

# Convenience Foods

## WHY IS FOOD PROCESSED?

- EXTENDS SHELF LIFE
- CAN MAKE FOOD MORE NUTRITIOUS
- FOOD MADE SAFE TO EAT
- ACCESS TO A VARIETY OF FOOD ALL YEAR ROUND
- TO CREATE NEW PRODUCTS

## ADVANTAGES & DISADVANTAGES OF CONVENIENCE FOODS

<b>ADVANTAGES</b>	<b>DISADVANTAGES</b>
<ul style="list-style-type: none"><li>• SAVES TIME</li><li>• LABOUR SAVING</li><li>• LITTLE COOKING SKILLS REQUIRED</li><li>• REDUCED WASTE</li><li>• MANY FOODS FORTIFIED</li><li>• LOW-FAT HEALTHY VERSIONS</li><li>• WIDE VARIETY OF PRODUCTS</li><li>• EASY TO STORE</li><li>• LONG SHELF LIFE</li></ul>	<ul style="list-style-type: none"><li>• CAN BE EXPENSIVE</li><li>• MANY ARE HIGH IN ADDITIVES</li><li>• MANY ARE HIGH IN SUGAR, SALT &amp; FAT</li><li>• PRODUCTS TEND TO BE LOW IN FIBRE</li><li>• MANY HAVE INFERIOR TEXTURE, TASTE &amp; COLOUR</li></ul>