

What Affects Whether Fifth and Seventh Graders Try New Foods? Essay

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My dad's family is Hispanic, so my brothers and I have grown up trying new foods, mostly Latino foods. Trying new foods is like second nature to me. In fact, I absolutely love trying new foods. I think it is exciting to literally travel around the world without even leaving the table! Whenever I go to a restaurant, I try to see what the coolest thing I can try is, and I will order it. I find it boring to always eat the same foods, same tastes, same flavors, etc. Why always eat the same things when there is literally a whole world of possibilities out there? On the other hand, my fifth grade brother, Alessandro, detests trying new foods. We joke about how whenever we are at a restaurant, he always orders chicken fingers. He plays it safe when he is faced with ordering food at restaurants, or even at home, he will eat something he has tried before and likes instead of something new. So I wondered why we are so different when it comes to trying new foods. We are literally like night and day when it comes to new food. Am I more open to trying new foods because I have traveled more? But, Alessandro has traveled to Venezuela (which is a country in South America), and I have not. Is it because I am older? I am twelve and he is eleven. Is it a matter of different personalities? I am a little more outgoing than he is. Putting all those questions aside, I wondered about my classmates and their eating habits. I wondered how different

eating habits are between my classmates and me. Do they share my preferences for new foods? Starting to think about that, I wondered whether being Hispanic made any effect on my eating habits, because maybe I try Hispanic food more than other ethnicities. Then, I wondered whether someone's ethnicities made ...

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