

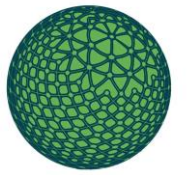


UNIVERSITÀ  
DEGLI STUDI  
FIRENZE

**DAGRI**  
DEPARTMENT OF  
AGRICULTURE, FOOD,  
ENVIRONMENT AND FORESTRY



RESEARCH  
Science & Innovation



EDULIA



Florence, June 21-22<sup>nd</sup>, 2022

Grand Hotel Mediterraneo, Lungarno del Tempio, 44

Bringing down barriers  
to children's  
healthy eating

Edulia Final Conference



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## Tuesday 21<sup>st</sup> June

9.00 – 9.30 Registration and Coffee/tea

9.30 – 9.45 Welcome from Coordinator and host institution

**Paula Varela – Nofima<sup>1</sup> and Sara Spinelli – UniFi<sup>2</sup>**

9.45 – 10.00 The Edulia project “Bringing down barriers to children healthy eating”

**Paula Varela – Nofima<sup>1</sup>**

10.00 – 10.40 What veggies would teens like? Factors affecting vegetable preference and intake in European adolescents. Evidence from the VeggiEat Project

**Caterina Dinnella – UniFi<sup>2</sup>**

10.40 – 11.00 Coffee break

11.00 – 12.00 Session 1: Driving healthy eating through sensory pleasure

**Moderator: Gerry Jager – WUR<sup>3</sup>**

- Food preferences and healthy choices, **Valérie L. Almli – Nofima<sup>1</sup>**
- Taste sensitivity and food preferences in preadolescents, **Ervina – Nofima<sup>1</sup>**
- Parental restriction of children’s access to sweet foods: A good strategy to reduce sugar intake and sweetness liking in young children? **Carina Mueller – WUR<sup>3</sup>**

12.00 – 12.15 Break

12.15 – 13.30 Session 2: Supporting a healthy start in life (parents & peers)

**Moderator: Alice Grønhoj – AU<sup>4</sup>**

- The role of social marketing approaches in healthy eating: the case of parents, children, and families, **Jessica Aschemann-Witzel – AU<sup>4</sup>**
- New parents’ eating behaviour: It’s time to stop blaming the parents  
**Andreia Ferreira de Moura – AU<sup>4</sup>**
- “At least taste the food” - Maternal and paternal feeding practices for pre-schoolers. New insights from France and Denmark, **Kaat Philippe, INRAE<sup>5</sup>**
- Children’s food-related socialization and eating behaviour: The role of family and peers, **Tija Ragelienė and Alice Grønhoj – AU<sup>4</sup>**

13.30 – 14.30 Lunch

14.30 – 15.45 Session 3: Promoting healthier environments

**Moderator: Leticia Vidal – Udelar<sup>6</sup>**

- Facilitating healthier food environments to encourage healthier eating among young people, **Ellen van Kleef – WUR<sup>3</sup>**
- Pre-adolescents and dealing with the tempting food environment: Role of parents, autonomy and nudging, **Roselinde van Nee – WUR<sup>3</sup>**
- Tackling sugar reduction of products targeted at children  
**Ana Laura Velázquez – Udelar<sup>6</sup>**
- Labelling regulations to promote healthier eating habits in childhood and beyond  
**Gastón Ares – Udelar<sup>6</sup>**

15.45 – 16.00 Coffee break

16.00 – 16.45 Flash presentations. **Moderator: Paula Varela – Nofima<sup>1</sup>**

The effect of models’ positive facial expressions whilst eating a raw vegetable on children’s acceptance and intake of the modelled vegetable, **Katie Edwards – Aston University**; School meal acceptance among 7-12-year-old children and correlation with plate waste in Swiss school canteens, **Eugenia Harms – Bern University of Applied Sciences**; A multicriteria reformulation approach to provide healthier food for children aged 7-12 years old while maintaining sensory perception and liking – A case study on cookies, **Carole Liechti – AgroParisTech**; Appetite in Preschoolers: Producing Evidence for Tailoring Interventions Effectively - the APPEtTE Study Protocol, **Abigail Pickard – Aston University**; Taste education to combat fussy eating - success of a food based-intervention in a school setting with parent-child dyads, **Berglind Lilja Guðlaugsdóttir and Anna S. Olafsdóttir – University of Iceland**

