

Many people have learned to dislike a food after eating it and falling ill

[Psychology](#)



of affiliation: Martin Seligman dislike for sauce béarnaise when he first tested, has been a centre of focus when studying the concept termed “conditioned taste aversion”. Seligman’s work seeks to uncover the role played by classical conditioning when considering individuals who suddenly develop dislike to particular food. The case has it that such individuals depict avoidance reaction whenever exposed to such food having experienced negative reaction in their first encounter. Seligman case came about when he once ordered sauce béarnaise with some other food and fell ill after eating to an extent that he vomited. His later attempts to taste the same food were met with the same feeling.

Biological priming comes in as one develops a stronger connection of the prospect negative reaction on sensing the previous causal agent. Here, the affected person will not necessarily be required to eat the disliked food a number of times to ascertain their dislike for such, instead, the tasting or mere smelling will serve as a trigger to the negative reaction whenever they are exposed to their detestable food. In this case, the mind is triggered to revisit the past experience and causes the body to respond involuntarily producing the same result (feeling ill and throwing up). I have equally experienced conditioned taste aversion when testing boiled eggs. I recount my experience which made me develop rushes and also throw up after eating boiled eggs. Following this experience I tried several other times getting the same result. Somehow, I convinced myself that I could not eat boiled eggs without having such reactions. Many years have gone by without making any other attempt to tasting boiled eggs, although I have no problem eating when fried

References

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