

Special Issue

Food Preparation Behaviours, Diet and Health

Message from the Guest Editors

Food preparation behaviours which encompass the application of cooking and food skills have been associated with numerous health benefits, including a greater diet quality, weight control and even longevity of life. Cooking interventions have been identified and promoted as key strategies in obesity prevention recommendations. However, recent reviews highlight the predominance of poorly designed studies in both adult- and child-focused research, stressing the need for high-quality exploration in this area. As a growing research area, the link between food preparation behaviours and health measured on a variety of outcomes needs further comprehensive investigation. Therefore, in this Special Issue we welcome original research and literature reviews in relation to food and meal preparation and its association with diet, health and wellbeing. Both qualitative and quantitative methodologies will be considered. Here food preparation behaviours could include food skills such as shopping, storage and planning as well as cooking.

Guest Editors

Prof. Moira Dean

Queens Univ Belfast, Inst Global Food Secur, Sch Biol Sci, Belfast BT9 5AG, Antrim, North Ireland

Dr. Michelle Spence

Queens Univ Belfast, Sch Biol Sci, Inst Global Food Secur, Belfast BT9 5AG, Antrim, North Ireland

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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