

Why we learn to love spicy food

This video from Vox discusses the effects of spicy food on the body and why people learn to love it despite, maybe, it making them feel bad.

Video and article on Vox: <https://www.vox.com/2015/4/29/8511055/hot-pepper-spicy>

Video on Youtube: <https://www.youtube.com/watch?v=JsgpZdGVNys>

Warm-Up

Talk about these questions:

Do you enjoy spicy or strong foods like pickles, blue cheese, curry and wasabi?

What spice or herb do you like to cook with?

Do you have a sweet tooth?

What is a food you do not like to eat?

Do you have a dish you make that maybe other people wouldn't like? Do your friends

Watch 1

Watch the video and choose the best summary for the video:

1. People learn to love spicy food because it is good for your health.
2. People learn to love spicy food because many great dishes can be made from it.
3. People learn to love spicy food because pain and pleasure are connected.
4. People learn to love spicy food because their country's food is spicy.

Watch 2

Watch the video again and choose the best summary for the video:

1. What three foods does the video say contain spice?
2. What do plants use spicy chemicals for?
3. What happens after your body detects Capsaicin?
4. When did humans start reading spicy food?
5. What foods and drinks can you eat to get rid of the spicy sensations on your tongue?

Vocabulary

Complete these sentences using the words on this list:

bacteria chunk consumed humidity predators
seeds sensation swallowed sweating sweat

1	I hated the _____ in Thailand.
2	Rabies is a deadly disease caused by _____ .
3	Cats are important _____ on farms, where they kill mice.
4	He _____ enough food for two people.
5	I was _____ in the hot lecture hall.
6	The baby _____ a mouthful of cereal.
7	She gave him a _____ of chocolate to eat.
8	She felt a _____ of cold when the door opened.
9	After running he was covered with _____ .
10	We planted _____ in the garden.

Follow Up Discussion

Talk about these questions:

1. What is a food or drink that you use to not like that you learned to like?
2. What is something that is hard, scary or difficult that you actually enjoy doing?
3. Which country would you like to travel to just for the food?