

## Tekst 2

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# NOSE-PICKING

In 2001, Chittaranjan Andrade and B.S. Srihari of the National Institute of Mental Health and Neurosciences in Bangalore, India, won an IgNobel prize for their research into nose-picking. They reported that almost the entire sample of 200 adolescents from four Bangalore schools admitted they engaged in the habit, at an average of four times a day. However, only nine pupils – 4.5 per cent – owned up to eating their nasal debris. Given the social stigma attached to eating bogeys (also known as boogers), this figure is probably an underestimate. But even if numbers are lower than experience suggests, this still begs the question of why anybody should choose to eat their own snot.

“There isn’t any significant nutritional content in nasal mucus,” says Andrade. Moreover, he and Srihari found nothing to distinguish the bogey-eaters from the others, and they neglected to ask them why they did it. It is possible that eating nasal detritus might help build a healthy immune response – after all, researchers investigating the hygiene hypothesis have built a large body of evidence indicating that lack of exposure to infectious material can increase one's susceptibility to allergic diseases.

Unfortunately, it seems the only research on the matter dates back to 1966, when Sidney Tarachow of the State University of New York found that people who ate their bogeys found them “tasty”.

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- 3p 2 Geef van elk van de volgende beweringen aan of deze juist of onjuist is op grond van de inhoud van het artikel.
- 1 De meeste leerlingen in het genoemde onderzoek peuteren regelmatig in hun neus.
  - 2 Slechts een beperkt aantal mensen geeft toe dat ze uit hun neus eten.
  - 3 De inhoud van je neus heeft nauwelijks voedingswaarde.
  - 4 Het onderzoek van Andrade en Srihari maakt duidelijk welke groepen uit hun neus eten.
  - 5 Het eten van je snot kan misschien bijdragen aan het versterken van je afweersysteem.
  - 6 De reden waarom mensen uit hun neus eten is in het verleden onderzocht.
- Noteer het nummer van elke bewering, gevolgd door "juist" of "onjuist".