

CONVENIENCE FOODS

Convenience food is commercially prepared food designed for ease of consumption. Products designated as convenience foods are often prepared food stuffs that can be sold as hot, ready-to-eat dishes; as room-temperature, or as refrigerated or frozen products that require minimal preparation (typically just heating).

Types of Convenience foods

- a) Dehydrated-Instant foods prepared with the addition of water
eg Cup of Noodles
- b) Ready to eat-These are pre-packaged and sealed, just open and eat eg. Chips, cookies
- c) Canned- These foods may need heating or can be used as is in salads or on sandwiches eg Tuna Fish, corn beef
- d) Frozen-These foods may be thawed and eaten, or may need some heating, or maybe ready to cook eg. Frozen corn, peas
- fe Ready-prepared meals can be heated in the microwave or in hot water. eg. Lasagne

Why do we eat Convenience Foods??

These foods are popular because:

- a) Less time is spent in preparation
- b) More women are working and have less time for preparation
- c) Advances in food technology making food quicker and healthier to prepare
- d) Food advertisements make them more inviting and appealing.

Advantages of convenience foods

- a) Quick and easy to prepare
- b) Easy to store
- c) *Good for emergency situation where cooking is not possible*
- d) A wide variety of foods are available
- e) There is often little waste
- f) Longer shelf life than fresh food

Disadvantages of convenience foods

- a) They may be more expensive
- b) Foods contain too many refined and processed foods
- c) Serving sizes in convenience foods may be small and inadequate
- d) Nutrients may be lost during processing and not replaced
- e) The foods may have high levels of fat and sugar
- f) Temptation to always use them

Convenience Foods questions

1. Define convenience foods in your own words

2. List four types of convenience foods; name an example for each one.

3. Explain why convenience foods may be useful to;

- a. A single parent

- b. An elderly person

4. Create a one course meal using convenience food for;

- a. toddler

- b. adolescent
