



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 arena of our gut bacteria. Learn which foods make us happy and why. Enjoy gaining practical and useful knowledge in a light-hearted fun environment.

Learning outcomes:

1. Articulate the connection between gut-health and overall health
 2. Be familiar with current research into connection between gut microbiome and maintaining human health
 3. Identify key causes of food addiction
 4. Research: treating behavioural/mood disorders through nutritional support
 5. Understand how neurotransmitters can hijack your logical thinking
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Content

Topics covered include:

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

Our assessments are designed to make your learning experience both engaging and inspiring. They also help consolidate what you've learned. Assessment quizzes are open book and held online.

This subject is assessed by:

- one on-line quiz
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Pre-requisites

Nil

Duration**12 hours**

(6 contact hours & 6 hours self-directed learning)

Hours are inclusive of all supervised and prescribed activities throughout the duration of this subject. These may include lectures, on-line tasks, forums, assessments, prescribed reading, research, assignments and activities.

Compulsory Textbooks

Nil

Resources

You will need a computer to access your course materials and submit assessments. Your computer needs reliable internet access.

Certificate of Completion

If you are completing the subject as a standalone short course, you will automatically receive a Certificate of Completion.

If you are completing the subject as part of a Course Program you will receive your Credentials upon completion of the entire Course Program.

*If you are learning for personal growth, you may elect not to participate in the assessment please notify us by emailing info@naturecare.com.au