Food Crazes: What's Trending on Our Plates

In recent years, certain foods have become extremely popular around the world. From fermented foods to specialty drinks, people seem to follow trends almost instantly. But why do some foods become so "viral," and why do we feel the need to try them?

Food trends often spread because people want to belong, try something new, or show off a particular lifestyle. Social media plays a big role: seeing friends, influencers, or celebrities enjoying a certain food creates curiosity and desire. Bright colors, unusual textures, or stories about health benefits make these foods even more tempting.

One of the most popular trends is _____, such as kimchi, sauerkraut, kombucha, kefir, and miso. These foods are praised for their probiotics, which can improve digestion and support the immune system. People try them not only for taste but also for their potential health benefits, and sharing them online makes them even more appealing.

_____, a green powdered tea from Japan, is popular for its antioxidants and vibrant green color. It is used in drinks, desserts, and smoothies. People often follow the matcha trend because it looks impressive on social media and is considered a healthy alternative to coffee.

_____ has become a home-baking favorite. Its tangy taste and long fermentation process make it feel special, and many enjoy the challenge of baking it themselves. This trend also reflects people's interest in artisanal foods and skills.

_____everything, especially avocado toast, is another craze. The creamy texture and healthy fats appeal to health-conscious eaters, while its bright green color makes it perfect for sharing online.

_____, also known as plant-based milk, has become a trendy alternative to dairy. It is made from a variety of plant sources, including coconut, banana, almond, oats, etc. It might be creamy, slightly sweet, low-calorie, high-protein - whatever you wish in your coffee or cereals. For some, it's about health or lactose intolerance, while for others it's about following a lifestyle trend that feels modern, creative, and environmentally friendly.

_____, Hawaiian-style meals with rice, raw fish, and fresh vegetables, have gone viral because of their colorful, healthy appearance. They are easy to share on social media and fit the idea of eating fresh and balanced meals.

_____, made with butter or oil, is popular among people who want an energy boost and a trendy lifestyle. Its appeal is partly because it promises focus and productivity while feeling like a "special" coffee.

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_____, which are soaked or roasted to increase nutritional absorption, have become popular with health-conscious eaters. Many people follow this trend to feel proactive about their diet.

_____, including bread and pasta, are chosen by people with sensitivities or those who believe a gluten-free diet is healthier. Following this trend can feel like being part of a health-conscious community.

_____, such as turmeric lattes or drinks with added vitamins and adaptogens, attract people looking for extra health benefits. The trend is driven by curiosity about new ways to boost energy, immunity, or well-being.

Finally, _____, including nitro coffee, bumble coffee, or bubble tea, are popular because of their novelty and aesthetic appeal. People enjoy trying these drinks to feel trendy and discover new flavors.

Food crazes show how much we value novelty, creativity, and shared experiences. We try these foods not just for taste but also to feel part of a group, follow a healthy lifestyle, or simply enjoy something visually appealing. While not every trend is suitable for everyone, following them can be fun and even inspire people to explore new flavors and cooking skills.

Answer the questions:

1. Which role does social media play in spreading trends?
2. Do you think you are easily influenced by trends?
3. Have you ever tried a food or drink just because it was trendy? What was it?
4. Which of the food crazes in the article would you personally like to try? Why?
5. Do you believe food crazes are more about health or about lifestyle?
6. Do you think food crazes are just a modern phenomenon, or did they exist in the past too?

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