

Candidate 1 evidence

ENTER QUESTION NUMBER BELOW	Do not type in this shaded box	DO NOT WRITE IN THIS MARGIN
1.	<p>Food packaging and labelling can affect consumer food choice in a number of different ways.</p> <p><u>Food packaging</u></p> <p>Single use packaging for ready meals which comes with cutlery included may appeal to teenagers or those with busy lifestyles who wish to have their lunch on the go. This is good for these particular consumers as they will be able to conveniently eat their lunch on the go and then be able to dispose of their cutlery and dishes afterwards, without having to worry about carrying the dish around and taking up space in their bag. This is also good as it can save time for those with busy lifestyles as they won't have to spend time cooking. However, this may be unsuitable for the environment if these single use packaging is made from single use plastics with are not biodegradable so can contribute to landfill. This will most likely not appeal to consumers who are conscious about the environment so they may choose to avoid products with this type of packaging.</p> <p>Food manufacturers can use Modified Atmosphere Packaging (MAP) to help increase the shelf life of products and keep products fresher for longer by removing oxygen naturally found in the packaging and replacing this with nitrogen and carbon dioxide gas. This is good as this can help to keep food products fresher for longer which may appeal to consumers who maybe live in rural areas and who are not able to visit the supermarket regularly, and this enables them to buy products which have a longer shelf life. This can also benefit the manufacturer by increasing their sales through offering products which have a longer shelf life and do not have to be frequently bought. Additionally, due to Modified Atmosphere Packaging providing an increased shelf life to products this can help to reduce food waste as food will not spoil as quickly as without MAP packaging, so a sustainable option for packaging which may attract consumers perhaps live on their own so will take longer to use up ingredients.</p> <p>Consumers who live on their own may opt for buying single portion foods such as single portion desserts. This is good as this means the dessert item will be the ideal portion size for one individual and will most likely not lead to food waste. In addition, many food manufacturers are now making single portion dessert pots using glass which is good for the environment as glass can be recycled. This may also appeal to consumers as they can reuse these glass pots over and over again for other purposes which consumers may feel is a value for their money, therefore leading to increased sales for food manufacturers.</p>	
1.	<p><u>Food labelling</u></p> <p>Food manufacturers can add traffic light labelling to the front of food packaging to help illustrate the content of fat, salt and sugar of the food</p>	

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1.	<p>product. This is good as this may attract particularly health conscious consumers who are looking to lower their intake of fat, sugar and salt so they may seek these labels to help them to make an informed decision before purchasing a product. Furthermore, traffic light labelling can be beneficial for those who are suffering from a dietary disease such as high blood pressure and who are looking to reduce their intake of salt, as this can help them to visually see which products have a high salt content i.e. those that are traffic lighted red for salt content, and choose healthier alternatives which are low in salt, i.e. those marked in green. This will therefore go some way in helping to lower consumers' blood pressure and also help to prevent high blood pressure and other dietary diseases in consumers.</p> <p>Many food manufacturers may advertise promotional offers on the packaging of food products, aimed at specific target groups. For example, many children's cereal boxes may advertise children's competitions for a chance to win a free family trip to Lego Land. This can be good as this can attract the particular target group in this example, children, who may then persuade their parents or guardians to purchase the cereal products for them, so increasing sales for the food manufacturer as they have successfully reached their target market. However, many of these children's cereals may be high in sugar which is bad as this can contribute to obesity and diabetes in children, which is a rising issue in the UK today. Therefore, bright promotional packaging may distract consumers from the nutritional content of food products which can be bad.</p> <p>Food products which contain the Fairtrade label may attract ethically concerned consumers who may be concerned about the treatment of farmers who produce the food products such as fruit. This is good as if these consumers see the Fairtrade label then they may feel inclined to purchase the food product as they know they farmer who harvested the fruit will be getting paid a fair wage.</p>	
1.	<p>Consumers who have a particular health goal in mind may seek food labels which advertise what they are looking for. For example, a person who is looking to build muscle may look for food products which state that they are 'high in protein' or contain a certain amount of protein in them. This can be good as this can help people to achieve their particular goals whilst making an informed food choice. However, due to the recent rise in the demand for 'high protein' food products, many manufacturers have raised the prices of certain products such as protein bars and protein shakes, which is not good as this can put people off from purchasing these products, if they are on a limited budget.</p> <p>Food manufacturers may add promotional stickers onto the packaging of certain food products such as a '3 for 2' offer on a range of store brand ready meals. This may be suitable for families who have busy working parents or guardians who are on a limited budget, as they will feel inclined to purchase these as they feel they are getting a good deal and are saving money. However, this may contribute to food waste if people end up purchasing more</p>	

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1.	than they can eat and panic buying in during seasons like Christmas and forget to store products correctly, so this may be unsuitable for this reason.	

