

AQA PYA3: EATING BEHAVIOUR

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AAFoster



You must know the following:

EATING BEHAVIOUR – See Appendix for Issues and Debates in Psychology	
Eating Behaviour	<ul style="list-style-type: none"> • Factors influencing attitudes to food and eating behaviour, for example cultural influences, mood, health concerns • Explanations for the success and failure of dieting
Biological explanations of eating behaviour	<ul style="list-style-type: none"> • Neural mechanisms involved in controlling eating behaviour • Evolutionary explanations of food preferences
Eating disorders	<ul style="list-style-type: none"> • In relation to either anorexia nervosa or bulimia or obesity • Psychological explanations • Biological explanations, including neural and evolutionary explanations

All evaluative commentary are in italics.

Discuss the factors influencing attitudes to food and eating behaviour, such as cultural differences, mood, or health concerns

As humans, we need to eat in order to stay alive and in order to obtain the necessary nutrients for growth, repair and energy.

The findings of large-scale surveys indicate that many different motivations influence food choice, including convenience of purchasing and preparation, sensory appeal, costs to health, weight control, mood regulation and ethical concerns relating to food production, (Stephoe et al 1996).

This suggests that attitudes and related cognitions are crucial variables in determining food choice and eating behaviour.

Attitudes to Food

What is an attitude?

Most attitudes are the result of either direct experience or observational learning from the environment

DIRECT EXPERIENCE is related to taste, and the physical and psychological consequences of eating certain foods

OBSERVATIONAL LEARNING depends on familiarity, parental example, and cultural factors.