

# BEHAVIORAL ASPECTS OF FEEDING

Edited by B.G. Galef Jr. M. Mainardi and P. Valsecchi

# **Behavioral Aspects of Feeding**

Basic and Applied Research in Mammals

6th Workshop of the International School of Ethology,
Ettore Majorana Centre for Scientific Culture,
Erice, Sicily, Italy, 8 – 14 June 1992

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# **Behavioral Aspects of Feeding**

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Basic and Applied Research in Mammals
Edited by B.G. Galef Jr., M. Mainardi and P. Valsecchi

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Antonio Zichichi
Director of the Ettore Majorana Centre
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#### **PREFACE**

#### The Workshop

Early in June of 1992 a group of 46 scientists and students from around the world convened in Erice, Sicily to discuss the development of food preferences in animals and to explore the possible contribution of laboratory research on food choice to problems of vertebrate pest control.

The workshop, held at the Ettore Majorana Centre for Scientific Culture under the auspices of the International School of Ethology, was the result of two years of discussion and organization by the workshop directors, Marisa Mainardi of the Department of Biology and Physiology of the University of Parma (assisted by Paola Valsecchi) and Bennett Galef from the Department of Psychology at McMaster University in Canada.

The content both of the workshop and of this volume reflects the hope of the workshop directors that interaction between investigators involved in basic research on food preference development in animals and scientists interested in control of vertebrate pests might prove useful to workers in both fields. Those engaged in research under controlled conditions might gain some insight into the difficulties of applying basic knowledge to complex, real-world situations; those working in pest control could be brought up to date on recent advances in understanding of the factors making foods frequently used as baits in programs of pest control either attractive or repulsive to animals.

The directors were able to secure financial sponsorship from a variety of sources (the Italian Ministry of Education, the Italian Ministry of University and Scientific Research, the Italian National Research Council, the Sicilian Regional Government and McMaster University) sufficient to bring nineteen speakers from ten countries to the workshop venue at Erice.

Erice is a medieval town of paved streets, Norman battlements and medieval churches perched atop a 750-meter peak in northwestern Sicily. A place of strong winds, cool temperatures and magnificent vistas of the Sicilian coast and plains, Erice is close enough to the bustling city of Palermo and its modern airport to be readily accessible, yet sufficiently isolated to ensure that those attending meetings in Erice's unique conference center are continuously interacting throughout their stay.

Excursions, as well as group lunches and dinners at many of Erice's dozen restaurants, provided ample opportunity for informal discussion and as is so often the case at conferences, as much was learned outside as within the lecture theater.

#### The Book

The organization of chapters in this volume follows roughly the order of papers presented at Erice, but changes have been made to reflect the fact that a participant's oral presentations did not always cover the same material as did the chapter he or she wrote. Logical development of topics has been given precedence over historical accuracy in organizing this collection of invited contributions.

Individual development of flavour preferences. The book opens with a recounting by Olivier Galaverna and Stelio Nicolaides of the results of their joint explorations of prenatal influences on salt appetite in adult Norway rats. Galaverna and Nicolaides have shown that the sons and daughters of rat dams that were exposed to episodes of extracellular dehydration while pregnant exhibit an exaggerated need-free appetite for salt when adult.

This demonstration of a change in flavour preference as a result of intrauterine experience is part of a growing literature indicating that events occurring before birth can effect responses to both flavours and odours during postnatal life (Hepper, 1988; Smotherman, 1982). The work described by Galaverna and Nicolaides is unique both in its demonstration that prenatal experiences can affect flavour preferences of animals in adulthood and in its analyses of the physiological processes supporting the observed change in flavour preference. Fetal exposure to angiotensin II, which is released into a dam's bloodstream when she experiences extracellular dehydration and which crosses the placental barrier, appears to have an organizing effect on the neuronal substrate that subserves salt appetite in adulthood.

The second paper in the section on individual development of food choice was contributed by David Booth who reviews his extensive studies, both in animals and in humans, of the importance of positive consequences of eating on the development of food preferences. Booth emphasizes both the role of configural stimulus learning in the development of food recognition and the multidimensional nature of the discriminations involved in such learning. According to Booth, the postingestional consequences of eating a nutritive food change the behavioural valence of the entire situation in which feeding occurs, altering the desire both to eat a particular food and to eat at a particular site.

In a comprehensive series of experiments, Booth and his coworkers have shown that acquired preferences for foods can be induced by pairing flavors with carbohydrates and that such preference acquisition is modulated by the internal state of a subject at the time when carbohydrate is administered. Booth emphasizes the importance of such postingestive reinforcement in determining patterns of food preference in both animals and humans and the capacity of configurational stimulus learning to completely suppress unlearned reflexive responses to both flavours and textures.

