

## **Eating Behaviour**

- Explanations for food preferences: the evolutionary explanation, including reference to neophobia and taste aversion; the role of learning in food preference, including social and cultural influences.
- Neural and hormonal mechanisms involved in the control of eating behaviour, including the role of the hypothalamus, ghrelin and leptin.
- Biological explanations for anorexia nervosa; genetic and neural explanations.
- Psychological explanations for anorexia nervosa: family systems theory, including enmeshment, autonomy and control; social learning theory, including modelling, reinforcement and media; cognitive theory, including distortions and irrational beliefs.
- Biological explanations for obesity, including genetic and neural.
- Psychological explanations for obesity, including restraint theory, disinhibition and the boundary model.

