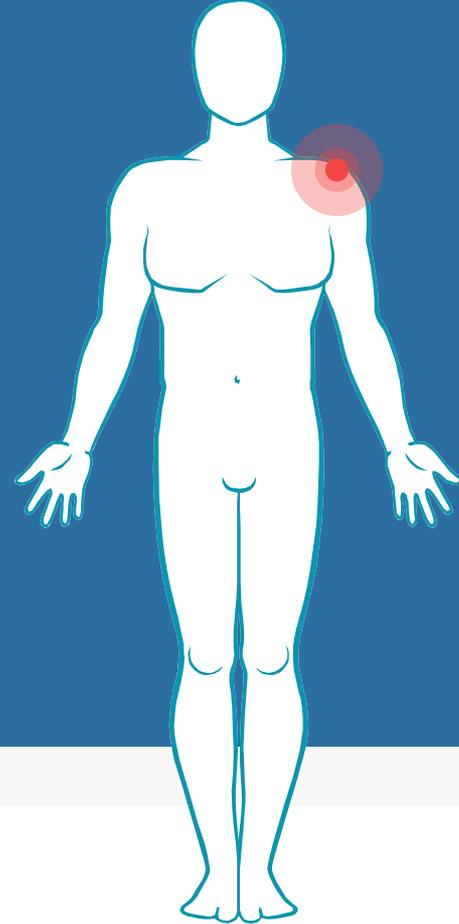


On-Call

Digital Resources

Healthy eating habits and
cultural and social influences



Healthy eating habits and cultural and social influences



- Both, cultural and social factors have a great influence on our eating habits. We usually eat what is easily accessible in our region, what its traditional, familiar, and popular in our society.

Social factor

How does your society influence your eating habits:

- We are very likely to pick up our friends' eating habits – whenever good or bad
- We are influenced by the presence of other people – it makes us make better food choices



Social factor

How does your society influence your eating habits:

- If all people we are eating with order the same dish, we are more likely to order it as well
- People tend to avoid ordering same dish as person they dislike



Cultural factor

- Different countries have different „food culture” that basis on traditions, history and local products. Most traditional food in every country basis on local products which are the easiest to get, and if in history of bespoken country there as a period of hunger, traditional cuisine may consist of unusual products, that wouldn't be eaten normally – like insects.



Cultural factor

- Cultural factor is pretty fragile nowadays, in the time of „culture clash” and „global village”. In today’s world most people have opportunity to get exotic products that wasn’t that cheap and that easily accessible in the past.



Benefits and detriments of social influences on our food choices

People in our closest surrounding may have either good or bad influence on our food choices.

On the one hand, even if we want to blend in with the rest of the group it is better to think for a moment if that would be beneficial for our health, not just blindly following bad food habits.

On the other hand letting your friends „peer pressure” you into healthy eating may be a good idea.



Benefits and detriments of cultural influences on our food choices

Our culture may have either good or bad influence on our food choices.

On the one hand not all types of traditional dishes are healthy.

On the other hand eating locally will guarantee you that your food is fresh and you will have less trouble digesting it than exotic food.





Erasmus+

This project has been funded with support from the European Commission.
This publication reflects the views only of the author, and the Commission cannot
be held responsible for any use which may be made of the information contained therein.