

## WHAT IS HABEAT?

HabEat brings together **11 European partners** from 6 European countries with a **multidisciplinary approach** to enable a key breakthrough in the understanding of **how food habits are formed** and can also be changed in infants and young children. The projet aims at understanding how infants develop food habits and to propose strategies for changing these habits within **early childhood**.



**Focus on Infant feeding & complementary feeding, and Eating behaviour in toddlers and young children**

Early childhood **professionals, paediatricians,** political decision-makers in charge of defining **nutritional policies, baby food industries, researchers** as well as representatives of **parent associations** will be welcomed.

**SHOULD I ATTEND THE SYMPOSIUM?**

**HAVE YOUR POSTER PROMOTED!**

## CALL FOR POSTERS

Abstracts are invited for **poster presentations** on the symposium topics. Take this great opportunity to **promote your work** on the early development of eating habits.

Please submit abstracts by February 28<sup>th</sup>, 2014 using the template. The Scientific Committee will select the abstracts. Authors will receive notification of accepted abstracts by March 3<sup>rd</sup>, 2014.

# HABEAT SYMPOSIUM

**MARCH 31<sup>ST</sup> & APRIL 1<sup>ST</sup>, 2014**  
**DIJON, FRANCE**

Improving infant and child eating habits, encouraging fruit and vegetable intake.

Translating evidence into practical recommendations





The symposium will report the final results of the HabEat project, which will help to understand better how eating habits and food preferences are formed during the early years of life. Practical implications of these results will be presented. How these implications could be translated into recommendations concerning feeding practices will be discussed with the participants.

The aim of this symposium is also to exchange ideas and to cross views with results from other research works. Thus, the programme is open to presentations in the form of posters.

*The research leading to these results has received funding from the European Community's Seventh Framework Programme (FP7/ 2007-2013) under the grant agreement n.FP7-245012-HabEat*

**DATE** March 31<sup>st</sup> & April 1<sup>st</sup>, 2014  
**VENUE** Dijon Exhibition Centre, 21000 Dijon, FRANCE  
**REGISTRATION** From December 2013 until March 7<sup>th</sup> 2014  
**CONTACT** Caroline SAUTOT, +33 (0)2 40 67 51 09

**ABSTRACT SUBMISSION** Before February 28<sup>th</sup>, 2014  
**ANNOUNCEMENT OF ACCEPTED ABSTRACTS** March 3<sup>rd</sup> 2014

**REGISTRATION IS FREE!**

**ONLINE REGISTRATION IS MANDATORY**

<http://www.habeat.eu/>

**Login:** SYMPOSIUM

**Password:** DIJON



## AGENDA

### DAY 1: Monday March 31<sup>st</sup>, 2014

13:00-14:00 REGISTRATION

#### SESSION 1 INFANT FEEDING & COMPLEMENTARY FEEDING

14:00-14:05 Welcome: Luc Penicaud - CNRS, France - & Sylvie Issanchou - INRA, France

14:05-14:20 Introduction: Sylvie Issanchou - INRA, France

14:20-15:10 How influential is early experience with food-related odours and flavours: a look at paradoxes : Benoist Schaal - CNRS, France

15:10-15:35 Early feeding practices and later food habits: Blandine de Lauzon-Guillain - INSERM, France

15:35-16:00 Early feeding practices and child's growth: Yannis Manios - Harokopio University, Greece

16:00-17:00 Poster session 1 & Coffee break

17:00-17:25 Introduction of vegetables in the diet: Lucy Cooke - University of London, UK

17:25-18:30 Discussions with an introduction by Carla Lopes - University of Porto, Portugal

20:00-22:30 GALA DINER - FREE

### DAY 2: Tuesday April 1<sup>st</sup>, 2014

#### SESSION 2 EATING BEHAVIOUR IN TODDLERS AND YOUNG CHILDREN

09:00-09:20 Learning to like vegetables: introducing the HabEat experiments: Marion Hetherington - University of Leeds, UK

09:20-09:45 Strategies for learning to eat and like new vegetables: Victoire de Wild - Wageningen University, the Netherlands

09:45-10:10 Interventions to increase vegetable intake in early childhood: Gertrude Zeinstra - Stichting DLO, the Netherlands

10:10-10:35 Modelling the role of individual differences in the effectiveness of interventions to increase vegetable intake in childhood: Pam Blundell - University of Leeds, UK

10:35-11:35 Poster session 2 & Coffee break

11:35-12:00 Control of food intake and impact of parental practices: Sophie Nicklaus - INRA, France

12:00-13:00 Discussions with an introduction by Pauline Emmett - University of Bristol, UK

13:00-14:30 Lunch - FREE

#### SESSION 3 TRANSLATING SCIENCE INTO PRACTICE

14:30-15:20 Promising interventions and research areas in complementary feeding and healthy growth promotion: Kim Fleischer Michaelsen - University of Copenhagen, Denmark

15:20-16:00 General discussion on recommendations and conclusion

16:00 End of symposium