

**Supplemental Interview Form -
Americans Overseas With
Dietary Preferences**



**Association for Teen-Age
Diplomats**

Background

While having a dietary preference (for example being a vegetarian) is quite common in the United States, this is often not the case in other countries. For example, fish is the staple of some countries, and in other countries vegetables may be quite expensive. No matter what a student's dietary preferences, food and family meals are an important part of an intercultural experience.

Families are often reluctant to host students with dietary restrictions because they perceive it as an extra burden (e.g. preparing separate meals, buying special foods, etc.). The more flexible a student is willing to be with his or her diet, the more likely it is to place a student with a Host Family overseas. We encourage students to at least try foods that are served by their Host Families. This way the students will get the most out of the exchange experience.

Questions

1. Specifically what foods will you eat and not eat?
2. Are there any medical reasons restricting you from eating these foods?
3. Does your natural family follow the same dietary restrictions? If not, how do they work around your special eating habits?
4. If your diet prevented you from finding a Host Family, would you change it?
5. Are you willing to prepare your own meals? What if your host mother wouldn't permit others in the kitchen so you could not prepare your own food?
6. What would you do if your reluctance to eat certain foods caused tension with your Host Family?