Name	Date
Nutrition & Wellness for Life © 2012 Chapter 2: Getting Over the "Yuk" Fact	tor—Social Studies Activity
	te? For some people the mere mention of a certain food s are ready for anything. What makes the difference? It ds, the media, or just a closed mind.
vegetables doesn't get the vitamins and minera might not be welcomed at many dinners. If you	foods can cause problems. Someone who avoids many als that are essential for good health. Finicky eaters want to eat with ease in the homes of friends, at over the "yuk" factor just might be helpful. It can even bu raise someday.
Use this activity to examine your attitudes toward	ard foods by responding to the questions that follow.
Activity Questions:	
1. On a scale of 1 to 10, where 1 means very fi you rate yourself? What do you think has ma	nicky and 10 means very food adventurous, how would ade you this way?
material on is no longer available, search for	at That?" about foods eaten in various cultures. If the information on these foods: balut, durian, fufu, haggis, food), scrapple, and uni. Which ones would you be
http://www.pbs.org/opb/meaningoffood/food	d and culture/gonna eat that/

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people at her table. She began to push the ve the main dish and made a face. "I hope the de	anquet. "I hate asparagus!" she announced to the getable to the side of her plate. Maddie nibbled on essert is better than this." The people around Maddie yebrows at each other. Analyze this situation. What is ee?
4. Logan has been invited to a friend's home for foods that are new to him. What do you think	dinner. Logan is quite sure Ashvin's family will serve Logan should do?
more adventurous if you aren't already. How i	g isn't likely for everyone, but you can learn to be might a person learn to like a wider variety of foods, getting along better in the social world of food?