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3 .	<p>One way that food manufacturers and retailers are meeting the needs of individuals with food allergies and intolerances is through clearly advertising alternatives for foods for people who have specific intolerances such as if they cannot consume gluten. For example, major supermarket retailer Tesco has a designated 'Free From' range located in every Metro and Extra store. This section is clearly labelled with big banners and the products in this range are clearly labelled with ingredients, as well the front of packaging of food products within this range explicitly stating the intolerances or food allergies that the product is suitable for, for example some spaghetti in this range may be labelled with 'gluten free' explicitly, therefore allowing consumers with food allergies and intolerances to make an informed decision when purchasing food products to suit their needs.</p> <p>Food manufacturers are also explicitly stating and highlighting common allergens on the ingredients list of food products, by displaying common allergens in bold, writing, often in all capital letters as well, in order to highlight these allergens to those suffering from particular allergies, so that they know that they should be avoiding that particular food product, therefore helping those who suffer from allergic reactions to avoid suffering from an allergic reaction. Furthermore, the back of food packaging usually contains contact details of the food manufacturer so that those suffering from a particular food allergy can contact the manufacturer with any questions they may have about the allergens of the food product and to seek further advice about whether or not the product would be suitable for their consumption.</p> <p>Many retailers such as supermarket staff and well as staff within supermarket cafés are equipped with specialist training on food allergies and intolerances so they are able to advise customers with food allergies and intolerances about the suitability of certain food products, dishes and ingredients therefore helping people with a food allergy or intolerance to feel reassured and helping to guide these customers to make a safe and informed decision about their food choices.</p> <p>Many supermarkets now have online website as well as current and up to date blogs. For example, those who have a Clubcard account with Tesco are automatically added onto the mailing list for Tesco's regular updates which includes links to their blog content which is current and up to date with seasonal events e.g. Easter, Ramadan, Eid and Christmas. Aside from simply advertising current deals and offers, and integral part of these blog posts are recipe ideas tailored to those with various food intolerances and allergies, such as dairy free dessert recipes for Easter gatherings. This can help to meet the needs of those suffering from food allergies or intolerances by advising them of ways to create tasty recipes which cater to their dietary needs, so helping them to feel like there are plenty of options available for them and reducing any 'food anxiety' or dread which they may have surrounding their dietary needs and will help them to not feel like their allergy or intolerance is limiting them from enjoying foods.</p>	

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3 -	<p>Many food companies also have a presence on social media platforms which the labels of food products may advertise and guide consumers into finding them on social media. On social media these food companies regularly post meal ideas tailored to individuals who may have a food allergy or intolerance, for example '5 gluten free weeknight meal ideas.' These posts usually follow with a link of where all the ingredients can be purchased so that consumers can easily locate where to purchase these ingredients from. This can help those who have food allergies or intolerances to conveniently find out new recipes to try which are accommodative of their dietary needs, whilst also being directed to where to find the appropriate ingredients for the recipes, so saving these consumers time, hassle and stress when purchasing food items which they are able to consume, so helping to meet their needs. However, those who have food allergies and intolerances who do not have access to these large supermarkets, such as those who live in rural areas may not be able to access these tailored ingredients to may feel as if they are missing out and that their needs are not being met. This may lead them to have a very limited choice of food, depending on their specific food allergy/s and intolerances, which may lead to them suffering from nutritional deficiencies, such as a deficiency in calcium or protein, which if left untreated, can lead to complications in the future such as osteomalacia, an adult form of rickets in adults, and stunted growth in children.</p> <p>Many food manufacturers are devising more alternatives for those suffering from allergies and intolerances such as more dairy free desserts in the frozen dessert aisle in supermarkets, therefore helping to meet the needs of those suffering from food allergies and intolerances with a range of alternatives to choose from, therefore increasing their choice of food, allowing them to choose food which suits their likes. However, many of these modified alternatives have been seen to be more expensive than their original counterparts which can put off consumers from purchasing these products as they may be on a limited budget, therefore limiting the food choice of some consumers suffering from food allergies or intolerances.</p>	

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	<p>Vitamin K is important for the clotting of blood. This is not naturally found in breastmilk so upon birth, babies are injected with a vitamin K injection in order to ensure that their blood can clot properly in the event of an injury, or operation, so preventing harmful blood loss in babies.</p>	
4.		
4.	<p><u>Flour (starchy carbohydrates)</u></p> <p>When flour, which is composed of starchy carbohydrates is added to water, the starch granules absorb the water and therefore cause mixtures to set upon cooling. Food manufacturers can use this when manufacturing custard powder with cornflour as when consumers purchase this powder and heat it whilst adding milk, the resultant mixture will be a thick, silky custard which will set perfectly if added to a trifle.</p> <p>Flour is one of the key ingredients of bread. During the bread making process a process called fermentation takes place which is crucial for giving bread its characteristic texture and flavour. If yeast is left to ferment for a long time it can give bread a sweet taste. Strong bread flour is the type of flour usually used in breadmaking and can give bread a strong nutty flavour. This type of flour often also contains vitamin B which increases the nutritional value of bread as it helps to release energy from food, thus helping those who consume the bread to feel energised and able to complete their daily activities such as sports, work etc. Vitamin B can also help to prevent anxiety and irritability which those working in stressful environments may benefit from, so they may be more likely to purchase bread made with this type of flour.</p> <p>Flour, which contains carbohydrates can be rubbed in or creamed with fat, usually butter to create a 'short' melt in the mouth texture. This is achieved as the fat coats the starch granules. Food manufacturers can use this process to develop shortbread which has a 'melt in the mouth' texture which many consumers thoroughly enjoy, thus helping the food manufacturer to generate many sales and a profit.</p> <p>When food products containing flour are placed under heat, a process called dextrinization occurs. This is when the surface of the food products changes colour and darkens into a beautiful brown colour, but continues to darken and if left for too long turns black and tastes bitter. Manufacturers may make products with flour which consumers may purchase as these will be suitable</p>	

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4.	<p>for toasting, for example bread, pitta bread etc, which consumers may find appealing.</p> <p><u>Sugar (simple carbohydrate)</u></p> <p>Food manufacturers can use sugar to give dessert items, such as crème brulee a texture that is appealing to consumers. They can achieve this by adding sugar to the top of the crème brulee and using it to caramelize the sugar therefore giving the crème brulee a beautiful brown colour and giving it a crunchy texture on the top, which can appeal to consumers.</p> <p>Sugar can also be used as a preservative in food products as it inhibits the growth of bacteria, so increasing the shelf life of food products. For example, some baked products such as sponge cakes which contain sugar have a longer shelf life which means they can be stored for longer, without the risk of bacterial growth and food poisoning. This may appeal to consumers as they will not have to purchase these products as often and therefore they can save money and reduce food waste.</p> <p>Food manufacturers may also add sugar to food products give them a sweet taste and to therefore make them have an appealing taste for consumers. This can lead to consumers enjoying this food product as it tastes appealing to them so they may feel more inclined to purchase this again, thus increasing sales for the food manufacturer. However, this may contribute to dietary diseases such as dental caries and type 2 diabetes which arise as a result of a diet high in sugar. This may then lead to food manufacturers considering alternatives to sugar to add sweetness to food products, such as the use of sweeteners.</p> <p>Food manufacturers can dissolve sugar in water to form sticky syrups and can be used as coatings for desserts such as candied apples as the hot mixture can be used to coat the apples and can then can harden upon cooling to form a hard-outer shell-like coating with makes the apple crunchy to bite into, which can appeal to consumers.</p> <p>QUESTION 3</p>	

5. Calcium is important for the adequate formation of bones and teeth in babies and toddlers. This is particularly important at this stage as babies and toddlers bones and teeth are growing at this stage so an adequate intake of calcium will help to ensure that their bones and teeth are strong and can help to prevent bone fractures in babies and toddlers who may be more susceptible to falls at this stage in life as they are still learning to crawl and walk. In addition, calcium is also crucial for the clotting of blood so is important for babies and toddlers if they ever become injured as this will help to prevent harmful loss of blood. A sufficient intake of calcium will also help to prevent dental caries in this age group due to calcium working alongside phosphorus and vitamin D acting as the essential link to give bones and teeth their hardness.

