SAPERE. Symposium



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# **Preference and Change**

Cambridge 2019







### **Dear Friends**

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We are so happy to welcome you the 8th annual SAPERE Symposium in honour of Roelof Huurneman, co-hosted by TastEd.

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Our theme for these two days is preference and change. We don't talk much about preference or pleasure in the UK when discussing nutrition – maybe because there is a stubborn belief that a person can't change their preferences. Yet the idea of learning new tastes is at the heart of the SAPERE method. As Stina Algotson, the president of SAPERE International has commented, 'The wish to try new foods is the key to health'.

I first found out about the SAPERE method when I was writing my book First Bite: How We Learn to Eat. I was quietly wishing that someone in the world could teach children about food in a way that actually made a positive difference to the way that they ate. I was inspired to learn – from Ep Köster – of this network of educators from around the world who were doing just that: teaching children about food in a way that seemed so natural and obvious, by using their own senses and their own curiosity and playfulness combined with the simple joy of food. The version of SAPERE I ended up writing about in First Bite was the Finnish model, pioneered by Arja Lyytikäïnen and others. At the time, I wrote that 'In an ideal world, other countries would follow Finland's example and recognise that learning to eat a good and varied diet is a key part of every child's education'.

Needless to say, we are still not living in an ideal world, but I can't say how proud it has made me to be part of a team – with Jason O'Rourke and Abby Scott – bringing a version of SAPERE to the UK. After I met Jason, and visited his remarkable school Washingborough Academy in Lincolnshire, I realised that SAPERE in the UK could become a reality. Jason and I first learned the SAPERE method from Stina Algotson at Washingborough in the spring of 2017 and I will always remember her saying that the method was so simple it could be taught with just a bag of apples and yet the effect on a child's relationship with food can be profound. A child who has experienced SAPERE lessons, Stina said, will 'see more things, taste more things and hear more things'. Jason and Abby and I have certainly found this to be true in the TastEd classroom.

These two days are a chance to explore the theme of preference change in more detail, with examples from all over the world, from Japan to Singapore, from the Netherlands to Iceland. We will be hearing from experts on preference from many angles – from the way a child's eating experience is affected by the atmosphere of the lunch hall to a child's preference for umami.

At TastEd, we are still in the early stages compared to all of the other countries represented at the Symposium. We have much to learn from all of you. We feel honoured and excited to welcome you to Cambridge and look forward to two days of sharing ideas, conversation and good food.

Bee Wilson Chair – TastEd



A very big thank you to our generous sponsors, who have helped make this Symposium possible

## Wednesday 23rd October

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### Venue: Vanderlyle Restaurant, Mill Road

#### 22.00 Informal drinks and dinner

- At Vanderlyle restaurant, Mill Road, Cambridge (plant-based and sustainable restaurant run by former
- Masterchef finalist Alex Rushmer and Lawrence Butler). 20.30

## **Thursday 24th October**

### Venue: Frankopan Room, West Court, Jesus College

### The structure of day one is all plenary talks in the Frankopan Room

#### 09.00 Welcome

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Brief talk to set up the themes of the two days. Delegates introduce themselves and their programmes. Bee Wilson and Abby Scott of TastEd

#### 09.30 Changing palates at Washingborough Academy in Lincolnshire

How TastEd is influencing the way children eat in the UK.

Jason O'Rourke

#### 10.00 Health and Joy

How did the Finnish preschool system make SAPERE a tool for changing children's preferences? Arja Lyytikainen

#### 10.30 How Taste Education started and the building of the SAPERE community

The French origin of the SAPERE method. Jean Luc Lalevée.

