

Baseline (180 s) + Questionnaires (STAI-S and VAS-A)

Food 1 (30 s)	Pause (30 s)	Food 2 (30 s)	Pause (30 s)	Food 3 (30 s)	Pause (30 s)	Food 4 (30 s)	Pause (30 s)	Food 5 (30 s)	Pause (30 s)	Food 6 (30 s)	Pause (30 s)
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Questionnaires (STAI-S and VAS-A) + ITC-SOPI (only in the VR condition)

Five-minute rest