News

The following news items illustrate some of our activities during the first quarter of 2014. To keep up to date with our activities, please take a look at our news pages at:
http://www.reading.ac.uk/foodbiosciences/about/foodbio-news.asp

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“Our Future Genetic Engineers”

On April 1st the Department hosted a visit from the Coombes and Aborfield Junior School. This was led by Dr John Schollar of NCBE. Almost 70 children were shown how to carry out a biotransformation whereby *E. coli* was made to become kanamycin resistant through plasmid transfer. The children were excellent and had a great day, with John being on sparkling form as usual (we didn't know his own children were called Agar and *Escherichia*......). They also had time to visit the University’s Cole Museum.

Among other things the children were taught how to pipette, do aseptic microbiology, co-incubations, plating of bacteria, cross culturing, DNA transformations and the fundamentals of a bunsen burner. They all went back to school as newly crowned ‘Genetic Engineers.’

Special thanks to Dr Adele Costabile, Dr Gemma Walton, Kate Stephens, Tommasina Ziroli, Francesca Parcaroli and Gaëlle Page for kindly giving up their time to train future scientists and give expert advice.
In the last few weeks we have also been receiving several school groups that have been taking part in several activities.

On the 19<sup>th</sup> and 24<sup>th</sup> of March we received pupils (40 each day) studying Chemistry A-levels from several local schools. They participated in a Chromatography workshop organised by Dr Jauregi in collaboration with the Student Recruitment Office at the University. The sixth formers learned about the fundamentals of HPLC, had practical experience on determination of caffeine in a Cola drink by HPLC and spectroscopy in a practical session run by Dr Jauregi and they learned about Mass spectrometry and GC in a demo session run by Dr Oruna-Concha.

On the 25<sup>th</sup> March we welcomed a group of 20 pupils from Birmingham King Edward VI School studying GCSE Food Technology with their teacher who is a Reading graduate.

They had a fantastic time making cheese in the pilot plant, an activity run by Dr Fagan and her PhD student. Dr Jauregi showed them the Department and gave them a talk about the degree programmes in Food and Nutrition.

On the 26<sup>th</sup> March Dr Jauregi attended the Careers Fair in King Edward VI College at Stourbridge where she gave talks on the degree programmes and career opportunities in Food and Nutritional Sciences at Reading.

Visit our website:  [http://www.reading.ac.uk/food/](http://www.reading.ac.uk/food/)

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Find out about our research seminars:  [http://www.reading.ac.uk/food/](http://www.reading.ac.uk/food/) (Seminars)
RESEARCHER HIGHLIGHTS

Professor Glenn Gibson has been awarded a Visiting Professorship at Imperial College, London (actually he was given this in 2010 but only realised it this February).

Glenn gave two conference talks in Dubai: One to paediatricians and the other one to gastroenterologists.

He also gave seminars at Warwick University (good canteen....) and Oxford Brookes University (good car park attendant.... ) and lectured on a course for Pharmaceutical qualifications.

Glenn also participated in two Radio 4 programmes which featured our gut microbiology research. For more information please visit the following links:
http://www.bbc.co.uk/programmes/p01lm990
http://www.bbc.co.uk/programmes/b03h429g

He also did some Irish radio station or other as well as a magazine called Red which is geared towards yaHoos living in London and the Daily Mail which is geared towards retired colonels who think non-OxBridge Universities are full of Marxists. The BBC also sent their Horizon team to waste all our time.

The Science Museum in London are going to display a version of our gut model in 2015. This is part of an exhibition on obesity and appetite. It is estimated that over 3m people will see it.

Dr. Vimal Karani received the British Council Funded SUN award (Scaling Up Nutrition) to attend and present at a workshop in Rabat, Morocco (February 4th-8th 2014).

The British Council and National Center for Scientific and Technical Research (CNRST) have launched a new five-year programme to encourage international research collaboration between early career researchers from the UK and eighteen countries around the world. As part of this programme, ‘Scaling Up Nutrition in Morocco’ workshop was held in Rabat, Morocco.

