**Mini-Research Paper on the Psychology of Hunger**

*AP Psychology*

*Rutherford*

You read about the physiology of hunger, that the hypothalamus (lateral and ventromedial) controls our hunger (desire/need to eat). But clearly there is more to hunger than just that. The psychological aspect of hunger and eating affects the human population a great deal. From anorexia to obesity, the reasons controlling our desire to eat are fascinating. I want you to look at one of these aspects.

You will need to provide a summary of your research (in paragraph form). What did you find? What is the research saying? Is there conflicting evidence? You will also need to give me your reaction to the research. This part is simply opinion based. What do you think about this? What is your reaction to your research? In what way does this affect you?

This can be done in two days in class with limited outside work. Because this isn’t a true research paper, I am going to ask you to use only two reliable sources.\*Tuesday (today) you will decide on a topic and show me your articles – I need to hear your topics and take a look at your articles before you leave. Tonight, you should read your articles. Then Wednesday you can type up your summary and reaction. Be prepared to present your material on Thursday in discussion form.

\* Reliable source should be from an educational or organizational website. The information should be connected to a dependable source. While this criterion is subjective, you understand what I mean – don’t just pick the first article you Google.

*Here are some brainstorm ideas from me – these should help you develop your own topic (or take one of these).*

* Cultural Aspects
  + Does the US glorify food?
  + Is the US promoting obesity around the world?
    - Are Americans more obese than anyone else?
  + How is the US “lifestyle” a contributing factor to obesity?
* Genetic aspects
  + Are we destined to have the same bodies as our parents? Can we escape the correlational factor?
  + Do we develop a ‘psychology of eating’ from our parents – will we make the same choices?
* Eating Disorders
  + On the rise?
  + Still influenced by society? How?
* Weight control
  + If is it all about eating less and exercising more, why is that so hard?
  + Motivation
    - Why don’t people have it?
    - Why do we lose it?
  + Fad diets and pills? Helpful or hurtful? Can any diet be good?