



INSTITUT
PAUL
BOCUSE

École de Management
Hôtellerie
Restauration
& Arts Culinaires

CENTRE
DE
RECHERCHE

Managing hunger and satiety Consumers & producers' perspectives

The eight edition of the International Research Symposium aims to share up-to-date research on managing hunger and satiety both from the consumers and from the producer's perspectives.

This day will be devoted to address appetite and food intake mechanisms in relation to **pleasure and health in a product context or a food service context**. Normal and healthy eating will be discussed as well as some mentions of overeating and obesity or under eating and denutrition.

A range of speakers from both academic and industrial sectors will share their knowledge and understanding of hunger and satiety and their relation to eating behaviors. The issue will thus be addressed on both **physiological, psychological and social** levels.



Wednesday, the 29th of April, 2015

The Center for Food and Hospitality research, Institut Paul Bocuse

Écully, Lyon – France

Program

9:00 Welcome coffee – Posters

MORNING SESSION 9 am – 12:30 am

Chair: M. Laville (CENS –University Lyon) & L. Zandstra (Unilever)

9:30 **Opening – Herb Meiselman**

9:30 **Opening conference**

John Blundell, Leeds University, United Kingdom

Biological influence on Hunger. Relevance for sedentary behaviour and Appetite control.

10 :15 **Julie Anne Nazare**, Cens, France

How obese and lean subjects manage their hunger and adapt their food consumption.

10:45 → *Break – Posters*

11:15 **Claude Fischler**, CNRS, EHESS, France

Context, culture and choice.

11:45 **Laura Guérin**, Institut Paul Bocuse, EHESS, France

A sociological approach of food intake: the case of commensality in French nursing homes.

12:15 **Anastasia Eschevins**, Institut Paul Bocuse, CSGA, France

Beer and food Tasting

13:00 **Lunch at the Restaurant F&B**

AFTERNOON SESSION 2:15 pm – 5:30 pm

Chair: F. Bellisle (University Paris 13) & M. Rogeaux (Danone)

14:15 **Kai Victor Hansen**, Stavanger University, Norway

Meal factors influencing guest experiences and food choices in restaurants.

14:45 **Ann Hemingway**, Bournemouth University, United Kingdom

Improving workplace foodscapes: ideas for managing hunger and satiety.out

15:15 → Break – Posters

15:45 **Paula Varela**, Nofima, Norway

Oral Processing and satiety perception in solid foods. A case study on barley bread.

16:15 Closing conference

Kees de Graaf, Wageningen University, The Netherlands

Sensory influences on satiation and satiety.

17:00 Discussion with speakers and participants

Conclusion – Herb Meiselman

17:30 → Farewell drinks

17:45 Optional visit of the Research Centre

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