Vimal presented a research proposal on investigating gene-nutrient interactions in the Moroccan population at this workshop, which has helped him in initiating collaborations with two research groups in Morocco (Joint Unit of Research in Nutrition and Food Sciences, Ibn Tofail University-CNESTEN, Rabat and Université Hassan II Mohammadia, Casablanca) and in line with this, he has submitted three proposals to the British council to initiate nutrigenetics research through the UK-Moroccan collaboration.

Dr Vimal Karani was also invited to give a talk at the Madras Diabetes Research Foundation (MDRF), Chennai, India on the 25th of December 2013 (http://mdrf.in/department/molecular_genetics.html).

This meeting has resulted in initiating a collaborative nutrigenetics research on Type 2 diabetes with the department of molecular genetics, MDRF, Chennai, India. Vimal has submitted a proposal to the British Nutrition Foundation requesting for funds to carry out nutrigenetics analysis in the Indian population.
Dr Lisa Methven participated in an event organised by VitalSix, Acumentia, SCI and IFST that took place on 11th February at Innovation Works (University of Reading campus) where she gave a lecture on “The use of umami taste and flavour enhancement”. She presented some of her on-going research looking at consumer acceptability and ways to improve the palatability of food.

Dr Jane Parker (manager of the Flavour Centre) has been awarded in the University’s inaugural Public Communications Prize for her help in putting Reading firmly in the world press over the last year. Jane has participated in several high-profile TV documentaries for the BBC and Channel 4.

Professor Julie Lovegrove has been invited as an expert member of an ILSI working group on “The efficacy of dietary modification in Obesity, Diabetes and Metabolic Syndrome”.

Dr Oonagh Markey and Dr Ditte Hobbs have been chosen in a very competitive process to attend the European Nutrition Leadership Programme (ENLP) in April 2014. This event is run annually in Luxembourg and brings together leaders in the field of nutrition.

Westminster Food & Nutrition Forum

Associate Professor David Jukes, will participate in a Westminster Food & Nutrition Forum Keynote Seminar: Food labelling 2014- provenance, nutritional information and implementing FIR, that takes place on the 22nd May 2014 in central London.

This seminar focuses on next steps for food labelling policy in the UK as the new EU Food Information Regulation will be applied from December 2014. The agenda will also bring out lessons for the future of policy following the first year of front-of-pack nutritional labelling - with latest thinking on the impact of food labelling on improving public health, on helping consumers choose healthier options, and in encouraging industry to provide healthier choices.

The conference will bring together key policymakers involved in food policy with stakeholders from across the food industry, as well as representatives from public health and nutrition, regulators, local authorities, consumer representatives, charities, academia, commentators and other interested parties.

Dr Mike Lewis visited Taiwan in November for three weeks to do some lectures and practical work related to dairy processing with Mei-Jen Lin (2002), who is one of his former PhD students, and now teaches at the National Pingtung University of Science and Technology (NPUST).

As well as doing lectures and evaluating presentations, he organized practical sessions on assessing quality attributes of Taiwanese milk and vegetable milk products. Mei-Jen has also acquired a UHT Powerpoint International pilot plant and we arranged a practical class to understand this equipment and to produce a range of heat treated milk products for the students to evaluate. Mike was able to interact with Mei-Jen’s project students and organize tasting sessions on a selection of cheeses and Taiwanese dairy products.

Whilst he was in Taiwan there were a couple of food issues which hit the National headlines. One was concerned with adulteration of expensive oils such as olive oil with cheaper oils. In the case of olive oil this had lead to incorporating of copper chlorophyllin (an unpermited additive), to enhance the green colour. There was a second issue with respect to contaminants in milk. The following (obscure) compounds (Pyrimido (a) azepine: Di-butyl phhalate: Tetrachloro -benzoquinone: Hydroxy-norgestrel-methylxime; Clomipramine and Dehydroxyl-vincadine were reported to be found in some local milk products.

