



# VIVA International Congress

Gateway Building, University of St Andrews  
Thursday 21 March 2013

***V is for Vegetable: applying learning theory to liking and intake of vegetables – The early years of life provide a window of opportunity for the development of future healthy eating habits***

*Chairs: Dr Jo Cecil, School of Medicine, University of St. Andrews and Dr Hugo Weenen, Danone Research*

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| <b>08:45-9.30am</b>  | <b>Registration, coffee and welcome</b>  |
| <b>9.30-9.40am</b>   | <b>Professor Louise Richardson</b> - Opening address: Welcome from St Andrews University   |
| <b>9.40-10.10am</b>  | <b>Professor Marion Hetherington</b> - Introduction to VIVA: V is for Vegetable: applying learning theory to liking and intake of vegetables                 |
| <b>10.10-10.50am</b> | <b>Professor Leann Birch</b> - <b>KEYNOTE</b> - The importance of early food learning for the development of healthy food preferences and preventing obesity |
| <b>10.50-11.30am</b> | <b>Coffee break and posters</b>  |
| <b>11.30-12.00am</b> | <b>Dr Sophie Nicklaus</b> - Eating a variety of vegetables: the importance of feeding practices at weaning and onwards                                       |
| <b>12.00-12.30pm</b> | <b>Dr Lucy Cooke</b> - Using rewards to facilitate children's acceptance of vegetables   |
| <b>12.30-1.00pm</b>  | <b>Professor Kees de Graaf</b> - Mum, may I have Brussels sprouts again?   |
| <b>1.00-2.00pm</b>   | <b>Lunch break and networking</b>  |
| <b>2.00-3.30pm</b>   | <b>Small group workshops:</b> early feeding, vegetable weaning foods, vegetable intake at population level, role of parents, food learning                   |
| <b>3.30-4.15pm</b>   | <b>Coffee break and posters</b>  |
| <b>4.15-4.45pm</b>   | <b>Plenary for feedback from facilitators of group discussions</b>   |
| <b>4.45-5.15pm</b>   | <b>Professor Harriet Oster</b> - Facial expression as a window on food and flavour preferences and aversions in infants and children                         |
| <b>5.15-5.30pm</b>   | <b>Concluding remarks from day 1</b>   |
| <b>7.30pm</b>        | <b>VIVA Congress drinks and dinner (Lower College Hall)</b>  |



# VIVA International Congress

Gateway Building, University of St Andrews  
Friday 22 March 2013

**The prevention of obesity – the role of healthy eating habits and parenting**

*Chairs: Professor Marion Hetherington, University of Leeds and Dr Diane Jackson, University of Aberdeen*

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| <b>9.00-9.05am</b>   | <b>Introductions to the day's agenda</b>   |
| <b>9.05-9.45am</b>   | <b>Professor John Reilly - KEYNOTE</b> - Early origins of childhood obesity  |
| <b>9.45-10.15am</b>  | <b>Dr Mary Fewtrell</b> - Infant feeding and later risk of obesity   |
| <b>10.15-10.45am</b> | <b>Professor Mary Rudolf</b> - Contributing to healthy eating habits in the youngest – HENRY's experience  |
| <b>10.45-11.30</b>   | <b>Coffee break and posters</b>  |
| <b>11:30-12.00pm</b> | <b>Dr Sylvie Issanchou</b> - Are maternal feeding practices associated with children's eating difficulties? Comparing reported and observed behaviours |
| <b>12.00-12.30pm</b> | <b>Professor Charlotte Wright</b> - Child and maternal determinants of infant eating behaviour   |
| <b>12.30-1.30pm</b>  | <b>Lunch break and networking</b>  |
| <b>1.30-2.30pm</b>   | <b>Panel discussion</b> - How can we be more effective in promoting healthy eating habits to prevent obesity?  |
| <b>2.30-2.50pm</b>   | <b>Professor Jaap Seidell</b> - Implementation of new insights into feeding  |
| <b>2.50-3.00pm</b>   | <b>Concluding remarks</b>  |

