**Food price and food choice**

1. Look at the FAO data regarding food price indices below.



1. Describe the trends occurring to the food price index and individual food commodity indices from 2005 to 2013.
2. Which food commodities have increased in price the most?
3. Which food commodities have increased in price the least?
4. Have there been any major price spikes in this time period?
5. Draw a graph to help illustrate your answer.
6. One strategy to reduce the amount of money spent on food would to be choose different types of food.
7. With a budget of £20 plan what food and drink you would buy to feed yourself for a week.
8. Visit a supermarket or use online supermarket pricing information to record the prices of the food and drink you have planned to buy.
9. Document the plan and the prices.
10. Now imagine the price of food and drink has risen by 10% but your budget remains £20.
11. Are there any food and drinks you can no longer afford to buy?
12. Would you make any swaps?
13. What changes will this make to the quality of your diet?