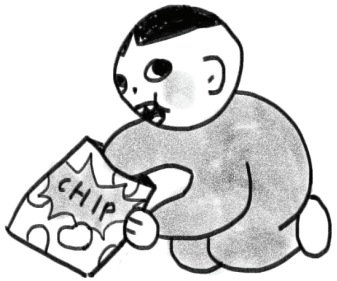
Sonic Seasoning



Remix this!
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This zine was created by the MIT 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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The Sound of Food

What do you hear when you eat?

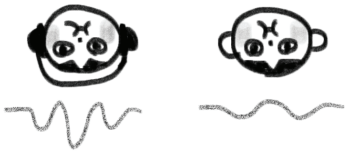


What we hear when we eat can influence how much we enjoy the food, and how much it satisfies our hunger.



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

Seasoning with Sound



When you cover your ears as you chew, this changes the sound frequency of your eating experience.



Doing this also filters out **ambient noise**, the background sounds around you. Usually our brains don't pay attention to it.

When we take away ambient noise, we can tune in to the sounds from our eating.

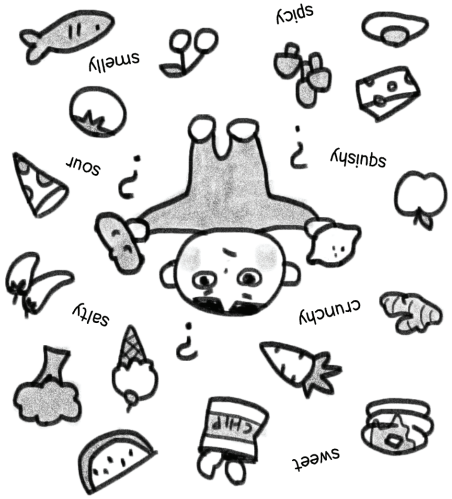


You can boost higher frequencies (imagine birds chirping) with something that covers your whole head. This can make crunchy foods sound crunchier!

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

Beyond Likes and Dislikes

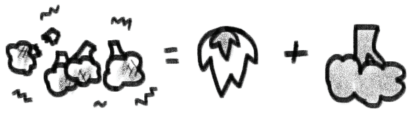
What do your favorite foods have in common?
Use your five senses!



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

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

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



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

