

# Food Appraisal and Acceptance by Man

THE fortunate combination of words—"Nutrition and Behavior"—has served here to bring together investigators from many different disciplines. The titles of the papers to be presented at this Symposium provide a good sampling of researches on behavior related to food. The behavior of the organism toward food, and the effect of food and the internal environment upon behavior, have come to serve as one of the open channels for the development of understanding among many biologic interests otherwise found in separate, disconnected compartments. The initiator of the Symposium, Dr. Brožek, and the sponsor's representative, Dr. Goodhart, are therefore to be complimented.

This section on *Food Appraisal and Acceptance by Man* could scarcely exist scientifically without the opportunity of being imbedded in such a diorama of specialties. Only by the consideration of the numerous different meanings and expressions of behavior, as to causes and effects, can any common method of appraisal be even entertained.

We already have had the opportunity of hearing the papers presented on the *Impact of Diet on Behavior*, and on *Hunger and Appetite*. These two sections provide us with strong basic evidence from experimental animals of the importance of nutrition in behavior and, again, of the importance of physiologic psychology to the understanding of that behavior.

We therefore are now better prepared to consider extensions of these basic principles as they bear upon food appraisal and acceptance by man. These extensions will include the social and cultural modifiers, recognized by the anthropologist, and factors that must be considered in feeding mental patients. These problems are also the concern of the Armed Forces, in connection with the supply of special items of subsistence for men under severe stress, or isolated, or deprived of normal rations so that special concentrates offer the only nutriment for survival.

The appraisal of foods and acceptance by man must be grounded in sound theoretic considerations, so that we can recognize and separate the major from the minor modifiers. It takes specialists from several different disciplines to provide each of the separate ingredients which come to make up the terms "food appraisal" and "acceptance," and it takes other specialists to tear down the composite of ingredients in the search for some of the important common denominators.

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