The article reporting this appeared in a business magazine, hitting the National headlines and causing worry to the general public. However, there was was no information about concentrations found, toxicity data or any commentary on whether they may be hazardous to health. There was also no information about the possible sources of contamination. Some alarming conclusions were drawn from minimal and unreplicated samples and the integrity of the scientist is now being questioned and the dairy company was about to sue the magazine for loss of earnings. These stories are on-going and Mei-Jen and Mike have written a commentary style article about the milk incident.
Dr Mike Lewis and PhD student Biye Chen (Hunter) attended “The Minerals and Dairy Products Symposium”, March 2014, Auckland, NZ.

A beautiful view of Auckland, New Zealand

The University of Auckland offers food science courses and expertise for the development and promotion of milk and dairy products delivering nutrition, health and quality to the consumer. The University hosted ‘The Minerals and Dairy Products Symposium’ from 26-28 February, 2014. About 100 dairy researchers were registered and most present were involved in either poster or oral presentations.

At the conference, Hunter presented a poster based on “Comparison of the heat stability of milk subjected to UHT and in-container sterilisation”. Prior to this session he gave a brief oral presentation on the subject. There was a great deal of interest shown by students, industrialists and academics and they were very impressed with the structure and findings. He really enjoyed the poster presentation.

Dr Lewis gave an oral presentation titled “Ionic calcium in milk-is it worth measuring?” and a lot of questions were asked. Dr Lewis also presented a poster based on the PhD thesis of Natirra On-Nom on partitioning of milk at high temperature. Whilst in New Zealand he gave a presentation at the Fonterra Research Centre, on Milk processing: challenges and opportunities to an audience of about 70 persons and also visited the Riddet Centre.

Hunter really enjoyed himself during this trip to NZ. He learnt many things from talking to other scientists which will be useful in my new post-doctoral position at University College Cork, Ireland. As the conference was entirely focussed on his research area, it was a privilege to able to meet some of the most prominent scientists, such as Carl Holt, Thom Huppertz, Harjinder Singh, Hilton Deeth, Frederic Gaucheron and Yacine Hemar, to name but a few.

(From left to right) Hunter, Ken and Mei-Jen Lin (from Taiwan), Hilton Deeth (Australia), Gaya and Mike Lewis. (Mei-Jen did her PhD in Reading and Hilton spent a short sabatical at Reading)
Dr Carol Wagstaff travelled to Malaysia in February with a very busy agenda!

She met with the VC, head of the graduate school and PVC-R from the university of Putra Malaysia in a delegation including Prof Martha-Marie Kleinhans (Deputy Provost, University of Reading in Malaysia), Doug Saddy (Director of CINN) and Prof. Theo Marinis (School of Psychology) to discuss collaborative activities in the areas of food and clinical language skills. They are in the process of refreshing the MoU between the two institutions and partnering at PGT and PGR level on well-defined projects.

She also visited the two PhD students she has based at Crops for the Future Research Centre to supplement the Skype-based meetings they otherwise have.

To finish her trip, she visited the Malaysian Palm Oil Board to further a project they have together which will lead to the registration of one of their staff for an MSc under the Malaysian Doctoral Partnership scheme. Another member of staff is hoping to visit the UK to explore a research collaboration with our metabolomics community.

On her return to the UK Carol and three members of her group attended the British Herb Trade Association meeting in Surrey.

We welcome Dr Rebecca Smith to our research group. Rebecca has recently completed her PhD at the University of Nottingham in Graham Seymour's group in collaboration with Unilever, and she is now the research associate on a Knowledge Partnership Grant with Valley Produce which is examining ways in which waste from the fresh herb industry can be developed into novel products, giving added sustainability and value to the supply chain.

Members of the NRG and FMSU attended a mini Symposium hosted at the University of Surrey on 6th March 2014. This was a successful meeting leading to some collaborative initiatives and showcased research from newer members of both research groups.

IRSES - BiValBi

We welcome the first two PhD researchers Ignacio Cabezudo from Rosario University (Argentina) and Natalia Eitel from Embrapa Research Institute, Rio de Janeiro (Brazil) to the Department as part of the International Research Staff Exchange Scheme funded by FP7-PEOPLE-2013-IRSES. This research project aims to explore “Biotechnologies to valorise the regional food Biodiversity in Latino America” (BiValBi) and is led by Dr Paula Jauregi in Reading with the participation also of Dr M.Jose Oruna-Concha.

