bread with dried fruit
- Laver bread – stewed laver weed
- Tattws poppy – potatoes baked with onion under a thick layer of cheese

Northern Ireland

- Colcannon – mashed potatoes with kale and cabbage
- Soda bread
- Black pudding – sausage made from pork fat, blood and oatmeal
- Shepherd's pie
- Irish stew
- Oatmeal
- Irish cream
- Whiskey and beer

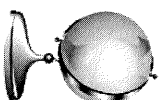
Scotland

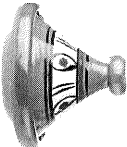


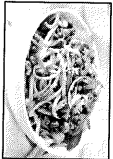




- Porridge
- Scotch broth
- Dunlop cheese
- Kippers – smoked herring
- Tatties and herring
- Haggis – sausage made from sheep offal and barley
- Scotch pie – pie with mutton meat filling
- Oatcakes, scones
- Shortbread
- Neeps and tatties – potatoes with suede (turnip)
- Whisky and ale



International cuisines

Cuisine depends on a region: its culture, religion, climate and weather conditions, and even plant and animal species that live there. For centuries, countries and regions have created a variety of meals, cooking dishes and methods, and even serving and eating patterns, which are characteristic of them.



Distinctive features and characteristics of cooking	Equipment and cooking methods	Eating patterns	Presentation styles	Traditional and modern variations of recipes
<p>Includes: Italy, France, Spain, Greece, North Africa, Turkey</p> <p>Ingredients: olives and olive oil, grapes and wine, fish and seafood, tomatoes, aubergines, courgettes, wheat (e.g. in couscous, pasta, semolina), bell peppers, citrus fruits, apricots, herbs (saffron, thyme, oregano, marjoram), garlic and onion, beans and lentils, milk and dairy</p> <p>Typical meals:</p> <ul style="list-style-type: none"> • Italian: risotto, pizza, spaghetti, mozzarella, ricotta • French: casserole, ratatouille, fish soup • bouillabaisse, selection of cheeses, croissants, crêpes • Spanish: paella, cured and dried ham, omelette, gazpacho • Greek: moussaka, tzatziki, feta, filo pastry • Morocco: tabbouleh, hummus, bulgur, couscous, tagine, harissa • Turkish: börek, pilya, kebab, sheep cheese, baklava, halva 	<p>Equipment:</p> <ul style="list-style-type: none"> • Clay ovens used for baking, now exchanged for electric or gas ovens • Thick ceramic dishes for stews • Paellera – shallow frying pan used to make paella • Tagine – a dome-shaped clay dish used to prepare tagines in Arabic countries <p>Cooking methods:</p> <ul style="list-style-type: none"> • Baking • Frying • Simmering and stewing • Grilling • Steaming and boiling 	<p>Meals vary between countries; for example, the time of day at which they are eaten and the types of meals that are served. This is changing dynamically due to busy lifestyles.</p> <ul style="list-style-type: none"> • In Italy and France, especially on large occasions, meals can have many courses (usually a starter, soup, main dish, salad, cheese and dessert), usually accompanied by wine • Breakfast might be rather small and sweet, e.g. croissants with jam and coffee • In Spain, a siesta (short nap) is taken after the midday meal • Diner in Spain (cena) and Greece (vradino) is eaten quite late – after 9pm • In Morocco and other Arabic countries, meals are celebrated and a long time is spent eating • In Turkey, hands and mouth are washed before and after eating. Traditionally, it was considered to be good manners to belch and lick one's fingers while eating; nowadays it may be considered rude 	<p>How the food is served – how it appeals to the appetites and tastes of the consumers.</p> <ul style="list-style-type: none"> • Most meals are quite simple, consisting of 4-8 ingredients only, but they are usually very colourful • A sauce may be splashed on top to make it more appetising, e.g. cream on top of a soup, carbonara sauce with pasta • Dishes might be garnished with fresh herbs, such as coriander or parsley • In Morocco, meals are often served in large clay dishes so people may eat from one dish 	<p>Traditional recipes can be modified to suit busy lifestyles; healthy eating patterns or medical conditions. Variations help to make the meal faster, easier and cheaper to cook.</p> <ul style="list-style-type: none"> • Traditional meals are quite time-consuming to prepare, so are often exchanged for more modern, faster to cook meals • People often choose to eat out or order take-away • Thick sauces based on fat and cream may be exchanged for lighter versions, e.g. yoghurt • People more often choose, healthy, natural, organic foods • In Morocco, more modern cooking includes the use of fewer spices and eating more raw vegetables • Culinary shows make cooking more trendy and inspire people to cook at home more often
