



Psychology of Food

Summary

This course will enable you to understand the basic concepts of how different foods affect our psycho-physiology – our moods, our behaviour, our choices in life. Understand how cravings act on the brain. Begin to understand the vast area of eating disorders. Learn which foods make us happy and why. Enjoy gaining practical and useful knowledge in a light-hearted fun environment.

Duration

4 hours

About The Trainer

Fiona Workman is a clinical nutritionist and Bowen therapist based in Sydney. She is passionate about enjoying great food and a sunny lifestyle, all in the name of good health. But she is also realistic about the pressures of an increasingly fast city life so flexibility is a big factor in her advice.

She holds a Bachelor degree in Health Science, a Diploma of Nutrition, and a Bachelor degree in Commerce. She is a Professional Member of the ATMS and the Bowen Association of Australia and has been in professional practice since 2002.

Assessment

This subject is assessed by a quiz completed on-line

Pre-requisites

Nil

Resources

You will need a computer to access your course materials and complete the assessment. Your computer needs reliable internet access.

NCC is a Wi Fi friendly site. Students are encouraged to use laptops/notepads etc. with internet access for log in into e-Learning for resources.

Content

Topics covered include:

- Comfort Foods
- Cravings & Food Addictions
- Sugar & the Brain
- Satiety Hormones
- Food-based Opioids
- Therapeutic Foods

After This Course

You might like to consider our related courses:

- Introduction to Nutrition (as part of the Certificate in Nutrition)
- Introduction to Natural Medicine (as part of the Certificate in Naturopathy)
- Introduction to Ayurvedic Medicine

Testimonials

'I am thrilled to have met with Fiona. She was able to tell me so much about my physiology even within the first appointment, I was amazed. It has been only a couple of weeks since I started to apply Fiona's advices and they are so easy to follow, the big plus is that the recipes are truly delicious. The other day as I arrived at work a colleague just told me how glowing I look. It sure felt great to hear that. And it's true I feel more energetic and even happier than before! It was a fantastic experience and I would definitely recommend Sydney Nutrition to everybody.' M.L., Randwick

'Fiona, you are wonderful, thank you so much for your positivity and knowledge! I am being good (mostly!) ... but I did come to you to learn about food so that I make good choices rather than do anything crazy and extreme like a fad diet! so on that front, you have helped me immensely!' PS, QLD

'I just had to mail again to thank you so much for your help. My life has changed because of what you have introduced to my diet. I feel well. I am rarely sick. I can go out to eat for the first time in nearly a year without the worry that I will be sick. Even more importantly my daily life is no longer affected by my symptoms. Thank you again for everything.' CH, Maroubra

'Fiona, just a wee note to say thanks for all your help and advice recently. I think I already had a bit of the knowledge you imparted but you have certainly broadened my horizons and most importantly I feel much better overall. The result has been staggering. My levels of energy and wellbeing are infinitely greater than before'. M.S., RAAF Pilot, Richmond

Certificate of Completion

Participants receive a Certificate of Completion

*If you are learning for personal growth you may elect not to participate in the assessment or receive a Certificate of Completion