Ignacio and Natalia will spend one year in our Department under the supervision of Dr Paula Jauregi working on ‘Investigation of complexation of proteins and polyphenols in wine for reduction of astringency’ and ‘production of bioactive peptides from soya proteins’, respectively.

(From left to right) Dr M.Jose Oruna-Concha, Ignacio Cabezudo, Natalia Eitel and Dr Paula Jauregi.
Winter School

HST FoodTrain is a multi-site Marie Curie initial training network, funded by the European Commission under the FP7-People Programme, which runs from January 1, 2011 to the end of this year. The objective of HST FoodTrain is to train multi-disciplinary experts with knowledge of the impact of food processing on the composition and structure of fruit- and vegetable-based food products. The consortium of HST FoodTrain consists of two universities (KU Leuven, Belgium and University of Reading, UK), a private research institute (DIL, Germany), two large companies (Coca-Cola and Unilever) and an SME (Hiperbaric, Spain). HST FoodTrain offers research and training opportunities for 7 long-term (3 years) early-stage researchers, 6 short-term (1 year) early-stage researchers and 3 short-term (1 year) experienced researchers.

Winterschool is a week of presentations, training and visits, mainly for the benefit of the researchers. Winterschool this year was held at Cedars, University of Reading from 6th to 10th January. Dr Steve Elmore, Roni Wiguna and Petra Tsitlakidou attended as the Reading members of the consortium, while Dr Lisa Methven gave a presentation and sensory practical class to the researchers.

UCAS Day

It has been a very busy term for admissions. We have already had three UCAS visit days, which were a great success and we received great feedback from the applicants. These days give applicants an opportunity to get a closer insight into the Department of Food and Nutritional Sciences.

There were many activities during the day including a talk about the Department by Professor Bob Rastall, a talk about the Industrial placement year by Samantha Warner and Gemma Sanderson (two of our final year students), a laboratory session with John Schollar, a debate session with Dr Carol Wagstaff on “should our food be locally and seasonally?” and finally all the applicants had an interview with an academic member of staff. In addition, our current students were around to answer questions and give their perspective on the department.

We wish the applicants well in their forthcoming examinations and hope to see them again in October. We look forward to another busy term and welcoming more applicants to the Department after the summer break.

Visit our website:  http://www.reading.ac.uk/food/

Food and Nutritional Sciences

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Find out about our research seminars: http://www.reading.ac.uk/food/ (Seminars)
Funding of £595K has been awarded to the Department (PI Dr Charalampopoulos) in collaboration with the Institute of Food Research (Co-PI Prof Waldron) for the development of a BBSRC Network on the Exploitation of Food Processing Waste and By-products (FoodWasteNet) funded through the BBSRC call for Networks in Industrial Biotechnology and Bioenergy (NIBB).

The Network will run for 5 years and the aim is to develop and support a multidisciplinary community of academics and industrialists working in this field. Its activities will include the organisation of scientific meetings and workshops, the development of a newsletter and a web site, and will fund a number of research feasibility studies. It will employ a full time Network manager for 5 years. The Network was also awarded additional funding of £500K for funding a number of feasibility studies and £200K for Innovation Vouchers.

Dr Charalampopoulos was also awarded a BBSRC Sparking Impact award to carry out a 3-month market research on the potential application of biopolymers derived from food processing by-products as film packaging material. This award is linked to the ongoing BBSRC IBTI grant ‘Development of a process scheme for the production of high value functional products from DDGS’. The work will be carried out by Dr Sandra Tejero, a former PhD student. Funding award ~ £15K.

Dr Andreas Karatzas has been awarded a BBSRC DTP grant (£115,000), half supported by Natureseal Agricoat company. He also has been successful on a Royal Society Grant (£15,000), mainly for equipment and consumables.

Prof Niranjan Keshavan has been awarded £30K to carry out a “depth experimental investigation into marination and frying of potato crisps”. This work is being sponsored by PepsiCo.

