

## Module on Social Psychology of Food and Eating

The module intends to present a broad variety of theory and evidence from the targeted field. There are two goals: To introduce the students to the knowledge and intervention strategies developed in this field, and to model how an applied social psychology approach can include a broad array of insights from social anthropology to classic social psychology theories to modern social cognition, self-regulation, and relational approaches.

The lectures in this module present theorizing and empirical evidence; the lecture style is interactive wherever possible, with active participation in the form of brief partner exercises, quizzes, etc. The articles indicated below are the basis for the lectures and seminars of each week. It is useful to read them already before the lecture, and necessary to read them after the lecture and seminar. Students will be required to read additional articles for the seminar, as a basis for the discussion and interactive work in the seminar. Assignment of this additional seminar literature will be done via Canvas.

### Lecture and Seminar 1: Nutrients, Staples, and Cuisines

Belasco, W. (2008). *Food. The key concepts*. Oxford: Berg.  
*Pages 1-34 (Chapters 1 & 2)*

Rozin, P. (2007). Food and eating. Chapter in: S. Kitayama & D.Cohen (eds.). *Handbook of Cultural Psychology*, pp. 391-416. New York: Guilford.  
*Pages 391 – 396 (Start – The biological food system), 400 – 406 (Culture and Biology: – Food Socialization)*

### Lecture and Seminar 2: Food and Identity

Belasco, W. (2008). *Food. The key concepts*. Oxford: Berg.  
*Pages 35-53 (Chapter 3)*

Miller, L., Rozin, P., & Fiske, A. P. (1998). Food sharing and feeding another person suggest intimacy; two studies of American college students.

### Lecture and Seminar 3: Social determinants of eating: Persuasion & marketing

Chandon, P., & Wansink, B. (2011). Is food marketing making us fat? A multi-disciplinary review. *Foundations and Trends in Marketing*, 5, 113-196.

### Lecture and Seminar 4: Regulation of eating and weight: Homeostasis vs. Goals, Dieting, Obesity

Stroebe, W., van Koningsbruggen, G. M., Papies, E. K., & Aarts, H. (2013). Why most dieters fail but some succeed: A goal conflict model of eating behavior. *Psychological Review*, 120, 110-138.

## Lecture and Seminar 5: Minorities

Holmboe-Ottesen, G., & Wandel, M. (2012). Changes in dietary habits after migration and consequences for health: a focus on South Asians in Europe. *Food & nutrition research*, 56(1), 18891.

Puhl, R. M., & Heuer, C. A. (2009). The stigma of obesity: a review and update. *Obesity*, 17(5), 941-964.