

# Eating habit



**ASSIGN  
BUSTER**

1. Over the past several weeks you have been completing your food journal. Based on the readings why is it important for individuals to have a food journal Using the information from a food journal how would you instruct others to avoid certain food or practice good food selection for overall health Having a food journal is very much important especially for individuals who want to keep track of their eating habits. In my experience, keeping a food journal enables me to understand when and why I eat thereby letting me know my eating patterns. It also allows me to become more responsible with my food choices as seeing a lot of junk food in the list makes me guilty and encourages me to add healthier ones. Another advantage of writing down what you eat is that you can also monitor your calorie intake. As a person wanting to maintain a healthy lifestyle and stick to a normal weight, I find this very helpful.

Based on the content of the food journal, it is easy to pinpoint how one can examine his eating patterns as well as modify them in order to pursue a healthier lifestyle. Being aware of others' eating habits will allow me to recommend which food to avoid and which food to increase intake of.

2. What do you think is the interplay between genetics and eating habits Support your answer.

According to recent scientific studies, there might be a link between genetics and eating habits but in only a small number of people. The assertion that there might be this " fat genes" which makes people obese is not really applicable to everyone. I believe that in the nature and nurture debate, eating habit and lifestyle is still highly dependent on nurture.

A person's eating habit is usually acquired from the parents. Food preference

specifically is a thing of what parents give their children to eat. Studies show that the taste of mom's breast milk is dependent on what she eats. Thus, even in the early years, environmental factors weigh in considerably. As a person grows old, he often acquires the eating habit of his parents. When a person's family, wakes up late and skips breakfast, he acquires the habit. When the parents always prepare unhealthy food for their children, the latter most possibly develops a penchant for these food and will crave for them even when he is away from home.