

## **Introduction to Behavioral Studies of Taste and Smell**

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### **Summary**

"Man shall not eat bread alone, but enjoy every perception, every feeling, and every social interaction that proceeds from eating." We humans eat foods not only because we feel hungry, but also because we enjoy eating itself.

Traditional Japanese researchers have not thought eating behavior to be important. Thus, Japanese researchers lag far behind from those in Western countries in studies of eating behaviors, especially in psychological aspects of eating behaviors. This is the same in studies of perfume, scent and makeup.

When we consider the quality of life (QOL), we should not disregard chemical senses (taste and smell) and its related behaviors (eating behavior, makeup, perfuming behavior, etc.). Thus, the society for studying taste, smell and its related behaviors was established in September 2002 as a research group in the Japanese Psychological Society, and has held two or three meetings a year. In this issue, there are five articles from the society, including topics such as psychophysics and psychophysiology of olfaction and gustation, cognitive psychology of olfaction, taste perception in daily lives, history of eating behavior, and a proposal for QOL of flavor perception of elderly people. These articles cover only a part of the archives of the society, but they can help you to understand psychological and behavioral aspects of chemical senses.