Dr Marie Lewis has been awarded a Royal Society grant (£15K). The title of the project is “Does an early life farm environment increase the potential for immune regulation in later life by altering immune cell interactions in the early intestinal mucosa?”

FUNDING OPPORTUNITIES

The latest funding newsletters for the four faculties (Science, Life Science, Arts and Humanities and Social Science, including Henley Business School) can be accessed on the Research and Enterprise website at:
http://www.reading.ac.uk/closed/res/ResearchSupportClosed/FindingFunding/reas-redFindingfunding.aspx

Research and Enterprise has recently upgraded its Research Professional subscription to enable us to provide more comprehensive funding information to Schools and Departments across the University. The new functionality will allow us to compile bespoke funding newsletters for Schools, Departments and/or research centres as well as allowing researchers to set up personalised searches and alerts for funding opportunities and research news. These new bespoke newsletters will replace the four broad faculty newsletters currently produced. We will be visiting Schools and Departments in the autumn to explain our plans and to give a demonstration of the new functionality of Research Professional.

Further information about the Research Professional demos will be sent out in due course. If you have any queries about the funding newsletters please contact Sharon Clark at: s.e.clark@reading.ac.uk

Link to Studentship Deadlines:
https://www.reading.ac.uk/closed/res/ResearchSupportClosed/FindingFunding/reas-RSfundingnewsStudentships.aspx

EURAXESS-UK (www.euraxess.org.uk). This website provides information and advice for research staff, international researchers wishing to come to the UK or for those looking for jobs in research abroad.
Change of name for Doctoral Training Grants (DTG)

As you are aware the Research Councils are working towards being more harmonised, it has therefore been decided to re-name all future DTAs and DTGs to Doctoral Training Partnerships (DTP) and to reflect this change in terminology on our website (please see below) with immediate effect. There is no change to the process or the remit of the DTPs. ([http://www.reading.ac.uk/graduateschool/dtcsandgrants/gs-dtcs.aspx](http://www.reading.ac.uk/graduateschool/dtcsandgrants/gs-dtcs.aspx))

TRAVEL FUNDS FOR STUDENTS

All the information regarding travel funds for students can be found at: ([http://www.reading.ac.uk/life/life-travel-fund.aspx](http://www.reading.ac.uk/life/life-travel-fund.aspx))

Horizon 2020 – ERC 2014 indicative call deadlines


The ERC calls are expected to be published in December 2013, and the foreseen deadline dates are:

- **Consolidator Grants**: end of May 2014
- **Advanced Grants**: end of October 2014
- **Proof of Concept** (for current ERC grant holders): early April 2014 and early October 2014
- **Synergy Grants**: no call in 2014

Please note that these dates could still change, and that no further information is yet available on the calendar or budget of these next calls.

The current eligibility windows for Starting Grant PIs (2 to 7 years post-PhD) and Consolidator Grant PIs (7 to 12 years post-PhD) are expected to remain the same. The current eligibility requirements for an Advanced Grant PI (outstanding track record of research achievements during the last 10 years) are also expected to remain the same.

Prior to the ERC call deadlines, an internal selection process will take place to ensure appropriate Reading candidates and proposals are put forward for the ERC schemes. I will update you with further information when available.

For more details on ERC or any other EU funding schemes, please contact Dr Mischa Phillips ([m.phillips@reading.ac.uk](mailto:m.phillips@reading.ac.uk))

The Friends of the University of Reading

Now is the time to consider applying for a grant, up to £2,000, from The Friends of the University. In exceptional circumstances a grant of more than £2,000 may be available. Grants from The Friends are made to enable the University to undertake initiatives outside its core activities of teaching and research.

Grants will be considered for an item or items that cannot be provided from normal university revenue streams and would have a state of permanency, e.g. not computers, shelves, kitchen equipment.

Your application should benefit a department, school or building, and could benefit staff/students/visitors.

The item/s should preferably be in a position of some prominence and the Executive Committee asks that a plaque acknowledging the grant be sited appropriately and where possible, a photograph posted to The Secretary or an acknowledgement on a website or in a relevant publication.

