

Nutrition and Psychology

Course No.	Title of Course	Credit Hours
HND-211	Nutrition and Psychology	3(3-0)

Learning Outcomes

After completing the course, the students will be able to:

- Explain the impact of nutrition on human psychology
- Elucidate the effect of various behaviours and states of minds with relation to diet
- Explicate the eating disorders

SDGs addressed in the course:

SDG # 3 (Health and Well-being)

Teaching Mode:

This portion of contents and will be taught in hybrid learning mode offering a substantial portion of contents and course activities online through learning management system.

Course Content

Theory

Psychology: Introduction, types, classification; Psychology and nutrition adherence; Attitude and eating patterns and the field of cognitive psychology; Perception, visualization and eating patterns, errors in perception process; Eating disorders: Diagnosis, assessment and treatment; Face perception; Conceptual model of food choice; Psychological influences on appetite; Process over the life course, integration of biological, social, cultural and psychological influence on food choice; Understanding behavior: Sensation, sense organs/special organs, attention and concentration, memory and its stages, methods for improvement, types and theories of thinking, cognition and levels of cognition, problem solving and decision making strategies, attitude behavior relationship; Measurement issues and indirect effects of attitude on behavior, The theory of reasoned action; Additional variables within theory of planned behavior, Personality and intelligence; stress management.

Table 6: Week wise Lecture Plan- Nutrition and Psychology/Behavior

Week No	Description
1	Psychology: Introduction
2	Types, classification
3	Psychology and nutrition adherence
4	Attitude and eating patterns and the field of cognitive psychology
5	Perception, visualization and eating patterns, errors in perception process
6,7	Eating disorders: Diagnosis, assessment and treatment
8	Face perception; Conceptual model of food choice
9	Mid Semester Exams
10,11	Psychological influences on appetite; Process over the life course integration of biological, social, cultural and psychological influence on food choice
12	Understanding behavior: Sensation, sense organs/special organs, attention and concentration,
13	Memory and its stages, methods for improvement
14	Types and theories of thinking, cognition and levels of cognition
15	Problem solving and decision making strategies
16	Attitude behavior relationship; Measurement issues and indirect effects of attitude on behavior,
17	The theory of reasoned action; Additional variables within theory of planned behavior, Personality and intelligence; stress management.
18	End Semester Exams

Text Book

1. Blackman, M.C and C.A. Kvaska. 2011. Nutrition Psychology; Improving Dietary Adherence. Jones and Bartlett Learning Publishers, Ontario, Canada

Suggested Readings

1. Booth, D.A. 1994. The Psychology of Nutrition. Taylor and Francis Inc., Bristol, PA, USA
2. Elmes, D.G., B.H. Kantowitz and H.L. Roediger. 2015. Research Methods in Psychology. 9th Ed. Wadsworth Cengage Learning, Belmont, CA, USA
3. Jane, O. 2010. The Psychology of Eating: From Healthy to Disorders Behavior. 2ⁿ Ed. Wiley Blackwell, John Wiley and Sons Ltd. Chichester, WS, UK.