From Booth's perspective, social learning of food preferences (such as those discussed in later chapters by Galef, by Provenza, and by Valsecchi) is the result of social facilitation of intake of a particular substance followed by nutritional enhancement of the valence of that food, resulting in enhanced preference for it. In all cases, it is reinforcement contingent on ingestion which is central to future diet selection.

Ted Hall and Hakon Heimer next provide analyses of the development of both appetitive and consummatory components of the ingestive behaviour systems of rodents. Very young rats are born essentially without a hunger system; they do not increase their food intake in response to food deprivation. Stomach distention provides signals that terminate ingestion, as does habituation of flavor receptors in the oral cavity, but there is no nutrient-related control of initiation or maintenance of the consummatory components of eating. Because little is known of the development of appetitive responses to nutrient-related changes in physiological state, Hall and Heimer discuss the better-understood development of water intake in response to dehydration as a model system that may cast light on development of response to nutrient depletion. Both the ability to precisely specify the initiating stimuli for water ingestion and the considerable progress in identifying brain sites responding to both cellular and extracellular dehydration make possible analyses of the thirst system not yet feasible regarding hunger.

Social learning of food preferences. Social, rather than individual controls of inges—behaviour in young rodents are the topic of the next group of chapters. First, Galef reviews recent studies of social influence on development of food preferences by Norway rats. The work of Galef and his coworkers provides evidence that exposure of naive observer rats to food odors carried on the breath of a recently-fed demonstrator rat produces a marked increase in observers' later preferences for whatever foods their respective demonstrators ate. This enhanced preference, on the part of observer rats, for demonstrators' diets is a result of simultaneous exposure of observers to both food odours and demonstrator-produced contextual cues that emanate from the mouths of demonstrators.

Rat breath contains traces of chemicals such as carbon disulfide  $(CS_2)$ , and experience of a food odor in conjunction with  $CS_2$  results in an enhancement of later preference for foods of that odour.

Effects of such social experiences on food preference are both profound and long lasting; social influence can reverse both inherent palatability preferences and learned aversions and can last for weeks. The data suggest that young, free-living rats may be able to determine where to eat and what to eat (but not what not to eat) as a result of interaction with adult numbers of their social group.

Paola Valsecchi and her colleagues, studying house mice, have demonstrated that both exposure to flavours in mother's milk and following mother to a feeding site can influence the food preferences of young mice. They have also found that odours of foods on the breath of adult demonstrator mice influenced the later food preferences of adult observer mice with whom the demonstrators interacted. They have thus extended the work of Galef and coworkers with Norway rats (Galef and Clark, 1971; Galef and Sherry, 1973; Galef and Wigmore, 1983) to another Murid species, indicating both that powerful social influences on food selection may be wide-spread in rodents and that the multiplicity of mechanisms for such social induction of food preference, previously observed in *Rattus norvegicus*, is not unique to that species. Indeed, similarities in details of the processes of social learning about foods in rats and mice are so great as to suggest that such social learning is homologous rather than analogous. If so, one might expect to find similar social learning about foods throughout the Muridae (the old world rats and mice).

Hudson and Altbacker extend the study of social influences on food preference to yet another mammalian species, this one not a rodent but a Lagomorph. Hudson and Altbacher start with observation of the food choices exhibited by wild rabbits living in the juniper forests of central Hungary, noting particularly the frequency of toxic plants in their environment. describe in detail the maternal care of rabbit does and the development of rabbit pups from birth to weaning. Finally, in a series of compelling experiments, Hudson and Altbacher demonstrate that either prenatal or postnatal exposure to a dam eating juniper are sufficient to increase her pups' ingestion of juniper at weaning. They provide evidence that: (1) exposure to smells either on the ventrum of a dam or in her milk and (2) ingestion of fecal pellets that dams deposit in the nest are each sufficient to enhance pups' preferences for foods that their dam has eaten. In concluding, Hudson and Altbacher call for a return to the field from the laboratory to determine whether the types of experiences that they have found influencing food choices in captive rabbits are equally effective changing food preference of their free-living fellows. questions for which answers are beginning to be provided in other species, as described in the next two chapters.