For more information please telephone Brenda Morris on X 8006 or email [b.l.morris@reading.ac.uk](mailto:b.l.morris@reading.ac.uk).

**Applications should be sent in NO LATER than MONDAY 14 April 2014.** For an application form please see the previous email or apply to [thefriends@reading.ac.uk](mailto:thefriends@reading.ac.uk).
Young Microbiologist Competition 2014

The first Young Microbiologist competition organised by the Society of Microbial Ecology and Disease (SOMED society) has been launched. This competition aims at rewarding the best undergraduates or master students undergoing a research project in any microbiology-related field and encourage them to pursue an academic career.

For this purpose, the SOMED society will select 3 outstanding young scientists based on the quality of their work as described in an abstract of 250 words. The society will then invite the 3 finalists to submit a full-length article and the winner will be published free of charge into the journal of the society Microbial Ecology in Health and Disease. In addition, all 3 finalists will be invited to attend the next Annual Congress of the SOMED society in 2015 and will receive one year free membership. The deadline for abstract submission is 30th Apr 2014.

This is a fantastic opportunity for our best students to get recognised for their hard work. I hope you will strongly encourage any potential candidate to participate.

For more information, please contact Dr Sandrine Claus (s.p.claus@reading.ac.uk)

EU Marie Sklodowska-Curie Actions Individual Fellowship call (H2020-MSCA-IF-2014)

Call deadline 11th September 2014.

Call details and documents can be found on the Horizon 2020 Participant Portal http://ec.europa.eu/research/participants/portal/desktop/en/opportunities/h2020/calls/h2020-msca-if-2014.html#tab1

Individual Fellowships aim to help researchers to advance their careers and gain new skills through advanced training, international mobility, and optional intersectoral secondments.

BNF Drummond Nutrition Science Communication Awards

The BNF Drummond Nutrition Science Communication Awards celebrate and reward excellence in the promotion of nutrition science to different audiences. The Awards will be presented annually to health professionals, nutritionists and school teachers. The Awards comprise a commemorative certificate, presented at the prestigious BNF Annual Day, and a prize to support the winners in their careers.

Three Awards will be given to final year nutrition students (BSc or MSc) to reward excellence in the communication of nutrition science in the context of public health in the UK. The Awards are open to students from Association for Nutrition accredited courses (academic year 2013/14) in the UK.

Details are now available on the BNF website: http://www.nutrition.org.uk/aboutbnf/awards/commsawards

Deadline to apply 29th August 2014.

Parliamentary Office of Science and Technology (POST) Fellowship

The purpose of this Fellowship is to enable PhD students to spend a three-month period in the Parliamentary Office of Science and Technology at the Houses of Parliament, Westminster, working on science-based project(s). This will provide a tremendous opportunity for the holder to gain experience in science writing and an insight into how Parliament functions. http://www.parliament.uk/mps-lords-and-offices/offices/bicameral/post/publications/

Applicants should be in the second or third year of their PhD studies, undertaking research studies related to Food Science and Technology at a UK university. Students who are writing up their theses but have not yet graduated are eligible to apply. Membership of IFST is preferable but not essential. IFST will support the Fellow by providing funding of £5,000 to cover a 3-month extension to their PhD award, maintenance and accommodation. Applications should reach IFST by Friday 9 May 2014.
STAFF TRAINING MOBILITY (STT)

As part of the Internationalisation of the University of Reading staff mobility at all levels is encouraged. Therefore colleagues can use the ERASMUS programme as a method of professional development by bolstering your skills, enhancing your knowledge, increasing your international networks and potentially even enhancing your language skills at the same time.

The 2013/14 ERASMUS programme is open and can fund members of staff (academic and non-academic) to undertake short periods of training at another European HEI or a European organisation / enterprise.

FOOD PROCESSING CENTRE

Rhys Tyler was appointed as FPC Food Technologist in February 2014. He joins us from SPX Flow Technology where he had a sales support engineer role. He has also previously worked as a Food Technologist at Leatherhead Food Research. Rhys will mainly be providing technical expertise to FPC clients and developing FPC services and client base.

