

To judge how a person is, you can look at how they eat and drink

When you want to learn, assess the personality of a person, you can completely rely on eating. Eating is a daily occurrence, a style of eating also partly expresses your personality. Test yourself on who you are!

I have read somewhere a quote saying: 'People always choose what they love. The things that a person loves is very similar to his or her personality and nature. So, looking at the food that a person chooses, one can know his personality. Eating rice is not just about eating, but eating something, how to eat will show the personality of a person. This kind of personality is a kind of catechism.'

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1. Style of eating

1. Eat chewed shrimp

These people are often poor people in life, lack of will and determination. The stories they tell often boast about themselves, bragging, talking without thinking are the biggest drawbacks of people with this type of eating. Besides, their working style is not professional, unpredictable, shy person, do not dare to take responsibility for what they do. Therefore, these people often have few close friends around.

1. When the food is swallowed, there is a buzzing sound

These are smart and quite clever people. However, this person does not have the right qualities to lead and run the business because their way of doing things is not scientific, often working conveniently, without principles and clear rules. As someone who regularly gives opinions, the debate is very lively in the meetings, but after that, the sentence seems to be dropped, the promises are only said down, not hours of implementation, being a trio must have no personal opinion.

1. **While chewing the food while talking about crap**



This is a model of people, not discriminatory, easy to get angry. When they encounter unhappy things with themselves, they often "get angry at the slash", affecting those around them. At work, they are unreliable people, lack of energy, so they cannot succeed.

In addition, this is the type of food that is considered not polite, unsanitary. Talking while eating is easy to spit on food, can even shoot food to others.

1. **Cheeks rolled when chewing food**

These people not only have bad eating habits, but their personalities are not good either. The personality is difficult, very hot, even rude, big-hearted and flat. Be careful when interacting with these people because unfortunately you do something against them, they will get angry, the ant will turn into an elephant. Please be careful.

1. **Neck stroke and swallow food**

The personality of these people is also very impatient, who do not know how to recognize and evaluate things. When working, loudly, I can quickly finish things, always like to be praised by others, like to see the positive side of things, not daring to face the negative side.

1. **While eating, licking her lips**

These people are moody, happy and sad. However, their health is very good. When working, just do it silently, devote your dedication to work to improve well, but these people are poor in expressing their opinions and

evaluating the work of people around them. These people often value material above all.

1. Plug the seated neck plug



These people are often diligent and hardworking, enduring and resilient. However, the disadvantage of this type of people is that they cannot listen to people's opinions, be stubborn and conservative, work in a flexible way, do not know how to improvise to achieve success. However, it is thanks to that hard work that the future posture of these people will be relatively good.

1. Keeping your mouth chewing, you can't hear it

This person has a careful personality, always thinking ahead in everything. Work is very disciplined, formal and clear, without loopholes or omissions. Being a devoted person for work, but not taking the job as a goal to compete with people. Pretty shy personality, shy.

1. Sitting eating, face slightly curled up

Looking at this posture, we are more or less able to guess this human personality. This type of person is arrogant, I'm more than everyone. But in work, it is very good, handling sensitive work, know how to improvise in every situation. In each debate, these people always give their own opinions. Sometimes they are quite obstinate and conservative.

2. Snacking habits

1. Like to eat snacks, do not eat main meals



These people, when working, are not important to quality, but are the ones who finish the job on time. They and people are sociable, happy, friendly people around, less impatient, treat their friends very well. However, they do not have many close friends to share their feelings in life, making them easy to fall into a lonely, depressed state in this life.

1. Picking up food, just eat what you find delicious, put the unwanted thing aside

This person often only knows himself, despises those around him. To achieve your goal, be willing to trampled on others without hesitation, thinking. They disregard the discipline of discipline, do not need to cultivate themselves, narrow thoughts, only know themselves.

1. Any kind of food is eaten

These people have a liberal, arbitrary and self-centered personality, do not value social morality, do not see anyone, nothing and ambition. Although it is an open person, there is no negative friend.

1. People eat very little

For those who eat less but the body still grows at an average level, who has tolerance, generosity, honesty and openness. They have a lot of friends and are respected by people.

If you eat less, your body is weak, probably due to lack of nutrients. This person is often too sensitive, so it is easy to fall into a bad mood.

1. People who eat anything also find taste



This type of person often has a peaceful personality, easy to adapt to many different living environments, easy to talk to people and respond quickly in all situations. The biggest advantage for them is that they can control their emotions, not to be angry at the trifles.

1. People like to eat hot food

Hot food is often difficult to eat, if people like to eat hot food, their personality often changes and is impatient like food. Likes perfection, likes to be a pioneer in everything, who likes to discover new things in life. Most of these people are outspoken, dare to risk, but sometimes too childish. They are less likely to face difficulties in life, so it is easy to fall into a state of crisis.

1. People like to eat cold

These people look very peaceful and humble. However, inside of them, they are quite tough, have a strong sense of protest. They are people with good feelings, good at resisting difficulties and hardships, living in an inner life, not like to show off to others. It is the inner life that very few people can understand their people.

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