Vitamin A helps to form visual purple, which is a red photopigment found in the eye which can assist in good vision, particularly in dim light. This is particularly important for babies and toddlers as their eyesight is still under development so adequate intake of vitamin A will help to ensure babies and toddlers vision develops properly. In addition, vitamin A is an antioxidant, which can help to prevent cancers and heart disease in babies and toddlers by warding off free radicals which are produced in the body as a result of oxygen using processes such as breathing. As many sources of vitamin A are fruit and vegetable sources, this can provide fibre in the diets of babies and toddlers, so helping to prevent constipation in babies and toddlers. Fibre can also help to bulk out the diet, so promoting the feeling of fullness for longer in toddlers, therefore preventing the need for snacking, especially on high fat or sugary foods which some parents or guardians may give to children such as sweets and confectionary. This can therefore help to reduce the risk of toddlers developing childhood obesity and dental caries from the frequent consumption of sugar foods or drinks which due to their acidity, can erode the enamel and in turn lead to dental caries, and in more extreme cases may require the premature removal of a tooth.

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5 .	<p>Vitamin B complex has a range of important functions in babies and toddlers. One of which is that vitamin B helps to ensure correct functioning of the nervous system. This is important for babies and children whose nervous systems are still under development, so adequate intake of vitamin B can help to ensure their nerves develop properly, so that they can walk properly etc. In addition, vitamin B can help to release energy from foods, particularly carbohydrates therefore equipping babies and toddlers with the energy that they require for daily activities of play etc and preventing lethargy. If babies and toddlers are active then they will be able to maintain a healthy weight, so the risk of them developing childhood obesity in the future can be reduced, thus in turn reducing the risk of them developing type-2 diabetes in childhood, which is becoming an alarmingly common occurrence.</p>	
5 .	<p>Vitamin C is important for babies and toddlers as it helps to lubricate membranes in the throat, lungs and digestive system and can help the immune system. This is particularly important for babies and toddlers as their immune systems may not have been exposed to many pathogens so their immune systems may not be as effective as that of an adult, so they may be more vulnerable to falling seriously ill than someone who has been exposed to many different pathogens (disease causing organisms). Therefore, having a diet with an adequate amount of Vitamin C can help babies and toddlers' immune systems to efficiently fight off any illnesses they may be exposed to, especially if these babies and toddlers are regular attendees of day-care, where during particular seasons such as winter, there may be an increased spread of viruses. Furthermore, Vitamin C helps to aid the absorption of iron, which helps to form haemoglobin, a component of blood. This is important in helping to prevent iron deficiency anaemia in babies and toddlers, so reducing the risk of symptoms including lethargy, dizziness and shortness of breath, so enabling babies and toddlers to take part in their daily activities of play, full of energy. If iron deficiency anaemia is left untreated this can lead to babies and toddlers developing a weaker immune system, leaving them more vulnerable and prone to suffering from opportunistic infections and illnesses, which can have a detrimental effect on this age group who are still yet to be fully developed.</p> <p>Vitamin D acts as the essential link between calcium and phosphorus and is responsible for giving bones and teeth their hardness. This is important for babies and toddlers as their bones and teeth are still developing and an adequate intake of vitamin D will help to ensure the proper formation of their bones and teeth and that babies and toddlers are resistant to bone fractures and breakages upon falling, which is a common occurrence in this age group.</p> <p>Vitamin E is an antioxidant which can help to promote heart health and reduce the risk of cancers in babies and toddlers by warding off free radicals which are produced as a result of oxygen using processes in the body such as breathing. By doing so, the risk of cancers in babies and toddlers is reduced.</p>	

