

## MASTER P<sup>2</sup>FOOD

# International master's degree in physiological and psychological food choice determinants

### INTRODUCTION

If you have always wanted to understand...

- why people choose to eat what they eat
- why people resist a change of diet
- how socio-cultural context can shape our food choices
- how stress and mood influence food choices
- why we are drawn to food that are not good for our health and the environment

... the P<sup>2</sup>FOOD master's program is for you !

### SPECIALIST IN FOOD CHOICES : A CAREER WITH A BRIGHT FUTURE

Food plays a much bigger part in our lives than simply being a nutrient source. The type and quantity of food we eat can potentially impact our health and the environment. Food choices depend on multiple mechanisms and situations involving food itself and both the characteristics and the environment of consumers. It is therefore essential to understand these multiple determinants and the possible links between them. The aim is to help consumers to adopt a healthy and sustainable diet that remains acceptable and accessible.

P2FOOD is a unique Master's program, that addresses these questions by bridging disciplines such as nutrition, neurosciences, sensory evaluation, and cognitive psychology



### YOUR CAREER STARTS RIGHT HERE

With this degree, graduates are able to adopt interdisciplinary approaches to :

- Elucidate the **physiological mechanisms involved in perception**, satiety, satiation, hunger...
- Identify the **factors that prevent people to adopt a suitable diet**, adapted to their specific needs (e.g. elderly people)
- Determine the **consumers' needs, whishes, and habits**, in order to define specifications of innovative food products

The P2FOOD master's degree enables graduates to become R&D managers, project leaders, consumer science specialists, consultants... Graduates can also pursue a PhD program, to be a researcher in the food industry or in public institutes, for fundamental or applied research projects.

# ORGANIZATION

P2FOOD is a two year master's program entirely given in English.

It is taught by an interdisciplinary team of lecturers from Institut Agro Dijon, Université de Bourgogne, CSGA (Center for Taste and Feeding Behavior), who share their expertise and open their research collaboration network to students.

Renowned international researchers and actors from food industry are invited to give lectures. A student-centered and participative approach is proposed, through lectures, seminars, practicals, workshops, individual or team projects.

## TRAINING PROGRAM

The P2FOOD MsC program is designed to equip graduates with multi-disciplinary knowledge, skills and tools relevant to their future career, and to teach them how to apply these resources in a professional context :

1st year / Semester 1 230 teaching hours / 30 credits	1st year / Semester 2 200 teaching hours + internship / 30 credits	2nd year / Semester 1 200 teaching hours / 30 credits	2nd year / Semester 2 Internship 30 credits
<ul style="list-style-type: none"><li>• Perception and introduction to sensory evaluation</li><li>• Food composition &amp; Nutrition</li><li>• Fundamentals of food microbiological risks and processes</li></ul>	<ul style="list-style-type: none"><li>• Descriptive sensory analysis</li><li>• Food texture and aroma</li></ul>		
	<ul style="list-style-type: none"><li>• Fundamentals of neuropsychology</li><li>• Neurophysiological regulation of food behavior</li></ul>	Cutting-edge tools for studying the physiology of feeding behaviour, from animals to humans	
Social and cultural approach of food	Social psychology	Anthropology of food	
<ul style="list-style-type: none"><li>• Finding and reading scientific articles</li><li>• Communication and scientific English</li><li>• Statistics</li></ul>	<ul style="list-style-type: none"><li>• Discovering business and research</li><li>• Scientific writing</li></ul>	<ul style="list-style-type: none"><li>• Project management entrepreneurship, deontology</li><li>• Advanced analytical tools</li></ul>	
	2 months internship in a company or a lab	<ul style="list-style-type: none"><li>• Oral Perception and MultiSensory Integration</li><li>• Eating behaviour in specific populations</li><li>• Consumers in the food transition</li></ul>	6 months internship in a company or a research lab (Master's thesis)



FOOD SCIENCES



PHYSIOLOGY AND  
NEUROSCIENCES



CONSUMER  
SCIENCES



TRANSFERABLES  
SKILLS



MULTI-DISCIPLINARY  
TOPICS

## ADMISSION REQUIREMENTS

Have a Bachelor's degree in biology (cell and molecular biology; cell biology and animal physiology, general biology, neurosciences, etc.). English level certification has to be provided (except for students from countries where English is an official language, or who have already done university studies in English).

For more information, please consult: <https://institut-agro-dijon.fr/formations/masters/ p2-food-physical-and-psychological-food-choice>

## TESTIMONIES



**Alexia**

(Graduate 2021, currently PhD student at CSGA - France)

“ P2FOOD was a great experience thanks to the various group work and invited speaker classes. This master's program enabled me to be selected for a PhD about prevention of malnutrition in older adults. ”



**Chloé**

(Graduate 2022, currently member of the consumer and sensory insight team at Société des Produits Nestlé S.A.)

“ This master made me discover a completely new world about our everyday behavior towards food. It also helped me to acquire theoretical but also practical knowledge, on how to properly present orally, how to write scientific papers, and many other important skills that were useful for my 2nd year internship at Nestle and will also be useful for my future career. I am very grateful to have had the opportunity to be part of this master! ”



**Senamur**

(Graduate 2022, currently product experience researcher at IFF (Netherlands))

“ The master P2FOOD provided me with a number of exciting opportunities and experiences that I know I would not have found anywhere else. It is a challenging master. However, if you are eager to learn, to gain substantial knowledge about consumer and food science, to be involved in many practicing and exciting projects then, it's the best place you can be. ”



**Jessy**

(Enrolled in 2nd year)

“ They say that time flies whenever you are happy, and that is what I have experienced during the past academic year. I am glad to have chosen this master's degree, as it is an international and diversified program. ”

# Contact

FOR GENERAL INFORMATIONS :  
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SITE INTERNET



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