



# HabEat



→ **HabEat project**  
Aiming to understand how infants develop food habits and to propose strategies for changing these habits within early childhood (< 5 years)

**VENUE:**  
Palais des Congrès  
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France

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## HabEat Symposium

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

**Translating evidence into practical recommendations”**

**31<sup>st</sup> March & 1<sup>st</sup> April 2014**

### WELCOME

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.

### TOPICS

- Infant feeding & complementary feeding
- Eating behaviour in toddlers and young children

### WHO SHOULD ATTEND

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

### 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 the 24<sup>th</sup> January 2014 using the template. The Scientific Committee will select the abstracts. Authors will receive notification of accepted abstracts by 14<sup>th</sup> February 2014.

### IMPORTANT DATES

Abstract submission:

OPEN until 31<sup>st</sup> January 2014

Announcement of accepted abstracts:

14<sup>th</sup> February 2014

Registration:

from December 2013 until 28<sup>th</sup> February 2014

**NO REGISTRATION FEE**

**Online registration is mandatory: <http://www.habeat.eu/>**

Login: SYMPOSIUM

Password: DIJON





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## Preliminary agenda

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

13:00-14:00 Registration

#### **Session 1 "Infant feeding & complementary feeding"**

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

14:05-14:55 How influential is early experience with food-related odours and flavours: a look at paradoxes: Benoist Schaal - University of Burgundy, France

14:55-15:10 Introduction: Sylvie Issanchou - INRA, France

15:10-15:35 Introduction of vegetables in the diet: Lucy Cooke - University of London, UK

15:35-16:00 Early feeding practices and later food habits: Blandine de Lauzon-Guillain - INSERM, France

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

17:00-17:25 Early feeding practices and child's growth: Yannis Manios - Harokopio University, Greece

17:25-18:30 Discussions  
Introduction: Carla Lopes - University of Porto, Portugal

20:00-22:30 Gala diner

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

#### **Session 2 "Eating behaviour in toddlers and young children"**

09:00-09:50 Early Learning about Food and Eating: Leann Birch - The Pennsylvania State University, USA

09:50-10:15 Strategies for learning to eat and like new vegetables: Victoire de Wild - Wageningen University, the Netherlands

10:15-10:40 Interventions to increase vegetable intake in early childhood: Gertrude Zeinstra - Stichting DLO, the Netherlands

10:40-11:05 Modelling the role of individual differences in the effectiveness of interventions to increase vegetable intake in childhood: Pam Blundell – University of Leeds, UK

11:05-11:45 Poster session 2 & Coffee break

11:45-12:10 Control of food intake and impact of parental practices: Sophie Nicklaus - INRA, France

12:10-13:10 Discussions  
Introduction: Pauline Emmett - University of Bristol, UK

13:10-14:30 Lunch

#### **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

