Your name: Partner’s Name:

With your partner – identify 2 human behavior to explore. One of you will research the contributions that “nature” makes to the behavior. The other will research the contribution that “nurture” makes to the behavior. For the second behavior, switch roles – whoever researched the “nurture” aspect for Behavior #1 will research the “nature” aspect for Behavior #2, and vice versa. You will create two charts that identify what you learn. You will be presenting the findings on one of your behaviors to the class and turning in your chart.

You should identify at least 4 contributing factors for both nature and nurture for each behavior. If you get stuck and cannot come up with 4, you will need to choose a different behavior. Here is an example of the detail I expect to see, including not only the contributing factor, but also an explanation about why/how each is a factor.

Human Behavior #1: Eating Behaviors:

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| --- | --- |
| Contributions from “nature” (biology) | Contributions from “nurture” (environment) |
| Hormones such as PYY, ghrelin, and insulin influence eating behaviors. **Why/how?** They trigger hunger and motivate a person to eat. | A person’s ethnic culture influences their eating behavior. **Why/how?** Depending on where a person lives, different foods are customary and in some cases taboo, so a person will often choose what others in their culture typically eat or refrain from foods they are supposed to avoid. For instance, some cultures prohibit eating pork, cattle, or other categories of food. |
| A person’s set point will contribute to someone’s eating habits. **Why/how?** if a person has a higher weight as their set point, they will experience hunger more often than someone with a low set point | A person’s socioeconomic status will influence their eating behaviors. **Why/how?** A person who is economically advantaged will likely have a wide variety of food choices, whereas a person who is economically disadvantaged may experience hunger and/or a lack of food choices. |
| Metabolism is a factor from nature that relates to eating behaviors. **Why/how?** If a person has a low metabolism, they will use the calories they ingest at a slower rate than a person with a high metabolism. A person with a high metabolism will likely experience hunger more frequently and be motivated to eat more often. | A person’s geographic region will relate to their eating behaviors. **Why/how?** A person who lives in a warmer climate will often enjoy spicier foods because they grow naturally in their environment, but a person who lives in a region with a cooler climate may have less of a preference for such foods. |
| The lateral and ventromedial hypothalamus are structures in the brain that relate to hunger and influence eating behaviors. **Why/how?** If a person’s lateral hypothalamus is stimulated, they will feel hunger and are likely to engage in eating. If a person’s ventromedial hypothalamus is stimulated, they will feel full and are likely to stop eating. | People eat based on social situations. **Why/how?** Studies show that if people are with others who are consuming food choices that are high in calories (or low in calories), others in the group are likely to follow them and adjust to eating more or less, depending on the people they are with. |

Put your charts below: