

### Introduction

- Food is an essential need for human survival
- Culture, in the context of this paper, describes a community that shares similar values and traditions
- The United States of America is known for being a multi-cultural society.
- Food in the United States has its history though that history is shared with many cultures that the States have incorporated into its society.
- despite being multicultural the USA is known for its own relationship around food

# MENU



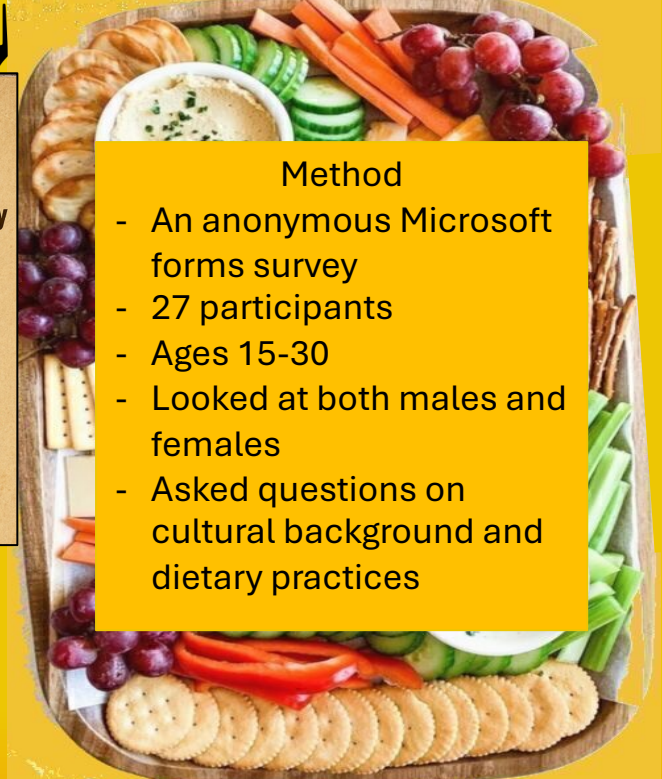
## Adapting Dietary Traditions in a Multicultural Society

### The research special

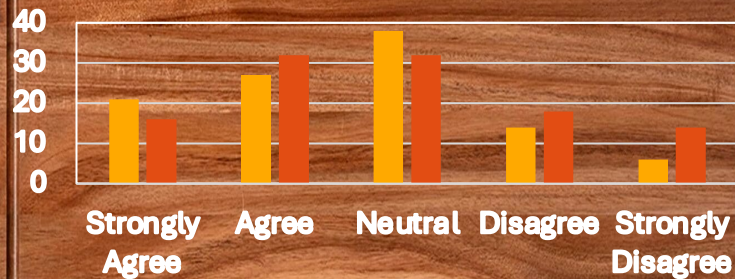
**Is the strength of cultural identity associated with adherence to traditional dietary practices among adolescents and young adults in multicultural households and communities?**

### Method

- An anonymous Microsoft forms survey
- 27 participants
- Ages 15-30
- Looked at both males and females
- Asked questions on cultural background and dietary practices



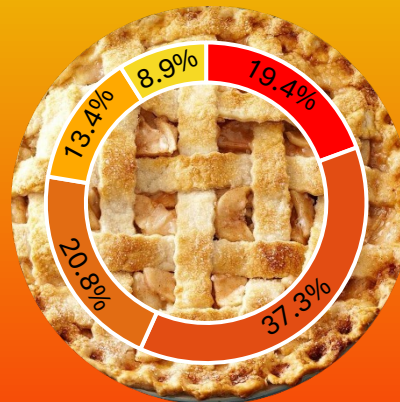
### An adaptation of the Multigroup Ethnic Identity Measure – MEIM



**I have a strong sense of self with my ethnic/cultural background**

**I engage with and understand the values within my cultural/ethnic background**

### Frequency of traditional food consumption



- Never
- Rarely
- Sometimes
- Often
- Always

### Discussion

- Most subjects were born and raised in Florida
- Many subjects described American Food as a distinct traditional diet
- Countries like Columbia have a more distinct dietary culture
- Young people are more likely to explore different cuisines
- More research on this will be beneficial

