

CONSIDERING**FOOD
CHOICES****Model**

Graciela is excited because she's having dinner with her friend Rie, who is from Japan. Graciela has never eaten Japanese food before. She thinks most of her meals are typically American, but she knows that some dishes she eats, such as fried plantains, reflect her family's Dominican heritage. She wonders if Rie has ever eaten a plantain and whether she would like to try one.

Your cultural background is one of the factors that influence your food choices. Others include your personal taste, your friends and family, where you live, cost, and convenience. Advertising may also play a role.

Practice

Imagine that you're packing a lunch for school. It has to satisfy your midday hunger and give you enough energy to make it through the afternoon. Below are the foods that you find in your cupboard and refrigerator. On a sheet of paper, make a list of the foods you would choose, and explain why you chose each one. You may list more than one influence for each food. Then list three foods you wouldn't choose, and explain why not.

Are there any other influences that would affect your choices? Compare your list of influences with others in your class. What were the similarities and differences between lists?

Apply/Assess

Each region of the United States has its own particular food traditions. For example, New England is famous for its clam chowder. Use Internet and library resources to learn about another region and its food. Write a short report about the region. In your report, tell about foods that are commonly eaten. Explain the influences that affect the food choices in this region.



Analyzing Influences

Your food choices are influenced by

- personal taste.
- geography.
- family, friends, and culture.
- advertising.
- cost.
- convenience.

Self-Check

- Does my report include information about foods in a particular region?
- Does my report explain the influences that affect the food choices of this region?

