**Food situations 2015**

1. Schools have constantly worked to improve the level of education and over the years given importance to healthy aspects also. Schools can influence attitudes to food by providing students with healthy products in their tuck shop. A local food manufacturing company saw this as an opportunity to produce **healthy innovative** products and together with the school management decided to provide the school tuck shop with these healthy options. You are asked to take part in this process by preparing two prototype products; one savoury and one sweet.

2. Advertisements are a great influence on the food we choose to eat. Teenagers are becoming addicted to promoted junk food. A food company wants to develop healthy fast food products. You are to take one of these popular unhealthy meals, analyse it and redesign it into a healthy alternative. Explain how your product will meet healthy eating guidelines.

3. The nutrients that are needed to keep ourselves fit and healthy vary throughout our life. During pregnancy, nutrients such as folate, calcium, iron, vitamin C and protein are very important because of the changes that take place in the body. Pregnant women should eat nutrient dense food. As a designer you are asked to produce a healthy meal which can be manufactured in batches aimed for expecting working mothers to be eaten during lunch hour at their workplace.