**[Speaker 1]:** Economic determinants such as cost, income and availability. How does this factor influence behaviour and decisions on food choice for individuals and communities?

**[Speaker 2]:** Cost. There is no doubt that the cost of food is primary determinant for food choice. Low-income groups have a greater tendency to consume unbalanced diets and have low intakes of fruit and vegetables. However, access to more money does not automatically equate to a better-quality diet, but the range of fruits from which one can choose should increase.

**[Speaker 1]:** Accessibility. Accessibility to shops is another important physical factor influencing food choice, which is dependent on researches such as transport and geographical location. Healthy foods tend to be more expensive when available within towns and cities compared to supermarkets on the outskirts. However, improving access alone does not increase purchase of additional fruit and vegetables which are still regarded as prohibitively expensive.

**[Speaker 2]:** Income. Household income and the cost of food is an important factor influencing on food choice especially low-income consumers. The potential for food wastage leads to a reluctance to try new foods for the fear family will reject them.

In addition, a lack of knowledge and the loss of cooking skills can also inhibit buying and preparing meals from basic ingredients. Education on how to increase fruit and vegetable consumption in affordable way such that no further expense in money or effort is incurred has been proposed as a solution. Efforts of governments, public health authorities, producers and retailers to promote fruit and vegetable dishes as value for money could also make a positive contribution to dietary change.

**[Speaker 1]:** What other factors influence on a chosen factor? An individual could be influenced by multiple factors at once, for example, oh, its getting so loud. Okay, what other factors influence on a chosen factor? An individual could even be influenced by multiple factors at once. For example, someone who hasn't eaten all day, hunger level, has little money to spend, personal income and is running late for their second job time, might choose a two for one special at the fast-food restaurant, instead of cooking a healthy meal.

**[Speaker 2]:** Does this factor have a negative or positive effect? This factor has a negative impact as low-income is associated with poor quality dietary intake compared to those with high income. Lower income individuals consume fewer fruits and vegetables, most sweetened beverages and have lower overall diet quality.

**[Speaker 1]:** Is there a target group that is most impacted? Aboriginal and Torres Strait Islander peoples continue to suffer the worst diet related health of all population groups in Australia. Poor nutrition is an important factor contributing to overweight and obesity, malnutrition, cardiovascular disease, type two diabetes and tooth decay. Some healthy food items are less available in remote stores, particularly fresh fruit and vegetables, whole grain cereals, lean meat, and low-fat dairy products. Communities in remote areas might also be without food for extended periods due to weather or road conditions such as during the wet season. The review of the nutrition among Aboriginal and Torres Strait Islanders people highlights the importance of nutrition promotion and the prevention of diet related disease. Okay.

**[Speaker 2]:** To summarise, economics play a big part in our daily food choices. It's an important factor because it greatly depicts whether you choose unhealthy or healthy food. In future, I would like to see prices of healthy foods drop and become much cheaper than they are or at least for unhealthy food prices to rise. I would like to see at the end of the food aisles with junk food and big companies’ products usually are to be replaced with healthy food. We know that this isn't the case at the moment, because big junk food and sugary drink brands like Coca-Cola and Cadbury are always there as they have the most money. Unfortunately, big unhealthy businesses are the most successful and wealthy companies. Junk food are currently the most affordable products, however that needs to be changed. A lot of the time people buy what they can afford and what's got the best value. Why not make healthy food the cheapest and prevent our country from becoming more obese.

**[Speaker 1]:** Essentially what we are buying is what becomes more popular. We're voting with our forks. As individuals, we can buy healthier and better foods. By buying this we are supporting the healthy brands and the product and making it more popular. This could result in prices dropping and more stock being brought in. Not having enough money to buy the right foods can make meeting your nutritional needs difficult, but with the correct planning and budgeting, buying healthier and better-quality foods is possible. However, changes still need to be made for it to be more affordable for the public.

**[Speaker 2]:** Healthy snacks. So we put together a couple of healthy snacks so we could share them with you.

**[Speaker 1]:** Yep. Yeah, so first up we have rice paper rolls. They contain chicken or prawn, cucumber, avocado, carrot.

**[Speaker 2]:** Vermicelli noodles, housin sauce and rice paper. So you could put any meat you want in that whether it be seafood or like chicken, beef, or you can use that tofu if you're vegetarian.

**[Speaker 1]:** Yeah.

**[Speaker 2]:** Another one is.

**[Speaker 1]:** Chicken salad. It contains good chicken. If you want to be healthier you can do it without the skin because the skin contains fat.

**[Speaker 2]:** Without the skin is probably better because it's very, very fatty.

**[Speaker 1]:** Lettuce, cucumber, olives, orange, snow peas, spring onion, tomatoes, and yoghurt. They all contain vegetables which we know can be expensive, but hopefully if we ate more of these healthy snacks then the prices for unhealthy foods will rise because not many more people are eating them.

**[Speaker 2]:** Yeah and orange is also a good thing to put in your salad because your salads don't usually have much fruit in them and orange gives it like a nice flavour, a nice sort of difference.

**[Speaker 1]:** Yeah, I know, right? Okay and then we have savoury muffins, which you might've made them last year or the year before. They contain zucchini, carrot, corn, peas, cheese, milk, yoghurt, eggs, flour, and baking powder. And they are healthy alternative to your sugary muffins.

**[Speaker 2]:** Yeah.

**[Speaker 1]:** Or cupcakes.

**[Speaker 2]:** And you can put any vegetables you want.

**[Speaker 1]:** Yeah.

**[Speaker 2]:** Those are just the most common ones that are used.

**[Speaker 1]:** Okay, we hope you enjoyed our presentation about economic factors on food choice and hope that changes can be made so we can eat healthy.

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