**ST. CATHERINE HIGH SCHOOL SUBJECT: FOOD NUTRITION AND HEALTH**

 **TOPIC: CONVENIENCE FOODS**

**INSTRUCTIONS** **TO STUDENTS:**

With use of prescribed texts and other available resources read and complete the worksheet.

***Objectives***:

 At the end of the lesson students should be able to:

* Define the term convenience foods.
* Outline the common reasons for the popularity of convenience foods.
* Discuss the dietary advantages and disadvantages (dangers) of convenience foods.
* Categorize convenience foods with appropriate examples.
* Utilize convenience food items to create or make nourishing meal choices.

***What Are Convenience Food items?***

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Convenience Food items are foods that are fully or partly processed to make them ready to consume or require minimal effort and time to prepare.

**Reasons for the popularity of convenience foods:**

1. Many parents especially women are in the workforce, leaving less time for traditional cooking.

2. The impact of globalization and advertising on food choices.

**Other reasons include:**

3. ………………………………………………………………………………………………..

4. ………………………………………………………………………………………………..

**Advantages of using convenience foods:**

1. Quick and easier to prepare or no preparation needed.

2. A wide variety is available for consumers

**Other advantages of using convenience foods are:**

3. ………………………………………………………………………………………………..

4. ………………………………………………………………………………………………..

5. ……………………………………………………………………………………………….

**Disadvantages of using convenience foods:**

1. They are normally high in salt, sugar and or fats.

2. The portions tend to be small in comparison with the cost.

**Other disadvantages of using convenience foods are:**

3. ………………………………………………………………………………………………..

4. ………………………………………………………………………………………………

5. ………………………………………………………………………………………………..

**Categories of Convenience Foods with examples (*from Text: Food and Nutrition for CSCE, Anita Tulland Antonia Coward )***

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**Using Convenience Food items to Create Nourishing Meal Options**

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| **Convenience Food items**  | **Use of Convenience Food items in** **nourishing Ways.** |
| *Eg. Beef Patty* | *Beef Patty served with Tossed Vegetable bowl and fresh fruit juice*. |
| *Eg. Cup Noodle*  | *Chicken breast with vegetables and noodle stir fry.* |
| 1. Potato Flakes |  |
| 2. Sausages/Frankfurters |  |
| 3. Cheese Singles |  |
| 4. Frozen Fruits  |  |
| 5. Frozen or canned Vegetables  |  |
| 6. Refined Cornmeal  |  |
| 7. Coconut Milk Powder  |  |

Main Source Food and Nutrition for CSEC (Anita Tull and Antonia Coward)