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http://jglobal.jst.go.jp/detail.php?GLOBAL_ID=200901083927347270&t=1&d=1&q=%28205%29%3D5000079664

■ Researcher information

Contact

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Major

Health Education (Nutrition Education), Public Health, Health Psychology

■ Research topics

Nutrition Education based on Behavioral Science

Keywords

Nutrition Education, Eating Behavior, Behavioral Science, Health Promotion

Contents

■ Overview (background, goal, detail)

Healthy eating is important for promoting our health.

We should practice our knowledge about nutrition and health in everyday life for getting healthy eating life-style, so nutrition education is expected to change people's health behavior. This is the different point from education for improving scholastic ability.

This laboratory conducts survey about eating behavior in schools, medical clinics, communities, and even food environment.

■ Process, case study

- Maternal Snack Feeding and Appetite In Children
- Physical Activity and Appetite In Children
- Factors Of School Lunch Food Waste in Elementary School
- Current Content and Future Tasks of Food-safety Education In Elementary School
- Consultation Behavior of Health Counseling in Adults
- The Relationship Between Health Behaviors and Stage of Change of Lifestyle in Japanese Adults
- Strategies to Cope with Temptation during Weight Control Efforts by Adults etc



Nutrition Education using Picture-story-show Based on Behavioral Science in Elementary School



Group Work About Strategies to Cope with Temptation during Weight Control Efforts using Card Game

Intellectual properties (Patents, computer programs), productization, publications and social/industrial contributions

Akamatsu, Rie (ed), Skill-up Book of Nutrition Education, Kagakudojin, Jan. 2009

Potential of social/industrial contribution

■ Joint research

We would like to conduct joint research with people who are interested in implementing nutrition education program based on behavioral science.

■ Licensing / technical consulting

We are looking for companies interested in commercialization of educational material which are based our research results.

**NUTRITION
AND
FOOD**

Nutrition
Education