Candidate 2 evidence

ENTER NUMBER OF QUESTION		DO NOT WRITE IN THIS MARGIN
1)	MAP packaging extends the shelf life of	
	food. more oxygen is reduced and more	
	nitrogen gas is used. This is good as these	
	are natural gases which are cheap and	
	widely available, therefore save no additional	
	cost have to be added to the price of	
	the product making it more appealing ^{cheaper} so	
	appealing to a wider range of budgets.	
	MAP packaging uses natural gases. This is	
	good as these foods will be appealing to	
	consumers who have allergies or are	
	sensitive to certain chemicals. MAP packed	
	foods are therefore appealing to a wider	
	market.	
	MAP packaging may be thick plastic to	
	prevent oxygen getting in. This is bad	
	as the unnecessary and bulky packaging	
	may put off consumers who are environ-	
	mentally concerned, so they will avoid buying	
	MAP foods.	
	MAP packaging prevents oxidation of food as	
	the package is sealed so oxygen cannot	

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	<p>enter. This is good as this will prevent</p>	
	<p>food going off quickly therefore</p>	
	<p>extending the shelf life of the food.</p>	
	<p>This will result in less food waste so</p>	
	<p>these foods will appeal to consumers</p>	
	<p>who are environmentally concerned.</p>	
	<p>The extended shelf life will also limit</p>	
	<p>the need for shopping trips therefore</p>	
	<p>will appeal to consumers who are</p>	
	<p>very busy, or elderly people who may</p>	
	<p>struggle to get to the shops.</p>	
	<p>Manufacturers must include an ingredients</p>	
	<p>list with common allergens written in</p>	
	<p>bold. This is good as consumers who have</p>	
	<p>allergies can easily identify and choose</p>	
	<p>a product that they know is safe for</p>	
	<p>them and will not trigger an allergic</p>	
	<p>reaction.</p>	
	<p>Manufacturers may choose to package</p>	
	<p>their product in bright coloured</p>	
	<p>packaging as this is eye catching. This</p>	
	<p>is good as this will make customers,</p>	

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	especially young children, more attracted
	to the product and will encourage
	them to buy it, increasing sales for the
	manufacturer.
	However, bright coloured packaging can
	be expensive to produce so may add an
	additional cost onto the price of the
	product. This is bad as consumers
	who are on a low budget may choose
	the cheaper alternative, despite the
	appearance of the product.
	Manufacturers may choose to package
	their products in glass bottles rather
	than plastic. This is good because glass can
	be washed and reused, whereas plastic
	some plastics cannot be and aren't
	recyclable, this will therefore appeal to
	consumers who are environmentally
	concerned.
	However, glass bottles are are heavy
	and can break easily if dropped. This

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	is bad because consumers who have a	
	far distance to walk home or to	
	their car may avoid buying products	
	in glass packaging as they know they	
	will struggle or won't be able to	
	transport it to their home.	
	Manufacturers use traffic light labelling	
	which is easy to understand and	
	quick to read, green means a low	
	amount of fat, salt, sugar and red	
	means a high amount. This is good as	
	this will help consumers make informed	
	choices based on the nutritional value	
	of a product. This may help reduce	
	the incidence of dietary diseases	
	* product if their child is nagging them for it	
	additionally increasing sales for the manufacturer	
	Manufacturers may choose to include a	
	famous cartoon character on their product,	
	for example peppa pig yoghurts. This is	
	beneficial as children will be attracted	
	to the food product if they recognise	
	the character that is on it.	
	this will encourage parents to buy the *	

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3)	<p>Manufacturers are producing dairy free ranges which include foods like dairy free chocolate. This allows consumers who are dairy intolerant to still have access to a wide variety of foods and foods that they enjoy. However dairy free products are often more expensive than the regular product which may put some consumers off buying it and making them inaccessible to those on a low budget.</p>	
	<p>Manufacturers produce gluten free products such as gluten free bread and pasta, so consumers who are gluten intolerant can still enjoy these foods. Despite being gluten free products like bread and pasta are still high in energy energy which if consumed too much of could be stored on the body as fat leading to weight gain and obesity. Being obese then increases the risk of dietary diseases like coronary heart disease and type 2 diabetes as body</p>	