16.45 – 17.00 Summary and wrap-up of Day 1

## Wednesday 22<sup>nd</sup> June

9.00 – 9.05 Welcome Day 2. **Paula Varela – Nofima<sup>1</sup> and Sara Spinelli – UniFi<sup>2</sup>**

9.05 – 9.45 Early development of children’s food preferences and eating habits

**Sylvie Issanchou – INRAE<sup>5</sup>**

9.45 – 10.00 Break

10.00 – 11.00 Session 4: Empowering children and parents through food knowledge

**Moderator: Sophie Nicklaus – INRAE<sup>5</sup>**

- Knowledge gaps and food rejection in young children, **Jeremie Lafraire – IPBR<sup>7</sup>**
- Boosting food knowledge in children, **Abigail Pickard – IPBR<sup>7</sup>**
- Evaluating the power of public health communication to increase parental knowledge,  
**Sofia De Rosso – INRAE<sup>5</sup>**

11.00 – 11.30 Coffee break

11.30 – 12.30 Session 5: New methods for sensory and affective testing with children

**Moderator: Erminio Monteleone – UniFi<sup>2</sup>**

- Developing age-appropriate methods for sensory and affective testing with children  
**Sara Spinelli – UniFi<sup>2</sup>**
- Indirect vs. questionnaire-based methods to assess food acceptance in preadolescents  
**Martina Galler – Nofima<sup>1</sup>**
- A novel tool to measure food-elicited emotions in children: the emoji group questionnaire, **Julia Sick – UniFi<sup>2</sup>**

12.30 – 13.30 Lunch

13.30 – 14.30 Round table: Translating science into practice, how to increase the impact

of children healthy eating research. **Moderator: Wenche Hægermark – Nofima<sup>1</sup>**

**Discussants: Eugénie Cornu (Vitagora), Joanna Kaniewska (European Public Health Alliance), Hely Tuorila (University of Helsinki), Gerry Jager (WUR<sup>3</sup>), Alice Grønhoj (AU<sup>4</sup>), Gertrude Zeinstra (WUR-FBR<sup>8</sup>)**

14.30 – 14.45 Break

14.45 – 15.30 Flash presentations. **Moderator: Valerie Almli – Nofima<sup>1</sup>**

Food Education in schools: why do some headteachers make this a priority? **Jason O’Rourke – Washington Academy**; Preschool children’s boredom-induced emotional eating in a laboratory setting, **Rebecca Stone – Aston University**; Nutritional Quality and Degree of Processing of Children’s Foods Assessment on the French Market, **Celine Richonnet – CEDE Club Européen des Diététiciens de l’Enfance**; Food rejection and categorization: the mediating role of cognitive flexibility, **Damien Foinant – Université Bourgogne Franche-Comté – LEAD**

15.30 – 15.45 Summary of Round table

**Wenche Hægermark and Ingunn Berget – Nofima<sup>1</sup>**

15.45-16.00 Bringing down barriers to children healthy eating: What’s next?

**Paula Varela – Nofima<sup>1</sup>**

<sup>1</sup> Nofima, The Norwegian Institute of Food, Fisheries and Aquaculture Research, Norway; <sup>2</sup> UniFi, University of Florence, Italy; <sup>3</sup> WUR, Wageningen University & Research, The Netherlands; <sup>4</sup> AU, Aarhus University, Denmark; <sup>5</sup> INRAE, French National Institute for Agriculture, Food and Environment, France; <sup>6</sup> Udelar, Universidad de la Republica - University of the Republic, Uruguay; <sup>7</sup> IPBR, Institut Paul Bocuse Research Center, France; <sup>8</sup> WUR-FBR, Wageningen Food & Biobased Research)