



# Taste, Behaviour and Health gastronomy

29.Ago 2017

Cód. 017-17

**Mod.:**  
Presencial

**Edición**  
2017

**Tipo de actividad**  
Taller

**Fecha**  
29.Ago 2017

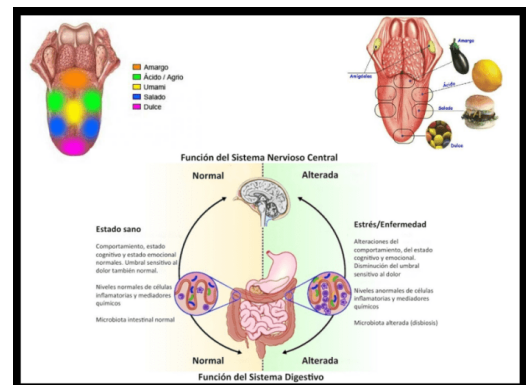
**Ubicación**  
Palacio Miramar (Mañana) / Basque Culinary Center (Tarde)

**Idiomas**  
Inglés

## DIRECCIÓN

**Jose Alfredo Martinez Hernández**, Universidad de Navarra, Catedrático

## Comité Organizador



## Descripción

This workshop has been designed to provide updated information about the interactions of taste, appetite/gut physiology and metabolic health, being complemented by a Culinary demonstration involving flavours and foods related to the Japanese (Umami) gastronomy as well as Mediterranean ingredients and dietary patterns. This Activity is developed by distinguished lecturers from Ajinomoto, CIBERobn, University of Navarra and the Basque Culinary Center as well as well credited cooks for the afternoon "degustation"

## Objetivos

To offer the most recent knowledge on the role of flavor and taste in gastronomy, nutrition and health, by combining the presentations of leading experts in these areas with practical culinary demonstrations of sustainable gastronomy.

To understand the physiology of taste and gut sensing: how sensory receptors are activated and what are the mechanisms involved in this neurophysiological process.

To understand the role of ingredients and flavors such as Umami on sensory and physiological responses.

To update the knowledge and advances in research of taste, appetite and satiety. Specifically the role of sweet and sweeteners in obesity.

To understand the role of specific nutrients, meal timing and frequency in gastrointestinal physiology, and body metabolism.

To demonstrate culinary techniques and cooking methods for foods and food components.

## Colaboradores específicos del curso



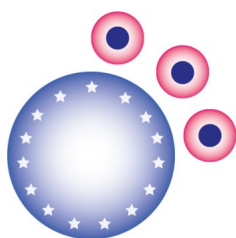
Universidad  
de Navarra

CENTRO DE INVESTIGACIÓN EN  
NUTRICIÓN

ciberobn isciü



basque  
culinary  
center



# Programa

**29-08-2017**

08:45 - 09:00	“Opening of the course” <b>Jose Alfredo Martinez Hernández</b> Universidad de Navarra
09:00 - 09:30	“Taste physiology” <b>Secundino Fernández González</b> Universidad de Navarra
09:30 - 10:00	“Physiological consequences of tasting umami on the tongue and the stomach” <b>Ana Takahata</b> Ajinomoto Co. - Researcher
10:00 - 10:30	“Sweeteners, appetite and weight control” <b>France Bellisle</b> INRA - Researcher
10:30 - 11:00	“Taste preference and satiety assessment” <b>Eva Almirón Roig</b> Universidad de Navarra - Researcher
11:00 - 11:30	Pausa
11:30 - 12:00	“Sugar sensing in the gastrointestinal tract” <b>Christopher Corpe</b> Kings College of London - Lecturer
12:00 - 12:30	“Meal frequency and timing: Appetite and metabolic impact” <b>M. Angeles Zulet Alzorriz</b> Universidad de Navarra - Senior Researcher. Lecturer of Nutrition
12:30 - 13:00	“Research on taste and Flavor in Ajinomoto Institute for Innovation” <b>Hisayuki Uneyama</b> Ajinomoto Co. - Manager
13:00 - 13:45	Pausa
13:45 - 14:00	“Afternoon Program at Basque Culinary Center (BCC). Sustainable Gastronomy. Presentation by:” <b>Elena Urdaneta Artola</b> BCC <b>Rodrigo San Cristobal Blanco</b> University of Navarra -
14:00 - 14:30	“Challenge to umami by culinary scientists” <b>Kumiko Ninomiya</b> Umami Information Center - Director
14:30 - 15:15	“Mediterranean Ingredients in the Japanese cuisine” <b>Hideki Matsuhisa</b> Koy Shunka - Chef
15:15 - 16:00	“Sustainable Cooking with Umami” <b>Luca Fantin</b> Bvlgari - Chef

16:00 - 17:00

“Gastronomical closing of the workshop“

**Iñigo Cojo Aiestaran** Basque Culinary Center - Researcher

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**Dirigido por:**



**Jose Alfredo Martinez Hernández**

Universidad de Navarra, Catedrático

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## Profesorado



**Eva Almirón Roig**

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**France Bellisle**

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**Iñigo Cojo Ayestaran**

Basque Culinary Center

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**Christopher Corpe**

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**Luca Fantin**

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**Secundino Fernández González**

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**Hideki Matsuhisa**

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**Kumiko Ninomiya**

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**Ana Takahata**

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**Hisayuki Uneyama**

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**Elena Urdaneta Artola**

Euskampus, Directora de Innovación Cooperativa

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**Rodrigo San Cristobal Blanco**

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**M. Angeles Zulet Alzorriz**

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# Precios matrícula

MATRÍCULA	HASTA 31-05-2017	HASTA 30-06-2017	HASTA 29-08-2017
GENERAL	34,00 EUR	-	40,00 EUR
<a href="#">MATRÍCULA REDUCIDA</a>	20,00 EUR	-	-
<a href="#">EXENCIÓN DE MATRÍCULA</a>	20,00 EUR	-	20,00 EUR
<a href="#">ALUMNOS BASQUE CULINARY CENTER</a>	20,00 EUR	-	-
<a href="#">Alumnos Universidad de Navarra - UNAV</a>	20,00 EUR	-	-
<a href="#">Invitados /as colaboradores / as</a>	-	0 EUR	-
<a href="#">MATRÍCULA ESPECIAL</a>	-	-	20,00 EUR

## **Lugar**

**Palacio Miramar (Mañana) / Basque Culinary Center (Tarde)**

Gipuzkoa