Introduction of the SAPERE International board by Stina Algotson

#### 11.00 **COFFEE BREAK**

| 11.30 | Encouraging a preference for vegetables in children: the 'Tiny Tastes' method Lucy Cooke  |  |  |  |
|-------|---|--|--|--|
| 12.00 | What does mint remind you of?   |  |  |  |
|       | Using smell to expand a child's palate. Sensory workshop led by the TastEd team   |  |  |  |
| 12.30 | LUNCH   |  |  |  |
| 13.30 | 30 A Change of Appetite   |  |  |  |
|       | What can educationalists learn from chefs and vice versa about changing tastes across the human lifespan?                             |  |  |  |
|       | Panel featuring chefs Alex Rushmer and Lawrence Butler (Vanderlyle restaurant), chaired by Bee Wilson                                 |  |  |  |
| 14.00 | Taste Education in Japan  |  |  |  |
|       | Talk and demonstration from Junichiro Somei and Yaeko Kawaguchi of Taste Class Education Japan<br>in conversation with Jason O'Rourke |  |  |  |
| 14.30 | GastroGnomes  |  |  |  |
|       | Could cartoon characters help children to love vegetables?  |  |  |  |
|       | Janey Robinson and Louise Holland   |  |  |  |
| 14.45 | Preference change: what's the evidence?   |  |  |  |
|       | What are the ideal circumstances for a child to learn new tastes at school? And what are the obstacles for change?                    |  |  |  |
|       | Panel discussion (incorporating discussion from the whole audience).  |  |  |  |
|       | Chaired by Bee Wilson featuring Einar Risvik, Elizabeth Kim, Lucy Cooke and Gurpinder Lalli   |  |  |  |
| 15.30 | Reducing food neophobia in young children in Iceland and beyond   |  |  |  |
|       | A family-based food programme for children with neurodevelopmental disorders.   |  |  |  |
|       | Anna Sigríður Ólafsdóttir   |  |  |  |
| 16.00 | Tribute to Roelof Huurneman of SAPERE International   |  |  |  |
|       | Stina Algotson, Arend Huurneman and others  |  |  |  |
| 16.30 | COFFEE BREAK  |  |  |  |
| 17.00 | Preference and Policy: How Can Food Policy Encourage Healthy Preferences?   |  |  |  |
|       | Final plenary talk: Professor Corinna Hawkes  |  |  |  |
| 18.00 | Drinks Reception – Jesus College  |  |  |  |
| 19.00 | BREAK   |  |  |  |
| 19.30 | Formal dinner in honour of Roelof Huurneman – West Court Dining Hall  |  |  |  |



## Friday 25th October

### Venue: Frankopan Room, West Court, Jesus College

### The structure of Day 2 is parallel teacher training and scientific papers

Some teachers and educationalists will join us on day 2 for the teacher training sessions

#### 09.00 Welcome

With introductory remarks

09.15 Introduction to the SAPERE method

Short plenary talk with overview of the SAPERE method, history, mission and the content of the ten Jacques Puisais lessons. And how to do it! Stina Algotson and Caroline Reverdy

### 09.45 The UK solution

Teaching knowledge of vegetables and fruits through Sight and Touch with Reception children (aged 4-5). TastEd training for trainers with Jason O'Rourke and Ruth Platt

COFFEE BREAK 10.15

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10.40 SPLIT INTO SEPARATE SESSIONS FOR HANDS-ON TEACHER WORKSHOPS AND SCIENTIFIC PAPERS

| Venue: Frankopan Room |   | Venue: Bawden Room    |   |
|-----------------------|---|-----------------------|---|
|                       | GROUP A<br>Teacher Training Workshops   |                       | GROUP B<br>Scientific papers chaired by Valérie Almli   |
|                       | How can cooking classes be incorporated into sense education?<br>Example from Norway<br>Einar Risvik and Tor Valdvik<br>A SAPERE lesson<br>A hands-on workshop<br>Stina Algotson              | 10.40                 | <b>Come dine with me!</b><br>School dinner halls and the act of commensality<br>Gurpinder Lalli   |
| 11.30                 | Smaaklessen in the Netherlands<br>What does a SAPERE lesson in the classroom look like?<br>Sight, smell, touch and hearing, using a sense box<br>Jolijn Zwart-van Kessel and Annelaura Schaap | 11.20                 | <b>'Can we change children's portion size preferences?'</b><br>Elizabeth Kim  |
| 12.00                 | Taste Education in Japan         A workshop and tasting on Umami for two- and three-year-olds         Junichiro Somei and Yaeko Kawaguchi of Taste Class         Education Japan              | 11.55<br><i>12.30</i> | The ToyBox study and changing children's preferences<br>for healthy snacks. What is the evidence?<br>Leigh Gibson<br>LUNCH  |
|                       | LUNCH<br>TastEd and ways to deliver a broad curriculum through food<br>Tudor history plus literacy approached through fruits,<br>vegetables and spices<br>Bee Wilson                          | 13.15<br>13.35        | From sensory food education to healthy food behaviours<br>via "gourmet" preferences: dream or reality?<br>Caroline Reverdy<br>The ability of 10 to 11-year old children to identify basic<br>tastes in unfamiliar foods |
| 13.45                 | Closing remarks of the Teacher Training Workshop<br>Stina Algotson  | 13.55                 | Valérie Almli<br>Closing remarks of the scientific sessions<br>Valérie Almli and Einar Risvik   |

