



COURSE CARD: E3S - A - BOKU - 2

University: University of Natural Resources and Life Sciences, Vienna (Austria)

Course: Psychology of nutrition (Elective Lecture)

Course code: 754329

Credits 2

Language: German

Instructor: Klaus Dürrschmid, Ass.Prof.

When: Every winter term (October – January)

Content: This lecture gives an introduction to the nutritional psychology, the science of the behaviour of eating and drinking. Contents are behaviour of eating and drinking: hunger, appetite, repletion, theories of regulation, overweight, adipositas, anorexia nervosa, restrained eating, principles and theories on food choice, sensory aspects and perception cycle etc.

Textbook: Pudal, V. / Westenhöfer, J.: Ernährungspsychologie. Eine Einführung. Hogrefe, Göttingen 2003. Christoph Klotter: Einführung in die Ernährungspsychologie. UTB, 2007. Jane Ogden: The psychology of eating. Blackwell, 2003.

Requirements: none

For whom: MSc students Food Science and Technology”

Students (n): ~40 students / year

Source of info: Klaus Dürrschmid, klaus.duerrschmid@boku.ac.at
<https://online.boku.ac.at/BOKUonline/webnav.ini>

Date: May 2nd, 2013