

We are what we eat

What does our favourite food have to do with our personalities? Here are some ideas from an American study published in 2012.



Did you know pizza is one of the most addictive foods? (This is because it has lots of fats and carbohydrates.) It is also a party food: cheap, easy to get and can feed a crowd of people. Therefore, pizza is the favourite food of extroverts, or people who love to be surrounded by others.



Chocolate has relaxing effects, and that is why many people love it. In general, those with a “sweet tooth” – who like cakes, candy bars, and biscuits – are often friendly, pleasant and outgoing.



Those who like many different vegetables and salads usually take life more seriously. They like to learn and take care of things. (They also take care of their health.) They may not be very emotional, however.



If you like hot and spicy food, you might be one of those people who always look for adventure and new experiences. This is the favourite food of risk-takers, but also people who love to have control in their lives.



If you love ice cream, the study suggests, you might also love mysteries. Why? Because there are so many flavours and additions to choose from. You can always pick something different than you did last time.



People who like salty snacks, like chips and crisps, worry about the future more than others. Some of them become more ambitious, in order to fix it. Others just decide to enjoy (or suffer) whatever comes their way.

Questions and tasks:

- 1 Is the study right about your favourite food and personality?
What do your friends and colleagues think?
- 2 According to the text, which people would you like to hang out with more?
What would you eat? Come up with a menu.
- 3 Write a short essay on how you are like your favourite food.
- 4 Have a debate: Which food would you pick to eat for the rest of your life?
- 5 Do some research and find out: Who likes hamburgers, grilled food, soups, exotic food, sweet and sour taste, or seafood?