<p>China</p> <p>Each canton in China has its own regional cuisine and uses different ingredients and spices (e.g. Szechuan and Cantonese)</p> <p>Ingredients: noodles and rice, pork, duck, chicken, Chinese cabbage, water chestnuts, bamboo shoots, mushrooms, beansprouts, soy, soy sauce, lychee fruit, fish and seafood, eggs, ginger, garlic, sesame and peanut oil</p> <p>Traditional meals: steamed or fried rice, chicken soup with noodles, tofu and sticky tofu, moon cake, spring rolls, wontons, dumplings, chow mein, sweet and sour pork</p>	<p>Equipment:</p> <ul style="list-style-type: none"> • Wok – deep, rounded pan • Chopsticks – used instead of cutlery • Bamboo strainers – used to drain wontons and dumplings • Cleaver – large, heavy-duty knife used by chefs • Brightly coloured lacquerware and porcelain dishes used to serve foods <p>Cooking methods:</p> <ul style="list-style-type: none"> • Stir-frying and deep-frying • Steaming and boiling • Red stewing (cooking with addition of a red-dyed liquid) 	<ul style="list-style-type: none"> • Breakfast is rather light, may consist of soy milk, noodles or soup • Usually eaten in a nearby canteen or ordered in, rather light, consists of rice or noodles with meat and vegetables • Diner is large and often eaten in a restaurant, with a broad selection of meats and vegetables • Soup is eaten throughout a meal, not only at the beginning 	<p>Very colourful dishes</p> <ul style="list-style-type: none"> • Served in many small bowls for people to share • May be garnished with spring onions or herbs • Chopsticks are provided instead of cutlery • The use of a knife may be seen as offensive 	<ul style="list-style-type: none"> • Traditionally, meals were served in individual dishes; nowadays, they are placed in the middle of the table for people to share and try all of them • Talking is now allowed during the meal – in the past people rarely spoke while eating • Modern lifestyle has caused a dramatic increase in obesity rates in China • International cuisines are gaining in popularity, e.g. pizza
<p>Asian cuisine</p> <p>Japan</p> <p>Ingredients: rice, soy, fish and seafood, noodles, seaweed, eggs, seasonal foods, green tea, wasabi</p> <p>Traditional meals: sushi, tempura, donburi, udon noodles, miso soup, sashimi</p> <p>India</p> <p>Also differs from region to region</p> <p>Shaped by colonialism and development of trade</p> <p>Ingredients: pearl millet, rice, lentils, chickpeas, beans, peanut oil, coconut milk, ghee butter, paneer cheese, many rich spices</p> <p>Traditional meals: fired paneer, vindaloo curry, rogan josh, korma, bhajj, tandoori chicken</p>	<p>Equipment:</p> <ul style="list-style-type: none"> • Chopsticks – used instead of cutlery • Knives – famous for their sharpness <p>Cooking methods:</p> <ul style="list-style-type: none"> • Deep-frying, grilling and steaming • Eating raw fish, vinegared dishes 	<p>Typically three meals a day</p> <ul style="list-style-type: none"> • Early breakfast, might contain boiled white rice with various sides • Lunch may be substituted with light snacks • Diner, usually shared with family or friends 	<p>Food is often served and eaten on the floor, while diners kneel</p> <ul style="list-style-type: none"> • A hot towel may be provided to clean hands before eating • Soy sauce is provided for dipping food in 	<ul style="list-style-type: none"> • Foreign meals are eaten more often, such as American burgers, Korean kimchi, Hawaiian spam musubi and Chinese ramen • Meat consumption has increased during the last 50 years • Meals can be skipped or replaced with light snacks
<p>India</p> <p>Also differs from region to region</p> <p>Shaped by colonialism and development of trade</p> <p>Ingredients: pearl millet, rice, lentils, chickpeas, beans, peanut oil, coconut milk, ghee butter, paneer cheese, many rich spices</p> <p>Traditional meals: fired paneer, vindaloo curry, rogan josh, korma, bhajj, tandoori chicken</p>	<p>Equipment:</p> <ul style="list-style-type: none"> • Tandoor oven – cylindrical clay oven used to roast and bake, typical for India and Central Asia • Handi – deep, wide metal cooking dish <p>Cooking methods:</p> <ul style="list-style-type: none"> • Deep-frying, frying, roasting, • Steaming, steaming 	<ul style="list-style-type: none"> • Rich, filling breakfast is important to provide energy for the whole day • Betel leaves may be eaten after the meal to support digestion • Evening meal is usually eaten with the whole family – it is the most important meal of the day 	<p>Foods are often served with rich, thick sauce, e.g. curry</p> <ul style="list-style-type: none"> • A selection of dishes is served for dinner to share • Food is traditionally eaten with hands, not cutlery • Food may also be served on banana leaves 	<ul style="list-style-type: none"> • People more often use cutlery to eat, especially the middle class • The use of many nuts may need a replacement which is suitable for nut-allergy sufferers • The cuisine is mainly vegetarian • The use of many various spices may also pose a risk for allergy sufferers, as well as deterring people who don't enjoy spicy foods • People more often choose to eat out than cook at home

*This provides two cuisines, however schools or colleges/students can select any two different cuisines