### Venue: Frankopan Room

14.00 PLENARY – both groups come back together

Return to Frankopan room to wrap up, share final insights and get ready for the tour of Cambridge colleges







*Roelof Huurneman* 1934 – 2018

## **Roelof Huurneman**

Roelof Huurneman was born December 17th 1934 in Vorden, Holland. He graduated from the Nijenroode Institute with a major in Business and later from Zuivelschool in Bolsward as a Dairy Engineer. He started his career as Deputy director of milk factories in Gramsbergen and Aalten in the Netherlands. In 1965, he moved to France to join the Bongrain group, first as Director of the Bongrain-Gerard factory in Perigueux, and in 1969 at the company headquarters in Paris. He remained at the Bongrain group until his retirement in 1997, setting up and managing the quality department. He kept on consulting for the group as advisor to the CEO. In 1993, during a meeting with Ep Köster, the idea of an initiative to promote sensory education for children arose. In June 1995 Roelof, with the support of the Bongrain group (today Savencia Group), gathered a group from the European Sensory Network for a meeting with Jacques Puisais in Chinon, France. As a result of that meeting SAPERE AISBL (SAPERE International) was founded. Roelof Huurneman became the first Chairman of the board, a position he held until 2014. Roelof remained an active ambassador for the SAPERE method and a most warmly appreciated member of the SAPERE board until the day he died, November 14th 2018 in Angers, France.

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## In Memoriam Roelof Huurneman: A man of dedication, modesty and friendship.

### By Ep Köster

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When back in 1993, Roelof Huurneman came to the seminar on sensory methods organised by ASAP in München, we walked together along the Starnberger See and talked about food and food habits in the Netherlands and in France. During the conversation I told him about Jacques Puisais and his lessons about better eating habits in school, which, due to the rigid French school system with its fixed hour scheme, were still not accepted in the curriculum. Roelof reacted with enthusiasm to the idea and proposed to start a private initiative for promoting it. We also decided that we would try to interest the food industry in helping us and we started thinking of a name. Roelof, who by now was living in France, played with the words savoir (knowing) and saveur (taste) and we realised that they both came from the same Latin word: SAPERE was born.

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Roelof's infectious enthusiasm was an inspiration to many, not least the Bongrain firm where he was in charge of quality control. Mr Bongrain himself became interested in the ideas behind SAPERE and helped develop them further although it was Roelof's ceaseless dedication to the SAPERE cause that became the driving force of the organisation.

Last year in Lyon he told me how well SAPERE was doing in the UK. Even now, whenever this subject arises, I imagine his enthusiastic voice and see the immense joy in his eyes.

Modesty and dedication were his most characteristic traits – in whatever he did – whether it was making his own wine, generating interest in the restoration of a castle in a nearby village, or his work for his beloved SAPERE. Above all, he was a very good friend with a genuine interest in the life of others and always helpful when such was needed.

I will always remember the time I spent with him and his wonderful wife Lydia. He took immense pleasure in driving us around in his genuine Second World War American Jeep, while talking about the prospects of SAPERE and planning new ways of promoting it. He drove the jeep carefully – with the same great unpretentious affection that characterised his treatment of everything he came into contact with.

I miss my friend and my companion in SAPERE.

