



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

Workshops

Objectives

- To provide guidance to HCPs in their role as advisors to parents on early feeding
- To provide recommendations for policies, to further improve healthy eating habits of children in the EU, as stipulated by the VIVA project

Workshops

1. Role of early feeding in developing healthy eating habits (critical periods, tracking etc.)

Facilitators: Gill Harris & Sylvie Issanchou

Scribe: Michelle Lee

Questions

- What is the role of early feeding (weaning – 36mo) in developing healthy eating habits?
- What is the relative importance of early feeding (weaning – 36mo) for the development of healthy eating habits?
- How can parents facilitate the development of healthy eating habits in their children?
- What can HCPs do to help parents in this task?
- How can industry contribute to this?
- Are there any implications for policy?

2. Role of vegetable weaning foods in development of healthy eating habits: choice, sequence, characteristics, variety and repetition

Facilitators: Camille Schwartz and Julie Lanigan

Scribe: Chandani Shah

Questions

- What is or can be the role of vegetable containing weaning foods in the development of healthy eating habits?
- What is the best way for parents to introduce vegetables to their children?

- In practice, what are the barriers to implement these strategies?
- How can these barriers be resolved and who is best placed to help with this?

3. Tackling low vegetable intake at population level?

Facilitators: Annie Anderson and Astrid Smeets

Scribe: Fiona Croden

Questions

- Is vegetable intake in young children an issue in your country?
- Is fruit intake in young children an issue in your country?
- Are there any successful public health initiatives that improve fruit and vegetable intake in school age children, pre-school children?
- Do successful programs exist for babies and toddlers?
- What were the key elements of success of these programs?
- Could you think of any other public health initiatives that could help to improve FV intake in babies and toddlers?
- What should be our recommendations to those setting public health agendas?

4. Role of parents in development of healthy eating habits: responsive feeding, feeding styles

Facilitators: Pauline Emmett, Emma Haycraft

Scribe: Diane Jackson

Questions

- What are the most important elements of healthy eating habits in children?
- What can parents do to help their babies and toddlers develop healthy eating habits?
- How can parents best support their children in developing a liking of vegetables?
- In practice, what are the barriers to implement these strategies?
- How can these barriers be resolved and who is best placed to help with this?

5. Role of food learning in developing eating habits

Facilitators: Carel Vereijken and Carmel Houston-Price

Scribe: Manon Mura

Questions

- What are the mechanisms by which a child (0-3yrs) learns about food?
- What are the barriers for the development of HEH's for each of these mechanisms?
- What can we do to help resolve these barriers?
- What are the main gaps in our knowledge on food learning mechanisms of babies and toddlers?