

Food health and nutrition dissertation topics

[Business](#), [Industries](#)



1. Introduction to Food Health and Nutrition

This guide gives you some ideas for dissertation titles. Food Health and Nutrition covers many areas, so there should be plenty to whet your appetite here. Dissertations typically take one of two forms, focusing either upon collecting and analyzing primary data or upon appraising secondary data only. Either type can be appropriate to your area of study. You will also find an overview of how to structure your dissertation in section three below.

2. Categories and List of Dissertation Titles

2. 1 Food, Nutrition and Public Health

2. 1. 1 To what extent is legislation around food and nutrition designed to serve the interests of large corporations? A comparison of recent policies in the UK and USA.

2. 2. 2 What impact have recent advances in nutrigenomics had on public health policies, and what potential does it have to change such policies in the future? A review of literature.

2. 1. 3 Safe upper limits: have guidelines from the Food Standards Agency produced in 2003 recommending safe limits for a number of vitamins been incorporated into the public awareness? A quantitative study amongst over 50's UK women.

2. 1. 4 Food and nutrition: does class count? Does the knowledge of the link between obesity and diet vary between socio-economic groups? A qualitative study amongst parents of school children in the UK.

2. 1. 5 Can the concept of household food security (HFS) offer an adequate tool for investigating attitudes towards nutrition and food? A review of recent literature.

2. 1. 6 Is an interdisciplinary and partnership approach the best way to tackle the growing problem of obesity in the UK? A literature review.

2. 1. 7 Can food policies in school shape parent's and children's attitudes? A qualitative study in an inner London comprehensive school.

2. 1. 8 'Good food is too expensive and hard to find': Do women living in poverty in the inner city find choices about food most limited by education, geographical location, unemployment or lack of funds? A qualitative study using techniques of action research.

2. 2 Global Food Issues

2. 2. 1 To what extent are emergency food programmes successful in reaching those people most in need? A critical analysis of three recent responses to emergency food situations after natural disasters.

2. 2. 2 Is an integrated global policy on food health and nutrition more possible now than in the twentieth century? A review of the literature.

2. 2. 3 What is the impact of inflation upon nutritional health in developing countries? A literature review.

2. 2. 4 To what extent do concepts of health differ from country to country? A quantitative study assessing attitudes towards notions of 'eating well', 'a good diet' and 'food that is good for you'.

2. 2. 5 How effective have zinc supplements been in improving health in developing countriesA critical review of the World Health Organisation's recent policies, priorities and programmes.

2. 2. 6 Women: poorly served in healthWhat impact does gender have on nutrient deficiencies worldwide A qualitative study amongst healthcare workers in developing countries.

2. 2. 7 What impact does foreign direct investment have on problems of nutrition and diet within the developing worldA review of recent literature.

2. 2. 8 A Mediterranean diet for health: can eating the traditional diet of Mediterranean regions have a positive impact on weightA quantitative study.

2. 3 General Food Health and Nutrition

2. 3. 1 Can a case be made for a vegetarian diet in terms of the long-term sustainability of farming and animal productsA literature review.

2. 3. 2 To what extent do the elderly suffer poor diet and nutritional deficiencies in UK care homesA review of the literature.

2. 3. 3Does consumer understanding of sustainability impact upon food choicesA qualitative study amongst buyers in a UK supermarket.

2. 3. 4 What is the relationship between the obesity epidemic and sustainabilityA systematic review of the literature.

2. 3. 5 Can educational interventions offer a way to increase biodiversity in foodA quantitative study amongst UK school children.

2. 3. 6 Wild plants and traditional medicine: to what extent do UK residents originally from Eastern Europe use foraged plants medicinally, and is their knowledge disseminated amongst other UK residents? A qualitative study.

2. 3. 7 Home grown bacon or children's pet? What prompts decisions to slaughter home-bred pigs, and are these mitigated by the views of children in the family? A qualitative study amongst 10 families who bought pigs to raise and slaughter for meat.

2. 3. 8 What is the most effective way to develop a sustainable food supply and avoid malnutrition worldwide? A qualitative study amongst experts around the world.

2. 4 Food, Nutrition and the Consumer

2. 4. 1 Consumer perceptions of non-Polish users of specialist Polish food retailers in the UK: is there a relationship between previous travel habits and use of Polish food retailers? A quantitative study in Crewe, Cheshire.

2. 4. 2 Eat healthy: which factor is more influential in choice of food products associated with health – colour, labeling or layout? A qualitative study amongst UK consumers using action research techniques.

2. 4. 3 Is there a link between consumer recall of nutritional labeling information and the effective use of such information? A quantitative study.

2. 4. 4 Do people who exercise regularly read food labeling information more frequently? A qualitative study amongst members of a running club.

2. 4. 5 Does the perceived attractiveness of other eaters in a restaurant influence customers towards more healthy or lower calorie choices from the menuA quantitative study in three London restaurants.
2. 4. 6 Nutrigenomics: a new way of personalizing nutrition, or a passing fadA review of recent literature.
2. 4. 7 Is purchase behaviour regarding functional foods linked to socio-demographics of consumersA quantitative study amongst shoppers in Tesco.
2. 4. 8 Is there a relationship between willingness to have surgical treatment for obesity and use of food nutrition labels amongst female consumersA quantitative study amongst morbidly obese women in the UK.

2. 5 The Science of Food

2. 5. 1 Is there adequate evidence that soy phytoestrogen supplements sold commercially have a positive impact upon depression and anxiety in humansA systematic review
2. 5. 2 To what extent do extraction methods impact on the ability of components of *Elettaria cardamomum* seeds / pods to produce antioxidant and antimicrobial effectsA review of recent literature.
2. 5. 3 Can taking Selenium reduce the risk of prostate cancer in menA systematic review of literature.
2. 5. 4 Has the suggested link between eating garlic and reduced risk of cancer been proven, and, if so, by what mechanisms is this reduced risk possibleA literature review.

2. 5. 5 Can experiments on animals which suggest that endogenous peptide YY3-36 (PYY3-36) can regulate appetite have implications for the treatment of problems of over-eating in humansA literature review.

2. 5. 6 Is the evidence that the by-products of coffee decaffeination (crude caffeine) has antioxidant properties sufficient to use it for health benefits, and, if so, what is the most effective way of using itA review of the literature.

2. 5. 7 Are organically farmed livestock able to offer superior products in terms of biometric and nutritional propertiesA quantitative study comparing meat from organic and non-organic producers.

2. 5. 8 Another ‘superfood’ Can Maqui Berry extract be used to treat type II diabetes in humansA review of the literature.

3. How to Structure a Food & Health Dissertation, Tips

For details on how to structure a marketing dissertation, kindly check out the following post:

How to Structure a dissertation (chapters)

How to structure a dissertation (chapters and subchapters)

How to structure a dissertation research proposal