

Mini-Symposium



“First Bites; Eating Behaviour and Healthy Growth in Children”

A Mini-Symposium on Child Eating Behaviour

We invite you to join this mini-symposium on child food choice, eating behaviour and health organized by the Sensory Science and Eating Behavior Chair group, Division of Human Nutrition & Health at Wageningen University.

Registration: Free ([register here](#))

Date: 13th December 2022, (8:30am – 12:30)

Where: Aurora Room – B9110+B9111



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Chairs: Associate Prof. Gerry Jager and Associate Prof. Ellen van Kleef

- 08.30– 09.00 Welcome, registration and coffee (BYO Coffee!)
- 09.00 – 09.45 **Prof. Marion Hetherington** (University of Leeds, UK)
‘Understanding and characterizing responsive feeding in early life’
- 09.45 – 10.30 **Prof. Ciarán Forde**, *Sensory Science and Eating Behaviour*
‘Child Eating behaviour, Energy Intake and Growth; Findings from the Growing up in Singapore to Healthier Outcomes Cohort (GUSTO)’
- 10.30 – 11.00 Coffee Break
- 11.00 – 11.30 **A-Prof. Gerry Jager** *Sensory Science and Eating Behaviour*
‘Exposure to sweet taste: How does it influence children's food preferences and eating behaviour?’
- 11.30 – 12.00 **Dr. Amy van der Heyden** *Strategic Communication Group*
‘To like or not to like: Talking about taste with children from families with a low socioeconomic position’
- 12.00 – 12.30 **Dr. Gertrude Zeinstra** *Food and Bio-Based Research, WUR*
‘Implementing strategies at the day care and primary school to stimulate children’s fruit and vegetable consumption’

Prof. Marion Hetherington (University of Leeds, UK)

Professor Marion Hetherington is Professor Emerita in Biopsychology at the University of Leeds in the School of Psychology and holds an Affiliate Professorship at Penn State University in the School of Nutritional Sciences. She has been conducting research in the field of biopsychology since 1982 and in 2022 retired from the Thomas Ward Endowed Chair in Psychology. She is currently serving as Editor in Chief of *Appetite*, as an advisor to the UK and Slovak Governments, to the charity Feeding Britain and she is a trustee of the charity Give A Child A Hope in partnership with Revival Centre, Matugga, Uganda. Recently the work of the Subcommittee on Maternal and Child Nutrition (a subcommittee of Scientific Advisory Committee on Nutrition: SACN), produced a draft report on Feeding young children aged 1 to 5 years.

<https://www.gov.uk/government/consultations/feeding-young-children-aged-1-to-5-years-draft-sacn-report/summary-of-draft-report-feeding-young-children-aged-1-to-5-years>



Prof. Ciarán Forde, *Sensory Science and Eating Behaviour*

Ciarán Forde is Chair of the Sensory Science and Eating Behaviour Chair group at WUR and leads research on how the sensory properties of foods influence calorie selection, eating behaviour and energy intake and metabolism in adults and children. He is also an Executive Editor for the journal *Appetite*, Section Editor 'Nutrition Behaviour' for the *European Journal of Nutrition* and on the Editorial Board member of *Nutrition Bulletin*, *Journal of Future Food* and *Journal of Texture Studies*. Dr. Forde has previously spent 18 years in research roles in the UK (GSK), Australia (CSIRO) and Switzerland (Nestlé Research) and Singapore (NUS/A*STAR).



A-Prof. Gerry Jager *Sensory Science and Eating Behaviour*

Dr. Gerry Jager is a lecturer and senior researcher at the chair group Sensory Science and Eating Behaviour, Division of Human Nutrition and Health, Wageningen University and Research. Her research focuses on the psychobiology of food preferences, food choice and eating behaviour, with a special attention for the development of taste – and food preferences in young children, and including strategies that facilitate the establishment of healthy eating patterns in children.



Dr. Amy van der Heyden *Strategic Communication Group*

Amy van der Heijden is a Lecturer and Researcher at the chair group Strategic Communication of Wageningen University & Research. She conducts multidisciplinary research in the fields of communication science, psychology and nutrition science. She studies, for example, how the social and interactional meaning of liking and disliking foods is constructed in conversations during family meals, thereby taking an interactional approach to food preference. Furthermore, she is particularly interested in eating practices and beliefs in populations that are underrepresented in research, such as families with a low socioeconomic position.



Dr. Gertrude Zeinstra *Food and Bio-Based Research, WUR*

Gertrude Zeinstra works as a senior consumer scientist and project leader in the Food, Health & Consumer Research group of Wageningen Food & Biobased Research, The Netherlands. She is involved in applied research projects that aim to understand consumers' food choice and eating behaviours in order to facilitate healthy and sustainable eating patterns. Her main interest is to investigate children's eating behaviour, preferably in real-life settings, with the purpose of finding effective and feasible strategies that encourage healthy eating habits among this specific group of future consumers.

