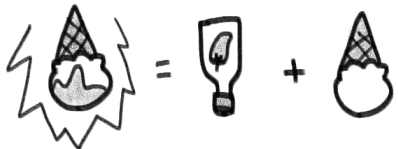


spicy ice cream!!



What about the other way around?  
What are silly or real ways to change your favorite foods to be less likeable?



Imagine silly or real ways you can change foods you don't like to be more like your favorite foods.

Encouraging healthy eating  
Do you have healthy foods in your "don't like" list?

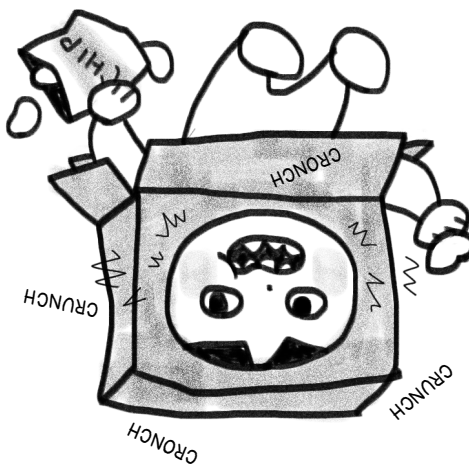
You can also make lists of foods that you only see at specific holidays, events, or places!



What do your favorite foods have in common?  
Use your five senses!

### Beyond Likes and Dislikes

You can boost higher frequencies (imagine birds chirping) with something that covers your whole head. This can make crunchy foods sound crunchier!



Covering your ears can boost lower frequency sounds (imagine whale noises) and make crunchy foods seem more stale.

### The Sound of Food

What do you hear when you eat?



When we take away ambient noise, we can tune in to the sounds from our eating. Usually our brains don't pay attention to it. the background sounds around you. Doing this also filters out ambient noise.



### Seasoning with Sound

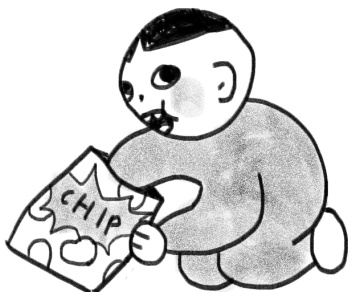
What we hear when we eat can influence how much we enjoy the food, and how much it satisfies our hunger.



Mindful eating  
Slowing down and taking the time to enjoy our food has many benefits, including better dental and digestive health!

This zine was created by the MIT Media Lab Public Library Innovation Exchange (PLIX), and Rebecca Kleinberger, an Affiliate Researcher at the MIT Media Lab, and a Professor at Northeastern University

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