

Taste, Behaviour and Health gastronomy

29.Ago 2017

Cód. 017-17

Mod.:
Presencial

Edición
2017

Tipo de actividad
Taller

Fecha
29.Ago 2017

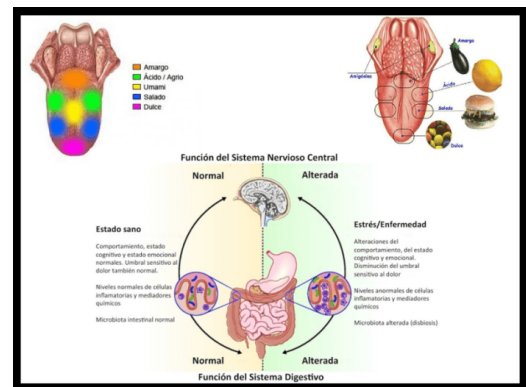
Ubicación
Palacio Miramar (Mañana) / Basque Culinary Center (Tarde)

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



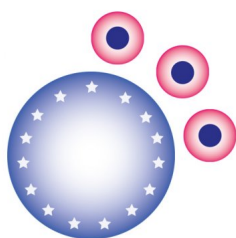
Universidad
de Navarra

CENTRO DE INVESTIGACIÓN EN
NUTRICIÓN

ciberobn isciiii



basque
culinary
center



Programa

29-08-2017

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

16:00 - 17:00

“Gastronomical closing of the workshop”

Iñigo Cojo Ayestaran Basque Culinary Center - Researcher

Dirigido por:



Jose Alfredo Martinez Hernández

Universidad de Navarra, Catedrático

Profesorado



Eva Almirón Roig



France Bellisle



Iñigo Cojo Ayestaran

Basque Culinary Center



Christopher Corpe



Luca Fantin



Secundino Fernández González



Hideki Matsuhisa



Kumiko Ninomiya



Ana Takahata



Hisayuki Uneyama



Elena Urdaneta Artola

Euskampus, Directora de Innovación Cooperativa



Rodrigo San Cristobal Blanco



M. Angeles Zulet Alzorriz

Precios matrícula

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

Lugar

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

Gipuzkoa