



COURSE CARD: E3S - NL - WUR - 5

- University: Wageningen University, the Netherlands
- Course: Psychobiology of Food Choice and Eating Behaviour
- Course code: HNE-30306
- Credits: 6
- Language: English
- Instructor: prof C de Graaf, dr ID Brouwer, dr NM de Roos, dr G Jager, dr M Mars, dr S Boesveldt, JV Meijering MSc
- When: Yearly (Mar – Apr), next course starting March 2013. Precise program to be found at: <https://ssc.wur.nl/Studiegids/Vak/HNE-30306>
- Content: This course is focused on recent development in Nutrition Behaviour Research. The course will contain several parts: A) 20 lectures; B) a practical course where students will learn the basics of E-Prime[®], a software program to create and run computerized questionnaire and experiments. Students will work in small groups (4-5 students), with the objective to design and make a simple questionnaire and a psychological experiment in order to study determinants of food habits/nutrition behaviour. At the end of the course, students give a presentation of the results; C) discussion groups, with the objective to discuss the latest development of nutrition behaviour issues. This discussion refers to the following topics: a) development of food preferences, b) psychology of overeating, and c) impact of media on food choice. satiety. Students prepare a short manuscript and give a short presentation according to the literature that is provided by the supervisors.
- Textbook: The Psychology of Food Choice, Eds R. Shepherd and M Raats, University of Surrey, UK. August 2006 / Paperback/ 384 pages/ ISBN 9781845937232 and a course reader
- Requirements: Courses on social/behavioral aspects of nutrition in the first two years of the BSc programme in Nutrition and Health
- For whom: Optional course
- Students (n): -



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