



INSTITUT  
PAUL  
BOCUSE

École de Management  
Hôtellerie  
Restauration  
& Arts Culinaires

CENTRE  
DE  
RECHERCHE

The Center for Food & Hospitality Research - Institut Paul Bocuse

# Managing hunger and satiety Consumers & producers' perspectives

8<sup>th</sup> International Research Symposium

Lyon, April 29<sup>th</sup> 2015

*Located in Lyon, the Center for Food and Hospitality Research at the Institut Paul Bocuse contributes to the students' academic and scientific training with innovative environments such as the living laboratory and the experimental restaurant. At the interface between university and industry, the international research projects developed at the Center are conducted in a multidisciplinary perspective, focusing on the study of choices, usages and perception in real contexts.*

*The Research Symposium welcomes, once a year, international scholars and professionals to present their research and The Research Symposium welcomes, once a year, international researchers and professionals to present their work and discuss issues related to food and hospitality. Each year, a specific topic is addressed from the point of view of multiple scientific fields such as health sciences, nutrition, psychology, cognition, sociology, economics, etc., offering an enriching overview on different topics.*

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.

**Registration before April 17<sup>th</sup>** (limited number of participants)

<http://recherche.institutpaulbocuse.com/en/events/>

Queries at: [symposium@institutpaulbocuse.com](mailto:symposium@institutpaulbocuse.com)

Fees (covers registration, breaks and lunch): industry: 215 € - academics: 95 €

Students: 30 € (under conditions of a cover letter and CV)

*Other events of interest to be held at the Institut Paul Bocuse:*

- **April 30<sup>th</sup>** : Professional seminar **Context effects on consumer judgments** with Herb Meiselman
- **September 10<sup>th</sup>** : Professional seminar **Satiety and eating behaviour** with France Bellisle
- **September 21<sup>st</sup>-22<sup>nd</sup>** : Summer School **Food and Hospitality research**

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# PRELIMINARY PROGRAM

9:00 Welcome coffee

**Introduction Herb Meiselman**

**MORNING SESSION** 9am – 1 pm

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**Chair: Martine Laville CENS –University Lyon & Lisbeth Zandstra Unilever**

**Opening conference**

**John Blundell**, Leeds University, United Kingdom

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

**Paula Varela**, Nofima, Norway

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

**Julie Anne Nazarre**, Cens, France

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

**Ann Hemingway**, Bournemouth University, United Kingdom

*Improving workplace foodscapes: ideas for managing hunger and satiet.*

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**13:00 Lunch at restaurant F&B**

**AFTERNOON SESSION** 2:30 pm – 5:30pm

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**Chair France Bellisle, University Paris 13**

**Tbc**

*Cultural differences: a prerequisite filter for food choices.*

**Kai Victor Hansen**, Stavanger University, Norway

*Meal factors influencing guests experiences and food choices in restaurants.*

**Laura Guérin**, EHES, Institut Paul Bocuse

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

**Closing conference**

**Kees de Graaf**, Wageningen University

*Sensory influences on satiation and satiety.*

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**Discussion**

**Conclusion - Herb Meiselman**

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5:30 Farewell drinks

**Optional visit of the Research Center**