

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

Clifford Lane



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