

For Advanced Kids Learners

Book 1

# Time to Talk

Lesson 27: Why Do I Find This Food  
Yummy But My Friend Finds It Yucky?



- **Warm-up question**

Circle the food  
you like to eat and the food you dislike.  
Tell us the reasons.



fruits and vegetables



meat and fish



sweets and junk food

- Read and learn

## Why Do I Find This Food Yummy But My Friend Finds It Yucky?

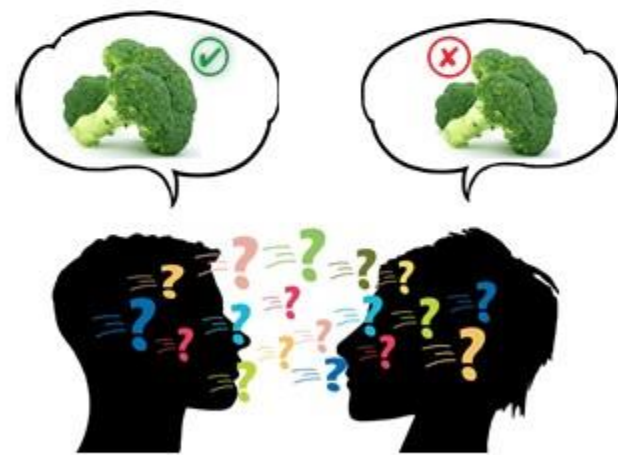
My friend thinks broccoli is **yummy**, **but** I think it's **yucky**. I love fish, **but** she hates it. My other friend says cheese is **tasty**, **but** I think it's **nasty**. Why are we like this?



**yummy** or **tasty**



**yucky** or **nasty**



- **Read and learn**

Scientists had the same questions too. They found out that our **preference** for food depends on our DNA. Every person has different DNA. It tells our brain what to feel when food touches our tongue. If you **dislike** the taste of something, **blame** your DNA.

**preference**

a greater liking for something

**dislike**

something one does not like

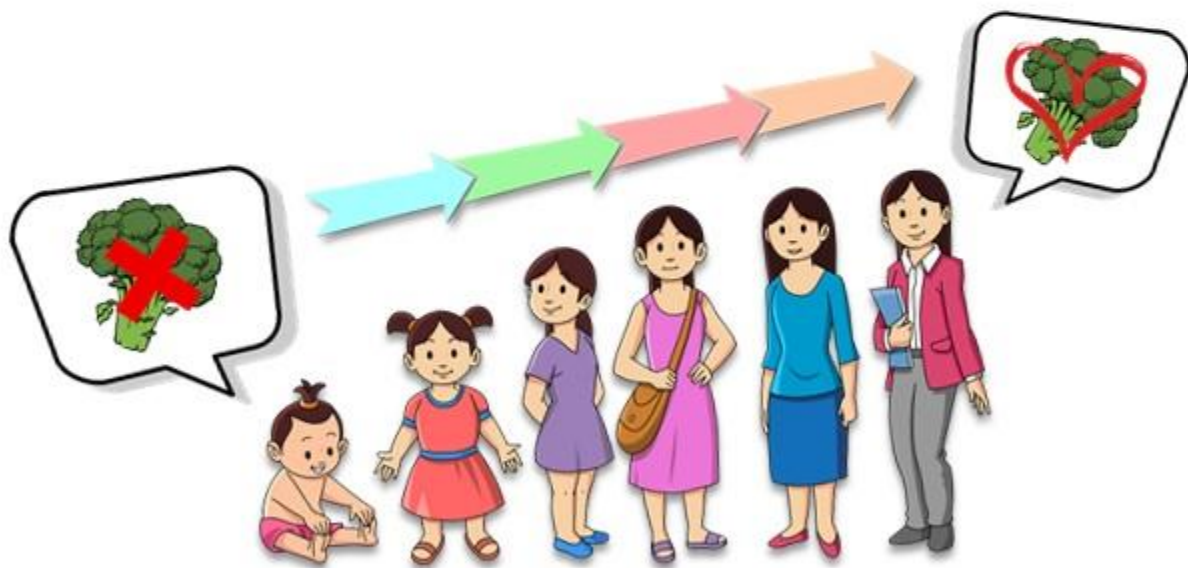
**blame**

to state who made a mistake

**DNA**

- **Read and learn**

As we get older, our tastes also change. Scientists say that if you keep trying to eat the food you dislike, your body learns to like them. So what are you waiting for? Go look for some yucky food. They might be your favorite soon.



- Unscramble the letters and fill in the blanks.



**S/I/A/T/Y/I/N**

The trash smells \_\_\_\_\_.



**A/D/E/L/M/B**

My mom \_\_\_\_\_ me for breaking the glass.



**M/U/Y/Y/M**

James finds honey \_\_\_\_\_.



**F/C/R/P/E/R/E/N/E/E**

Anna has a \_\_\_\_\_ for bananas.



**S/I/L/K/I/E/D/S**

She \_\_\_\_\_ doing homework.



**S/I/A/T/Y**

I love dumplings very much. I think they're \_\_\_\_\_.

- **Grammar**



# but

*Used to join two opposite ideas together.*

## Examples

1. My friend thinks broccoli is yummy, **but** I think it's yucky.
2. I love fish, **but** she hates it.
3. My other friend says cheese is tasty, **but** I think it's nasty.



### Fill in the blanks.

1. Bob thinks pizza is tasty, but James thinks it's \_\_\_\_\_.
2. I like chicken, \_\_\_\_\_ my brother dislikes it.

- Answer the questions.

1. What role does the DNA play in the food preference of a person?
2. What happens to a person's food preference as they get older?
3. Is there any food that you disliked before, but you like to eat now? What makes you like it now?
4. What can you do so you won't be a picky eater?





- Tick all the food you like to eat.

## Are you a picky eater?

Give yourself 1 point for every food you like to eat.

- |                                    |                                   |                                    |
|------------------------------------|-----------------------------------|------------------------------------|
| <input type="checkbox"/> tomato    | <input type="checkbox"/> cherry   | <input type="checkbox"/> pizza     |
| <input type="checkbox"/> egg       | <input type="checkbox"/> onion    | <input type="checkbox"/> pasta     |
| <input type="checkbox"/> hamburger | <input type="checkbox"/> broccoli | <input type="checkbox"/> pineapple |
| <input type="checkbox"/> fish      | <input type="checkbox"/> sushi    | <input type="checkbox"/> mushrooms |
| <input type="checkbox"/> squid     | <input type="checkbox"/> spinach  | <input type="checkbox"/> banana    |
| <input type="checkbox"/> cheese    | <input type="checkbox"/> peanuts  | <input type="checkbox"/> carrots   |

Total = \_\_\_\_\_

### 13-18 points

I'm not a picky eater.  
I can eat almost anything.

### 7-12 points

I'm a normal eater.  
Some food I like and some I dislike.

### 1-6 points

I'm a picky eater.  
I need to try more food.