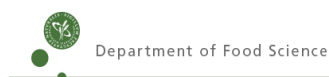


PhD course Innovation Towards Plant-Based Consumption

Final programme



29 October - Health

- 08:30 – 09:00 Registration
- 09:00 – 09:10 Welcome words (A. Haldrup, Head of Department Food Science)
- 09:10 – 09:30 Introductions of participants and introduction to the course (A. Perez-Cueto)
- 09:30 – 10:30 Setting the scene for plant-based consumption (I. Rowland)
Plenary lecture
- 10:30 – 11:00 Coffee break
- 11:00 – 12:00 Health and plant-based diets: Pro-vegetarian diets (M. Bes-Rastrollo)
Plenary lecture
- 12:00 – 13:00 Lunch break
- 13:00 – 14:00 Sustainability of plant-based diets (T. Lang)
Video conference
- 14:00 – 15:00 Plant based food innovation (K. Olsen)
Plenary lecture
- 15:00 – 15:30 Healthiness, sustainability from the consumer perspective (A. Perez-Cueto, M. Bes-Rastrollo)
Participatory workshop
- 15:30 – 16:00 Tea break & walk to Auditorium TBC
- 16:00 – 18:00 SfE/FOOD Joint Open Lectures “Sustainability of Plant-Based Diets”: Welcome (A. Haldrup)
16:00 Sustainability, healthiness and cost of three different diets pro-Veg, MedDiet, Western (M. Bes-Rastrollo)
17:00 The role of olive oil and olive polyphenols in reducing risk of chronic disease (I. Rowland).
Open lectures
- 18:00 – 18:30 Reception and networking

30 October – Sustainability

- 08:30 – 10:45 **Participatory Workshop**
08:30 – 08:45 Plant-based, vegan, vegetarian, plantarian and flexitarian – are they the same? (A. Perez-Cueto)
8:45 – 9:30 Group discussion and consensus on the terminology
- 9:30 – 9:45 Coffee break
- 9:45 – 10:15 Epidemiological data: Cohort studies (M. Bes-Rastrollo)
The PREDIMED study and SUN Cohort results (M. Bes-Rastrollo)
- 10:15 – 11:00 Group discussion and consensus on evidence based health message towards plant-based consumption. Good communication practices.
- 11:00 – 11:45 Nudging towards plant-based diets: Lessons from EU project VeggiEAT (A. Perez-Cueto)
Plenary lecture
- 11:45 – 12:45 Lunch break in L002.
- Afternoon** **Field trip to Aarstiderne Farm (S. Ejlersen).** Bus leaves at 13:30 from the big parking lot at Thorvaldsensvej 50. Returns at 17:00
- 18:30 – 21:00 Plant-based dinner in Copenhagen: Plant Power Food, Fælledvej 15, 2200 Copenhagen, Nørrebro

31 October – Innovation

- 08:45 – 09:00 Introduction to the day
- 09:00 – 10:00 Innovation in gastronomy and processing of plant-based foods (K. Olsen)
Plenary lecture
- 10:00 – 10:15 Coffee break
- 10:15 – 11:15 Plant proteins and ingredients. State of the art in processing (J. Sørensen)
Plenary lecture
- 11:15 – 11:30 Break
- 11:30 – 12:15 Market for plant based products (A. Perez-Cueto)
Plenary lecture

- 12:15 – 13:00 Lunch break
- 13:00 – 13:30 StartUp perspective (N. Vellew, A. R. Villadsen, Co-founders SimplEat)
Guest lecture
- 13:30 – 14:00 Software for plant-based diets: FoodTech for home cooking (Michael Hasse, CEO Plant Jammer)
Guest lecture
- 14:00 – 15:00 Plant-based industry perspective (Greet Vanderheyden, Senior Sustainable Development & Communication Manager, ALPRO)
Guest lecture
- 15:00 – 15:15 Coffee break
- 15:15 – 16:15 Plant-based industry perspective (Karin Petersson, Research Coordinator & Development Engineer, Oatly AB)
Guest lecture
- 16:15 – 17:00 Panel discussion: The challenges for the plant-based food sector (Moderator K. Olsen)

1 November – Food rejection and plant-based eating

- 08:30 – 10:00 Crash course on food rejections targeting fruits and vegetables and cognitive development in pre-schoolers (J. Lafraire, Institut Paul Bocuse Research Center, France)
- General introduction: food rejection as an adaptive mechanism
 - Potential precursors of food neophobia: infants' strategies that protect them from dangers posed by plants
 - Food neophobia and picky-fussy eating in pre-schoolers
- 10:00 – 10:30 Coffee break
- 10:30 – 12:00 Crash course on food rejections (Cont'd)
- How to measure food rejection in pre-schoolers
 - Food rejection and categorization performance
 - Food rejection and inductive reasoning performance
- 12:00 – 13:00 Lunch Break in **L002**
- 13:00 – 14:00 Crash course on food rejections (Cont'd)
- A plea for evidence-based food education
 - Conclusion and general discussion
- 14:00 – 17:00 Student presentations of own PhD project, data collection and analysis in clusters
10 minutes for each presentation + 5 minutes with peer feedback
- | | |
|-------------|-----------------------------------|
| 14.00-14.15 | Yang Chen |
| 14.15-14.30 | Magnus Westling |
| 14.30-14.45 | Lenneke van Bussel |
| 14.45-15.00 | Krishnachandra Sharma Hidangmayum |
| 15.00-15.15 | Clara Gómez Donoso |
| 15.15-15.30 | <i>Coffee Break</i> |
| 15.30-15.45 | Juliana Margarita Melendrez Ruiz |
| 15.45-16.00 | Peter Schulze |
| 16.00-16.15 | Lena Charlotte Ströhla |
| 16.15-16.30 | Edgar Suarez Garcia |
| 16.30-16.45 | Sara Vincentzen Kondrup |

2 November – Business Opportunities

- 08:45 – 09:00 Introduction to the day (A. Perez-Cueto)
Plenary
- 09:00 – 10:00 Myths about plant-based eating, current recommendations and their implications for vegan catering (M. Keller, FHM-Univ. Applied Sciences, Köln)
Plenary Lecture
- 10:00 – 10:30 Coffee Break
- 10:30 – 11:30 The business of innovation in vegan products (J. Wirsam, HTW-Berlin)
Plenary lecture
- 11:30 – 12:30 Take home messages
Workshop
- 12:30 – 12:45 Closure
- 12:45 – 14:00 Lunch
- 14:00 Departure