

Food Customs

1. Customs influence what people eat and how they prepare, serve, and eat foods. Many countries and regions have traditional dishes, most of which are based on locally produced foods. In many cases, the dishes of various cultures include the same ingredients, but different seasonings and cooking methods give the dish a special regional or national flavor. In the United States, for example, people enjoy such different chicken dishes as Southern-fried chicken, Louisiana chicken, and Texas-style barbecued chicken.

1

Do customs influence what people eat?

2

What example does the writer give to show that customs influence people's eating habits and choices?