**The Biopsychosocial Model for Overnutrition (end of Course 2)**

The purpose of this activity is to draw connections between the biological, psychological, and social contributions to overeating and overnutrition.

**BIO**

First, the instructor draws a Venn Diagram with
three overlapping circles on the board
labeled with Bio, Psych, and Social:

**SOCIAL**

**PSYCH**

Next, the instructor should encourage students to brainstorm etiological contributions to overnutrition that “fit” in each of the SEVEN spaces created by the Venn diagram. After providing a few minutes for brainstorm, ask the students to identify a etiological contribution that does not neatly fit into one of the spaces provided. As students offer concepts to map onto the Venn diagram, encourage class discussion about where these factors “fit”. For example, hyperpalatable food activates the brain in unique ways, influences psychological processes, and is accessible due to social factors.