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	mass has significantly increased.	
	Different milks like oat milk and almond milk are becoming increasingly popular and are an alternative to cows milk for those who are dairy intolerant, more manufacturers are starting to produce alternative milks for consumers to enjoy. Oat milks and almond milks are lower in saturated fat than cows milk as they are not an animal product. This is good for consumers as they will be consuming less saturated fat which contains LDL cholesterol that sticks to the artery walls causing them to narrow. So consumers who choose these milks over cows milk will be at a lower risk of coronary heart disease.	
	MAP packaging uses natural gases and avoids the use of artificial preservatives, therefore products that are MAP packed will be more suitable	

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	for consumers who may have allergies	
	or are sensitive to artificial chemicals.	
	The use of the natural gases also	
	extends the shelf life of foods as	
	there is no oxygen in the package,	
	nitrogen gas is used. This prevents the	
	oxidation of foods therefore making	
	them last longer so consumers do not	
	have to shop as regularly and prevents	
	food waste which will appeal to	
	consumers who are environmentally	
	concerned.	
	Manufacturers must have an ingredients	
	list on the packaging of their product	
	with the common allergens highlighted	
	in bold. This means that consumers	
	who have a food allergy can easily	
	identify products that are not	
	avoid suitable for them. However,	
	in the resources allergy is not covered	
	they may have to spend time Many	
	manufacturers and retailers have an online	
	page or information leaflet with all	

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	<p>the allergy advice, for example McDonalds</p>	
	<p>have a booklet that can be given to</p>	
	<p>any customer on request that displays</p>	
	<p>all the allergen information. This allows</p>	
	<p>consumers to to see what products are</p>	
	<p>safe for them to consume and can</p>	
	<p>have peace of mind knowing there is</p>	
	<p>no risk of an allergic reaction.</p>	
	<p>Many manufacturers are producing</p>	
	<p>organic produce, which is foods grown</p>	
	<p>without the use of chemicals or</p>	
	<p>pesticides meaning consumers who may be</p>	
	<p>allergic to these now still have a wide</p>	
	<p>range of products available to them,</p>	
	<p>for example organic fruit and</p>	
	<p>vegetables. Organic products products are</p>	
	<p>always clearly labelled meaning consumers</p>	
	<p>with allergies can easily make an</p>	
	<p>informed choice and buy the product</p>	
	<p>that is suitable for them.</p>	
	<p>Many retailers have a clearly labelled/</p>	
	<p>advertised section for special ranges of</p>	

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	<p>food, for example ASDA has a clearly marked dairy free section, this makes these products easy to identify for consumers who are dairy intolerant making their shopping experience more easy and convenient. Instead of them ^{consumers} having to search the whole shop the range is all in one place, this means they can clearly see all the products that would appeal to them. This may encourage the consumer to try more products from the range, therefore increasing their food choice.</p>	
	<p>Manufacturers must state the amount of Manufacturers must state on the label the nutritional value of a product, this includes the calories, fat, sugar, salt, carbohydrate content etc. This allows for those on a restricted diet or for those who are intolerant to a certain thing to identify how much of said thing is contained in the product.</p>	

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	<p>The manufacturer may display this information in an eye catching way, for example by using traffic light labelling.</p>	
	<p>This will help consumers easily make an informed choice based on the nutritional content of the product as it is easy to understand so they can choose a product that is suitable for them and their dietary needs.</p>	
	<p>Manufacturers must state on the label of a product if it has there may be traces of a common allergen, for example a granola bar may state that there may be traces of nuts meaning it has may have been in contact with nuts so consumers who have a serious allergy can be avoid. This will be stated clearly on the label so consumers can read at a quick glance, this is convenient for consumers with serious allergies and will put their mind at ease knowing the product they choose is definitely safe for them.</p>	

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4)	When starch is subject to dry heat	
	it goes through a change, the	
	particles expand and burst burst, this	
	is called dextrinisation. When this happens	
	it gives structure to baked goods such	
	as a sponge cake preventing it from	
	crumbling when being held or cut. This	
	will make the cake more aesthetically	
	appealing to consumers.	
	Sugar is a carbohydrate which can be	
	then added to products to make them	
	sweeter. For example adding sugar to a	
	sponge cake will give it a nice	
	sweet flavour. This will be more	
	appealing to consumers encouraging them	
	to repurchase.	
	Sugar can be put on the top of	
	desserts such as creme brulle and	
	placed in the oven. When the sugar	
	is cooked it goes crispy and golden	
	brown on the top. This makes the	
	product aesthetically appealing to	

