Nutrition 2102

Chapter 2 (p.10-24) Why People Eat What they Do

1. Food choices are as much a matter of personal choice as they are about history and

culture. Define the term ‘culture’.

1. What are three different aspects of a person’s culture?
2. How many different cultures can you think of? Make a list, starting with those that you have represented in your own class, then add those in your town and then any others. For each cultural group, list a food that is typically eaten by that group.
3. Many resources are used in obtaining foods. List any resources needed for obtaining the foods that you regularly eat.
4. How does geography affect our food choices? Do you think that geography has as strong an influence on what you eat as it may have had in the past? Explain your answer.
5. Lifestyle and religion are other aspects of a person’s life that may affect their food habits. Give at least three examples of how either of these would influence a person’s diet and explain how this becomes a factor.
6. How has your own family affected your eating habits. Describe some family food choices and try to think about where they came from. Are they cultural, geographic, or a unique choice that only your family does?
7. Especially in today’s age of global society and ease of movement, do you think it is important to keep your traditional foods and customs?