Fred Provenza's contribution describes the extensive research which he and his colleagues have carried out on the development of food choices by ruminants. Provenza discusses the development of food preferences in sheep and goats, focusing on the relationship between socially-acquired information and direct nutritional feedback in shaping food preferences. The chapter is striking in the parallels it reveals between factors influencing food choices by ruminants and by rodents: like rats, sheep and goats can acquire food preferences as a result of interaction with their dam or peers at weaning. Like rats, lambs develop preferences for foods that their dams are eating, not aversions to foods that she is avoiding. Like rats, ruminants will learn both to

increase intake of flavours paired with positive postingestional consequences and to reduce intake of flavours paired with negative postingestive consequences. On the other hand, there is evidence of a "sensitive period" for learning about foods in ruminants of a kind that appears to be rare in rodents (see Capretta, Petersik and Stewart, 1975).

Although research on the role of experience in development of food choices by ruminants is of relatively recent origins, such research promises to advance our understanding of food choice in natural circumstances more rapidly than does research with other animals because so much is already known about the nutritional value of the plants that ruminants normally ingest.

Marc Hauser's studies of the transition from dependence on mother's milk to foraging independence in troops of free-ranging vervet monkeys in Amboseli National Park in Kenya provide the first evidence of enhanced survival in unrestrained animals correlated with their degree of exposure to social influences on their food selection.

Hauser has found that the extent of synchrony in feeding between mother vervets and their young changes as infants mature. Very young vervets (those less than 2 months old) do not feed synchronously with their dam. By month three, most infants feed both at the same time and on the same food item as does their mother, and this synchrony persists until the end of the first year of life, when asynchronous feeding increases in frequency. In Hauser's study, those 4-month-old vervets that both synchronized their feeding bouts with those of their mothers and fed on the same food items that their mothers did had a higher probability of surviving to one year of age than did infants who either tended to feed independently of their mothers or fed together with their mothers, but on different food items than those that she selected to eat. The data are, thus, consistent with the hypothesis that social feeding contributes to survival by infant vervet monkeys foraging in natural habitat.

Paul Rozin's chapter deals with food selection by members of a species whose food choices are almost entirely accounted for by social learning. The foods that people eat are determined by social effects both indirect (culture wide practices that determine price and availability) and direct (observation of or teaching by adults that shapes food preferences of new recruits to a population). Rozin focuses on ideational motivations, probably unique to humans, that determine those items individuals and cultures view as appropriate for ingestion. While humans share with other animals susceptibility to both sensory/affective responses and anticipated consequences in selecting foods, humans are unique in the ideational component of their response to foods, the culturally determined value and belief systems surrounding eating.

Exploration of these belief systems is still in its infancy, but it is already clear that the contrast between the role of social factors in determining food choice in humans and in other animals is qualitative rather than quantitative. As Rozin points out, if you want to know about a person's food habits and attitudes

Social learning of feeding skills. Nuts protected by hard shells, fruits guarded by spines or thorns, insects defended by poison stings--each may require sophisticated motor skills for their successful exploitation. The question of how such motor skills develop is an important area of inquiry for those interested in feeding behaviour in natural habitat. Terkel's chapter, the first in this section, provides a summary of his innovative analysis of development of the behaviour of stripping seeds from pine cones, exhibited by black rats (*Rattus rattus*) living in the forests of Isrzel. The ability to strip pine cones efficiently has allowed black rats to extend their species range, to live in mature pine forests where pine seeds provide the sole source of nutriment.

Terkel has found that only rats that are reared by dams exhibiting pine cone stripping behaviour develop an ability to open pine cones efficiently. The physical structure of pine cones, in particular the way in which the scales overlap one another, requires that stripping be started at the base of a cone and then continued up the cone in a spiral pattern. Young wild rats appear to learn the appropriate behaviour as a result of snatching partially opened cones from adults and finishing the job for themselves. Only young with experience finishing partially stripped cones develop an efficient method of cone opening and are able to survive on a diet of pine cones and water.

Elisabetta Visalberghi reviews literature on both the development of food preferences in monkeys and the possibility of social transmission of food processing techniques among nonhuman primates. In general, the picture that emerges of development of food preferences in monkeys and apes is similar to that found in other mammals: food preferences, but not food avoidance, are learned socially, while both food acceptance and food avoidance are learned as the result of experience of postingestional consequences of consuming various foods.

Visalberghi's analysis of the learning of food processing techniques by monkeys contains some surprises. Perhaps most interesting is the data Visalberghi provides relevant to the well known "food washing" behavior exhibited by Japanese macaques on Koshima Island in Japan. Her observations suggest, first, that food washing is probably not washing (perfectly clean food is washed) and, second, that the probability is high that washing behaviour is acquired independently by individual monkeys, when suitable environmental opportunities arise. Both capuchin monkeys and crab-eating macaques given the opportunity to interact with food and water rapidly came to dunk the food in the