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	consumers, encouraging them to try it.	
	When starch is heated and dextrinisation occurs products such as a sponge cake	
	turn a golden brown colour. This	
	makes the product rather aesthetically	
	appealing to consumers encouraging them	
	to try it.	
	Sugar can be boiled boiled and turned	
	into caramel, this is called caramelisation.	
	This could be used as ^{topping} part of a	
	dessert or as a filling for a dessert	
	like a caramel tart. This will make	
	the product nice and sweet and	
	appealing to the consumer. However,	
	if the sugar is boiled ^{boiled} for too long	
	it will burn and taste off. This would	
	make the product unappealing to	
	the consumer, and they may not	
	purchase it again.	

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5)	<p>Vitamin C is needed to boost the immune system by aiding the production of white blood cells, phagocytes and lymphocytes. This is good for babies and toddlers ^{babies and toddlers} as they will be at nursery ^{daycare/ nursery} where germs ^{germs} spread easily, therefore having a ^a enough vitamin C will help fight off any infections they may pick up there, such as a cold.</p>
	<p>Vitamin D is needed to aid the absorption of calcium, which helps build bone mass and ^{and} which ^{which} is being built until the age of 30. Vitamin D ^{Vitamin D} is therefore beneficial ^{beneficial} for babies and toddlers to ensure they have strong bones and teeth and to prevent rickets.</p>
	<p>Vitamin A is needed to produce visual purple, the purple pigment needed to aid vision in dim light. Vitamin A is therefore beneficial ^{beneficial} for babies and toddlers as their eyesight is constantly developing,</p>

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	having sufficient vitamin A in their
	diet will help prevent night
	blindness in as they grow older.
	calcium is need to bind with phosphorus
	to make calcium phosphate, the chief
	material needed to give hardness and
	strength to bones and teeth. calcium is
	therefore good for babies and toddlers as
	this will help ensure the proper
	skeletal development, like having a hard
	outer shell, and will help ensure
	strong bones and teeth to reduce the
	risk of osteoporosis in later life.
	Vitamin C is needed to aid the
	absorption of iron in the body by
	converting it from ferric iron to its
	more easily absorbed form, ferrous iron.
	Vitamin C is therefore good for babies and
	toddlers as it means iron can be
	absorbed ensuring their red blood cells
	have sufficient haemoglobin to transport
	oxygen around their body. This will

ENTER NUMBER OF QUESTION		DO NOT WRITE IN THIS MARGIN
	iron is needed to produce enough	
	The healthy red blood cells, it is the	
	main component of haemoglobin which	
	gives red blood cells their colour and	
	transports oxygen around the body. This	
	is good for babies and toddlers as	
	this will ensure they have the sufficient	
	amount of red blood cells so reducing	
	the risk of anaemia, which would cause	
	tiredness and fatigue, hindering toddlers	
	concentration or energy levels at nursery.	
	Too much sodium in the diet causes	
	water to be retained in the blood	
	putting strain on the artery walls.	
	Babies and toddlers kidneys have not fully	
	developed at this age therefore are not as	
	effective at filtering out the sodium.	
	Therefore, too much sodium is bad for	
	babies and toddlers and may cause	
	kidney failure as too much strain	
	has been put on them when they	
	aren't fully developed. Additionally the	
	strain on the artery walls will	

ENTER NUMBER OF QUESTION	DO NOT WRITE IN THIS MARGIN
	lead to the arteries becoming damaged
	and could lead to a heart attack or
	coronary heart disease in later life.
	Vitamins A, C, E are antioxidant vitamins.
	The fight off free radicals in the
	body and prevent the chain reaction
	they have causing damage to cells.
	These vitamins are good for toddlers and
	children and babies as their risk
	of their cells becoming damaged is
	minimised and so their risk of some
	cancers that they may develop later
	in life is reduced.
	Vitamin B complex releases the energy
	from food the allowing the body to
	use it for its essential functions the
	as well as exercise. This is good for
	babies and toddlers as they are very
	active and constantly growing and
	developing therefore having enough energy
	available to them will allow their
	bodies to do these things effectively.