← Portrait of Roelof Huurneman (opposite) by Annabel Lee

## **Biographies**



**Stina Algotson** has, since the mid-1990s, been a member of the SAPERE International board of directors. In 2012 she was appointed chair, taking over from Roelof Huurneman. She met Jacques Puisais in 1995 and translated his taste education lessons from French to Swedish, adapting it to the Swedish context in collaboration

with the Swedish National Food Agency. The first handbook for Swedish teachers was printed in 1999, with a second edition in 2017. She developed a handbook for kindergarten teachers in 2011. Stina is based in Stockholm. She is CEO of BFUF (The R&D Fund of the Swedish Tourism and Hospitality Industry).



**Dr. Valérie Almli** is Senior Research Scientist in the field of sensory science and consumer behaviour at NOFIMA, Norway. Her research interests include children's learning mechanisms towards a healthy and varied diet, food waste and food safety behaviours in consumer households, and consumer testing methodologies.

She also holds a part-time position as Associate Professor at the Norwegian University of Life Sciences (NMBU).

50 peer reviewed publications in this area. Her first book Stress-free

feeding: develop healthy eating habits in your child, a parents'

guide to the science of child eating, was published in 2015.



**Prof. Corinna Hawkes** is Director of the Centre for Food Policy at City, University of London. She has worked with UN agencies, governments, universities and NGOs for 20 years to advance effective policies to improve diets worldwide. Between 2015-2018 she was Co-Chair of the Global Nutrition Report and in

2018 was appointed Vice Chair of the London Child Obesity Taskforce. She is also a Distinguished Fellow at the George Institute for Global Health.



Louise Holland is Deputy to Jamie Oliver and Director of GastroGnomes, a new kids animation with purpose. Starting her career as a chef, she later moved into publishing and television production. After a chance meeting with the then 26-year-old Jamie, she took on a role that over 19 years has covered every aspect of

the food and media industries. Louise continues to support all of Jamie's endeavours, helping to guide and manage him, his businesses and his initiatives. She sits on Jamie's main board and helps to drive his foundation and campaigns around the world.



Yaeko Kawag health fitne diabetes edu Nutrition and at the Divisio Clinical Res Hospital Org

Yaeko Kawaguchi is a registered dietitian, health fitness programmer, certified diabetes educator, Master of Clinical Nutrition and, from 2012, a researcher at the Division of Preventive Medicine, Clinical Research Institute, National Hospital Organization Kyoto Medical Centre, Japan. From 1993-2000 she

worked as a cooking lecturer, customer and childcare consultant for the dairy industry and from 2003-2007 in a diabetes specialty clinic. 2007-2010 she worked at the Shanghai Jinmao Clinic in China and in 2018 co-founded the Taste Class Association, Japan.



Leigh Gibson is a Reader (Associate Professor) in Biopsychology, a Chartered Psychologist and Registered Nutritionist, within the Department of Psychology, University of Roehampton, London. After a BSc in Psychology and Physiology at the University of London, and a PhD and post-doc at the University of Birmingham

on biopsychological influences on food choice and appetite, Leigh held research posts at the Institutes of Neurology and Psychiatry, and UCL. Leigh is a Council member of the Forum on Food and Health, Royal Society of Medicine; his research aims to understand processes controlling people's habitual diet, as well as obesity and disordered eating, and their interaction with stress, health, and cognitive and emotional well-being.



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**Dr. Elizabeth Kim** is a postdoctoral fellow at the National University of Singapore. Her research focuses on conformist behaviours in early childhood. In particular, her work explores how pre-schoolers deal with positive and negative social pressure by peers across various domains (eg. moral, prosocial, and food judgments)

and cultures (individualistic v. collectivistic societies). Her recent projects have investigated the role of peers in children's food choice, food portion preferences, and consumption practices in the U.S. and Singapore.

## **Biographies**



Jean Luc Lalevée has a commercial and marketing background. For 34 years he worked in a variety of capacities for a number of companies – as marketing manager (Bongrain/Savencia group), as CEO of different French companies (Fromagerie des Chaumes, Fromarsac, Rambol) and as Supervisor of Asia-Pacific

operations for seven years. He retired in 2013 and is currently President of the French branch of SAPERE.



