



From sensory food education to healthy food behaviours via « gourmet » preferences: dream or reality?

Caroline Reverdy

“Preference and Change”

How can a child’s food habits change for the better? And what is the role of Taste Education?

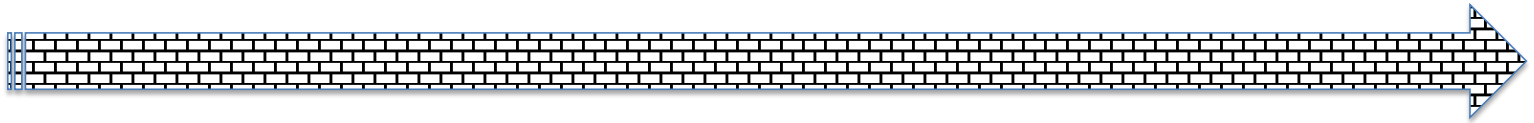
24th & 25th October 2019, Cambridge

From sensory food education to healthy food behaviours via « gourmet » preferences: dream or reality?

ACTION

HYPOTHESIS

DREAM OR REALITY?



sensory food
education

« gourmet »
preferences

healthy food
behaviours

« Gourmet » expression

- French Gastronomy (UNESCO, 2010)
- Jacques Puisais



*Pierre-Auguste Renoir: Le Déjeuner des canotiers, 1881,
Phillips Collection, Washington.*



HEALTH

The WHO

Final report of the
Commission on Ending
Childhood Obesity



What is UNhealthy food behaviour?



What is **UN**healthy food behaviour?

QUALITY



What is **UN**healthy food behaviour?

The less you speak, the more you eat!

QUANTITY



Source: <https://www.ina.fr//video/pub3784150072>

What is **UN**healthy food behaviour?

VARIETY



What is **UN**healthy food behaviour?

TIME



**So good! Buying my ticket online
while I eat!**

Obese, overweight & fussy eaters



« Gourmet » attitude

QUALITY

QUANTITY

VARIETY

TIME



*Pierre-Auguste Renoir: Le Déjeuner des canotiers, 1881,
Phillips Collection, Washington.*

The method in 10 key steps

- 1 Our senses - taste is a multisensory experience
- 2 Basic tastes – and their interaction
- 3 The interaction of basic tastes – the art of cooking
- 4 Olfaction
- 5 Sight
- 6 Touch
- 7 Hearing
- 8 Disturbing the taste/experience
- 9 The foodscape and food culture – local and global
- 10 Grand final – a shared meal

A Physiology of the senses

B Laboration – test!

C Develop the language – build the word bank

- Cooking
- Focussing on their own sensations and expression

QUALITY

(Mustonen et al., 2009;
Reverdy et al., 2010)



- Not *feeding* but *tasting*
- Satiety

QUANTITY

(Carnell et al., 2014; ...)



- Reducing food neophobia

VARIETY

(Mustonen et al., 2010; Reverdy et al., 2008; Nicklaus, 2009; Lähteenmäki & Arvola, 2001; Dovey et al., 2008; Helland et al., 2016)



- Focussing on senses
- Paying attention to food
- Having time to reach satiety

TIME

(Carnell et al., 2014; ...)

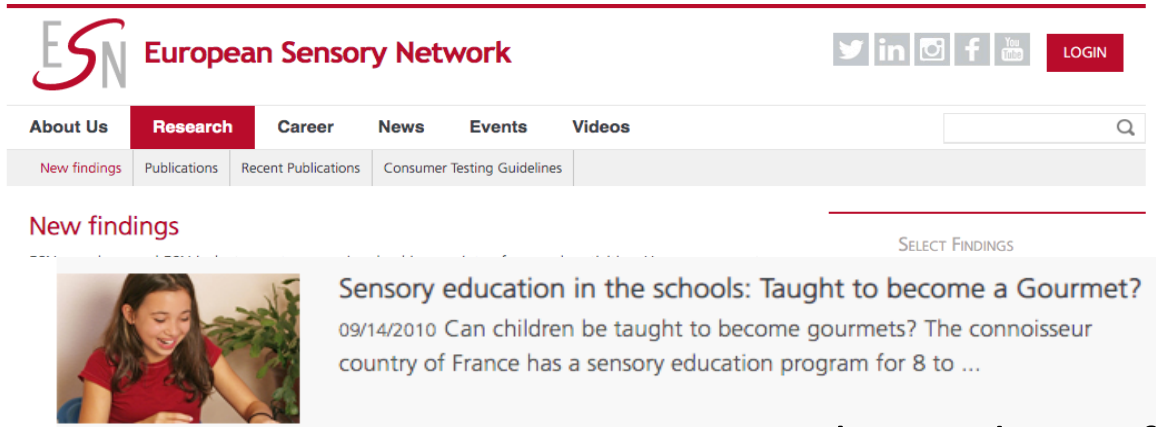


Dream? or Reality?

- From theory to practical facts
- If this is true, how does it work ?



« Gourmet » preferences



EduSens project
(Reverdy, 2010)

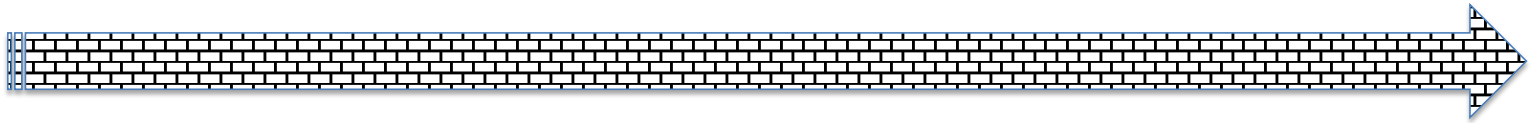
1. Appreciate complex and new food => QUALITY, QUANTITY & VARIETY
2. Neophilia => VARIETY
3. Expert description => TIME & QUANTITY
4. Expert categorisation => TIME & QUANTITY

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sensory food
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Spread sensory food education



Thank you for your attention!

