

Nutrition Readings & Tutorial Notes

2) *Sobal J et al, 2006, A conceptual model of the food choice process over the life course, in The psychology of food choice, (eds) R shepherd and M Raats, E-Reading*

- Food choice involves the selection and consumption of foods and beverages, considering what, how, when, where, and with whom people eat as well as other aspects of their food and eating behaviors.

WEEK 2 TUTORIAL NOTES

FOOD CHOICES THROUGH LIFE STAGES - TRANSITIONS

Adolescence

- Growing independence, more food choices
- Money
- Driver's licence
- Eats food more often
- Introduced to alcohol
- Overindulgence
- Socialising – peer influence
- Sport – eat certain ways to improve performance – routine/strict
- Body image – social media

Living with someone/ leaving family home

- sharing meals with another person
- cooking skills
- learn new foods/result to eat food more often
- more free choice – no consequences
- financial status
- roommates
- likes/dislikes/allergies
- time management
- 100% responsibility

Pregnancy

- Thinking cautiously about how much and what food they are eating for their foetus

- Opens their mind to their own health
- Compare themselves to other mothers and pregnant women
- People around them want to give advice
- Morning sickness, cravings, smells, foods you can't eat

Ageing

- Using less energy
- Cooking for one
- Grief as many people around them will be ageing and more chance of loss
- Nursing home food
- eating requirements change but habits may not
- always thinking about reducing risk for diseases
- money/pension

Parental Role Models

- Want to eat healthy to set example for your children
- Show kids its ok not to like something but they should consider because it's good for their health
- Benefit their own healthy as they're thinking more often about healthier food options for their child to be exposed to

Nutrition And You With Readings

Daniela Niemeyer



Nutrition And You With Readings:

Adopting the Track of Expression: An Mental Symphony within **Nutrition And You With Readings**

In some sort of taken by displays and the ceaseless chatter of instantaneous connection, the melodic beauty and mental symphony created by the prepared term usually diminish into the backdrop, eclipsed by the constant noise and interruptions that permeate our lives. But, set within the pages of **Nutrition And You With Readings** a wonderful fictional value overflowing with raw thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that captivating masterpiece conducts readers on an emotional journey, skillfully unraveling the hidden songs and profound influence resonating within each carefully crafted phrase. Within the depths of the poignant analysis, we will examine the book is main harmonies, analyze its enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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