



FIRST ANNOUNCEMENT

AGEING AND EATING

The 4<sup>th</sup> International Research Symposium of  
The Institut Paul Bocuse Food & Hospitality Research Centre

Lyon, May 31<sup>st</sup> 2011

École  
de Management  
Hôtellerie  
Restauration  
& Arts Culinaires

For the 4<sup>th</sup> edition of its annual research symposium, the Institut Paul Bocuse wishes to place the focus on a topic of growing importance in our society today: **Ageing and Eating**.

Following its original philosophy, the Institut Paul Bocuse Research Center wishes to gather together experts, both applied and academic, in order to provide a better understanding of how health professionals, the industry and more generally our society can contribute to providing pleasurable meals and balanced diets to the elderly, taking into account their physiological, psychological and socio-economical specificities.

In the first part of the symposium, an overview of recent knowledge and research results on the link between nutrition and ageing will be presented, illustrating the multiplicity of dimensions of this topic by the diversity of scientific approaches to this question. In the opening conference, Pr. Bonnefoy will provide a general perspective on the ageing process, its various forms and stages, and their implications in terms of nutrition. Dr. Kesse will then introduce how this link between ageing and eating is viewed from the angle of **public health**, based on the results of an epidemiological study SUVIMAX 2. Pr. Drewnowski will address the **sensory** point of view by presenting recent research on the role of senses in food choices for the elderly. Finally, Dr. Cardon will address the **socioeconomical** dimension of this topic with a presentation of his work on culinary practices and sociability of food among elderly people.

The second part of the symposium will be dedicated to the operational issues associated with the problematic of ageing and eating, and the industry's response to the associated challenges. Dr. Saulais will present the results of a pilot study conducted on the role of restaurant ambiances on food appreciation in nursing homes. Anne Babkine will present the strategy of Elior Group in providing a food offer adapted to the preferences of the elderly. Philomène Bayet-Robert will present a model of memorization of high-end restaurant clients in Relais & Châteaux restaurants.

As a concluding talk, Dr. Lumbers will present research results on the adaptation of catering offer to seniors' expectation in resident homes.

9:00 Welcome and coffee

---

**9:45 Morning Session – Welcome Hervé FLEURY**, CEO Institut Paul Bocuse

**9:45 Food and Hospitality Research Agnès GIBOREAU**, Institut Paul Bocuse Research Centre

**General Introduction Martine LAVILLE**, CRNHRA, President of the scientific board of the Institut Paul Bocuse Research Centre

---

Chairman: **Patrick LEMOINE**, Clinea Orpea Lyon

**10:00 Introduction conference Marc BONNEFOY**, INSERM / Centre hospitalier Lyon Sud

*What does ageing mean? Normal and pathological issues*

**10:45 Emmanuelle KESSE**, INSERM / Centre de Recherche en Nutrition Humaine Ile de France

*Impact of Nutritional recommendations on ageing: example of the cognitive performances*

11:15 Break

**11:30 Adam DREWNOWSKI**, Professor University of Washington

*Taste and food choices in ageing*

**12:00 Philippe CARDON**, Université Lille 3 / INRA ALISS

*Does eating get to be a problem when aging? Culinary practices and food sociability of elderly*

---

**12:30 Culinary Demonstration** A Chef from the Institut Paul Bocuse

**Lunch at the F&B restaurant**

---

**14:30 Afternoon Session**

Chairman: **Bernard RUFFIEUX**, University of Grenoble

**14:30 Laure SAULAIS**, Research scientist, Centre de Recherche de l'Institut Paul Bocuse

*The effect of physical environment on nursing home residents' eating pleasure and food intake*

**15:00 Anne BABKINE**, Elior Group, Healthcare division

*Seniors' dependance and food offers based on modified textures*

15:30 Break

**16h00 Philomène BAYET ROBERT**, PhD student Institut Paul Bocuse / IAE Lyon 3 / Relais & Châteaux

*Meal experiences of Senior Customers at Grands Chefs Relais & Châteaux restaurants: a focus on food concerns*

**16:30 Concluding conference Margaret LUMBERS**, University of Surrey

*Food preferences of older people living in care homes*

---

**17:00 Concluding remarks and discussions**

**Martine LAVILLE**, Dir. CRNHRA

**17h45 Farewell drinks** – Optional visit of the Research Centre

**Registration before the 20<sup>th</sup> of May, 2011** (there is limited number of participants)

<http://www.institutpaulbocuse.com/us/food-hospitality/symposium/>

Information: [recherche@institutpaulbocuse.com](mailto:recherche@institutpaulbocuse.com)

Fees all included: industry: 200 € – academics: 80 €  
students: free (under conditions of a motivation letter and CV)