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**BIOGRAPHY**

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**Name & Affiliation**

Prof. Katherine Appleton, Bournemouth University, UK.

**Biography**

I am a Professor of Psychology, Chartered Psychologist and Registered Nutritionist. My research interests are based in human eating behaviour, with particular focus on the optimisation of health and well-being in the general population, including aspects of: appetite, taste, healthy eating, nutrition and under-nutrition.