Jason O'Rourke is the Headteacher of Washingborough Academy, a 300-place Nursery and Primary school in Lincolnshire, UK. In the ten years that he has been there, the school has gained national recognition for the curriculum it has developed which has put healthy living and food education at the forefront of

children's learning. Jason learnt of the SAPERE method of Taste Education whilst studying for his doctorate in Food Education and School Leadership and this inspired him to be the first headteacher to introduce the SAPERE method into a British primary school and led to working with Bee Wilson. He is a co-founder and trustee of TastEd.



**Gurpinder Singh Lalli** is a Senior Lecturer in Education and Inclusion Studies at the University of Wolverhampton. Gurpinder is interested in the sociology of education with a particular focus on school dining halls as learning spaces. In 2017, he successfully defended his PhD thesis at the University of Leicester in the School of

Education. Recent works include an article in the Cambridge Journal of Education and a book entitled Schools, Food and Social Learning, which was published by Routledge in October 2019.



Ruth Platt has been a primary school teacher for over 23 years. She has worked closely with Bee Wilson to trial and develop the TastEd curriculum at St Matthew's School in Cambridge. Ruth was very impressed by the impact of TastEd in her Early Years classroom and was particularly struck by the many

links to key curriculum areas including literacy and PSHE (Personal, Social, health Education). She is now working with the Bee, Abby and Jason, delivering the TastEd training to teachers who are interested in this exciting, new teaching resource, whilst studying for her MEd here at Cambridge University.



**Arja Lyytikäinen**, M.Sc (Nutrition) is a registered nutritionist from Finland. She worked for 20 years (until 2002) as a public health nutritionist in the city of Jyväskylä. She then worked as a study coordinator and researcher in the Calex (children's bone health study). From 2008-2014 she was a project leader developing the SAPERE

application for early education and care as part of the children's food education program. In 2014 she was appointed Secretary General to the National Nutrition Council at the Finnish Food Authority.



**Caroline Reverdy** joined the SAPERE International board of directors and SAPERE France committee in 2018. From 2003-8, she conducted the study EduSens (under the supervision of E.P. Köster and C. Lange in Dijon) to evaluate the effect of sensory education on preferences and food behaviours in children. In 2008

her PhD was successfully defended and published as Eduqué pour devenir gourmet in 2010. Caroline is based in Switzerland and has her own company Olfaction-Gustation-Vision, Consulting and Training. As a former flavourist, she established the blog OdoratNEWS.



**Prof. Anna Sigríður Ólafsdóttir** holds a PhD in nutrition science and is Head of Faculty of Health Promotion, Sport and Leisure studies at the School of Education, University of Iceland. Her research has been on health behaviours, behaviour modification and health promotion with a focus on a holistic view. Among her

current projects is a taste education intervention programme for families with fussy eaters, with special focus on children with neurodevelopmental disorders, such as ADHD and Autism Spectrum Disorders.



**Einar Risvik** has an MSc in Chemistry (NTNU, Trondheim) and a Dr Agric in Sensory Science (NMBU, As). He has worked as adjunct professor in Meal Science at the University of Uppsala and Visiting Professor at the University of Stavanger in Consumer Science and has almost 40 years in research incl. 18 years

as Research Director of NOFIMA/MATFORSK in Norway and 4 years as acting director of MATFORSK. Einar has refereed over 50 papers in sensory and consumer science. He is the editor of two books and, since 2013, has been active in the Norwegian Taste School, where over 1,200 teachers have been given training.

## **Biographies**



Janey Robinson is a freelance creative and the Project Manager for GastroGnomes, a new kids' animation with purpose. A former lifestyle journalist, IT manager, trained chef, non-profit director for food education projects and a children's book writer; Janey can don many hats, feeling very at home driving projects with purpose.



