**Factors Affecting Food Choices**

**Choosing what you eat goes far beyond satisfying your hunger.**

**During our class discussion write examples of how your food choices are influenced by each factor:**

1. **Reflection of Culture**
2. Historical influences- what is grown easily at home, family customs and traditions passed on from ancestors.
3. Ethnic Influences- Groups share blood ties. Foods traditional to race or culture.
4. Regional influences- food popular because of your location.
5. Religious Influences- rules of foods you can and cannot eat
6. **Social Influences**
   1. Family-
   2. Friends-
   3. Media-
   4. Status foods-
7. **Emotional Influences**
   1. Comfort foods-
   2. Foods for rewards/punishment
   3. Individual preferences/appeal
8. **Influence of Agriculture, Technology, Economics and Politics**
   1. Agriculture
   2. Land Availability and use
   3. Technology
   4. Economics and food availability
   5. Political decisions on what is grown, imported or exported
9. **Nutrition Knowledge**
   1. Health concerns-
   2. Nutrition value-
   3. Miracle foods and supplements-
   4. Organic and natural foods versus processed-

**Read Chapter 2 of your text.**

**Complete Worksheet- Choices in Context**

**Complete Study Guide- Backtrack Through Chapter 2**