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## Nutrition \& Wellness for Life © 2012 <br> Chapter 2: Getting Over the "Yuk" Factor-Social Studies Activity

What foods make you drool-or just the opposite? For some people the mere mention of a certain food produces a groan. For others, willing taste buds are ready for anything. What makes the difference? It could be the influences of family, culture, friends, the media, or just a closed mind.

So what, you say? Well, negative responses to foods can cause problems. Someone who avoids many vegetables doesn't get the vitamins and minerals that are essential for good health. Finicky eaters might not be welcomed at many dinners. If you want to eat with ease in the homes of friends, at dinners out, and at community events, getting over the "yuk" factor just might be helpful. It can even help you be a positive influence in the family you raise someday.

Use this activity to examine your attitudes toward foods by responding to the questions that follow.

## Activity Questions:

1. On a scale of 1 to 10 , where 1 means very finicky and 10 means very food adventurous, how would you rate yourself? What do you think has made you this way?
2. Go to the Web site below and read "Gonna Eat That?" about foods eaten in various cultures. If the material on is no longer available, search for information on these foods: balut, durian, fufu, haggis, hakari, hu-hu grubs, nutria, octopus (live as food), scrapple, and uni. Which ones would you be willing to try? Explain your answer.
http://www.pbs.org/opb/meaningoffood/food and culture/gonna eat that/
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3. Maddie was attending an end-of-year sports banquet. "I hate asparagus!" she announced to the people at her table. She began to push the vegetable to the side of her plate. Maddie nibbled on the main dish and made a face. "I hope the dessert is better than this." The people around Maddie said nothing to her, while a few raised their eyebrows at each other. Analyze this situation. What is happening? What would you suggest to Maddie?
4. Logan has been invited to a friend's home for dinner. Logan is quite sure Ashvin's family will serve foods that are new to him. What do you think Logan should do?
5. Enjoying every different food that comes along isn't likely for everyone, but you can learn to be more adventurous if you aren't already. How might a person learn to like a wider variety of foods, thereby improving nutrition and possibly even getting along better in the social world of food?
