



## Food Preparation Behaviours, Diet and Health

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### Message from the Guest Editors

Dear Colleagues,

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.

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*Guest Editors*





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