Tor Valdvik has been head of the "train the trainers" programme at the Norsk smaksskule (Norwegian Taste School) since its inception in 2012. During the last seven years, the Norwegian Taste School has progressed to become the largest of its kind in Norway. Their courses have provided training to 1,200 employees in schools

and kindergartens all over Norway, engaging 100,000 children and young people. The Norwegian Taste School's goal is to contribute to positive behavioural change related to food and diet.



Alex Rushmer is a chef and food writer based in Cambridge. After reaching the final of Masterchef in 2010 he took over the historic Hole in the Wall gastropub in Little Wilbraham which he ran for six years (Sunday Times UK top 100 restaurants 2017). He then went on to work in Switzerland and Ethiopia and in April 2019

opened, alongside former sous chef Lawrence Butler, Vanderlyle (Mill Road, Cambridge), a sustainable, plant-focussed restaurant.



Lawrence Butler is a Cambridge-born chef who, together with Alex Rushmer, owns and runs the Vanderlyle restaurant. He studied Psychology at Royal Holloway University of London before working in both the insurance and wine industries. He transferred relatively late to the culinary world, graduating with a diploma in

culinary arts from Leiths School of Food and Wine before spending four years as sous chef at The Hole in the Wall.



Annelaura Schaap is a nutrition education professional. She graduated from Wageningen University and VU University of Amsterdam, with a bachelor's degree in Nutrition and Health and a master's degree in Health, Nutrition and Prevention sciences. After graduation, she worked for a business catering company and set

up multiple vitality and lifestyle programmes to educate and advise employees about the influence of food. Currently, she works for Smaaklessen (Taste Lessons) and the EU-Schoolfruit programme (nutrition education for primary school children).



**Bee Wilson** is the chair and co-founder of TastEd. She first researched the SAPERE method when writing her book First Bite: How We Learn to Eat and has been honoured to help bring the method to the UK She is a food writer and historian and is the author of six books on food related subjects, most recently The Way

We Eat Now. She also writes journalism about food and other subjects for a wide range of publications.



Junichiro Somei is a registered dietitian, professional engineer (engineering management, Agriculture) and researcher at the Division of Preventive Medicine, Clinical Research Institute, National Hospital Organization Kyoto Medical Centre, Japan. Between 1983-2009 he worked as a national government official,

mostly in agricultural development projects in the ministries of Agriculture, Foreign Affairs and Land. From 2013-2019 he worked in the Kyoto Central Clinic (in food education as a food and nutrition guide for outpatients with chronic diseases). In 2018 he co-founded the Taste Class Association, Japan.

Jolijn Zv Adminis works a Lessons manage several Compet Adminis

Jolijn Zwart-van Kessel studied Business Administration at Leiden University and works as a Team Manager of Team Taste Lessons and EU-Schoolfruit. She has been manager in the Dutch administration on several policy subjects like Education, Competition and +Compliance and Administration of Justice. Previously, she

worked in organisational consultancy. Jolijn also works part-time in her own company as an independent project manager in short food chains and innovative food projects. She was involved in setting up local farm education in her region. She also is a council member in her Township and member of her family farm De Kortenhof.

## SAPERE SYMPOSIUM Intellectual Forum, University of Cambridge 24th and 25th October 2019

Stina Algotson Valérie Almli Lawrence Butler Vladimir Cejna Lucy Cooke Sheila Dillon Jacalyn Dryland Fieke Franken Susie Gates Leigh Gibson Nicolas Gruener Corinna Hawkes Louise Holland Külli Holsting Eva-Liisa Kaaristo Didier Kariger Yaeko Kawaguchi Elizabeth Kim Jennifer Kim Jean-Luc Lalevée Gurpinder Lalli Jacques Leignel Arja Lyytikäinen Jason O'Rourke **Ruth Platt Caroline Reverdy** Einar Risvik Janey Robinson Alex Rushmer Annelaura Schaap Abby Scott Anna Sigríður Ólafsdóttir Suja Sivadasan Kim Smith Junichiro Somei Nikta Vaghefi Tor Valdvik Courtney Van de Weyer Silja Varjonen Bee Wilson Jolijn Zwart – van Kessel

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Huurneman family – Lydia, Arend, Ernst, Isabelle, Margot, Clara, Émile, Romane, Theo and Valentine

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