The University has given the financial authority to proceed with a refurbishment of the pilot plant this summer - full details in our next newsletter.

STAFF LEAVING

Dr Niamh Harbourne

Unfortunately we had to say goodbye to Niamh at the end of the spring term. Niamh joined the department from University College, Dublin, where she was a post-doctoral fellow, in November 2011 as replacement for Mike Lewis (who has actually retired despite appearances to the contrary!).

She immediately took on a sizeable teaching load including processing lectures and pilot plant practical classes. She did this with a cheerful, uncomplaining attitude and was an immediate hit with the students. Shortly afterwards she took on the unenviable task of Admissions Tutor in which she distinguished herself. Her friendly, yet professional, attitude ensured that we have maintained or increased our student numbers. Her research was also starting to come together nicely.

Niamh got married during the Christmas period to Brian, a farmer in Ireland. As it is obviously easier to move people than farms, it is no great surprise that she is returning to Ireland. She has taken up a lectureship at UCD where her career will undoubtedly flourish. She will be missed by staff and students in the department, and we all wish her well for the future.
**PhD STUDENT NEWS**

**Roz Fallaize** supervised by Professor Julie Lovegrove, Dr Laurie Butler and Prof Judi Ellis (Psychology) has been chosen against stiff competition as the SCFP nomination for the PhD student of the year. Roz will be entered into the faculty competition as the next step in the process.

Roz has also been chosen to teach students in Hanan University in July and November 2014.

In April, **Roberta Grimaldi** and **Sineaid Collins** will start Phds. Roberta will be supervised by Professor Glenn Gibson and Dr Adele Costabile; Sineaid by Professor Glenn Gibson and Dr Danny Commane.

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**Onyinye Ezeh** has been named the **2014 Processing Division Student Award** recipient. This award is sponsored by the Processing Division of the AOCS and recognizes outstanding research and papers presented by the students at the AOAC Annual meeting & Expo.

The award consists of a certificate and $1,000 honorarium. The award will be presented to Onyinye during the 105th AOCS Annual Meeting & Expo on May 4-7 in San Antonio, Texas, USA during the Processing Division luncheon. Many congratulations on your achievement!

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**PhD Vivas**

The following students successfully defended their PhD theses and we pass our congratulations to all of them:

**Emma Bennet** "**Strategies to understand and enhance resource allocation in Arabidopsis and Brassica**" supervised by Dr Carol Wagstaff and Dr Jerry Roberts from Nottingham. RETF studentship in partnership with Tozer Seeds.

Emma is a research fellow at Reading on a BBSRC Sparking Impact Award for engagement with industry, and a part time teaching fellow.

**Yana Cahyana** “**Factors affecting the bioavailability of dietary anthocyanins**” supervised by Prof Mike Gordon and Prof Julie Lovegrove.

**Jennifer Postles** “**Agronomic and genetic approaches to reducing the acrylamide-forming potential of rye**” supervised by Prof Don Mottram and Nigel Halford (Rothamsted Research). Jennifer is now the Bussiness Interaction Manager at BBSRC.

**Ai Ling HO** “**Production and purification of xylooligosaccharides from novel plant biomass (Elaeis guineensis jactd.) and its prebiotic potential**” supervised by Prof Bob Rastall and Dr Dimitris Charalampopoulos.

**Martin Chadwick** “**Development of Molecular Markers Linked to Quantitative and Qualitative Assessment of Bitterness in Lettuce**” supervised by Dr Carol Wagstaff and Dr Lisa Methven. BBSRC CASE studentship with Tozer seeds.

Martin is now working as a plant breeder at Tozer Seeds, who sponsored his PhD.
UNDERGRADUATE NEWS

New Part 1 student prize

Jessica Newlove has been awarded the Sacla’ Student bursary for Most Talented and Most Deserving new student. This was based on her academic achievement to date, as well as her career aspirations. The bursary, which is being awarded for the first time, is funded by Italian pesto manufacturer, Sacla’ and is administered by WorkingOptions in Education. The company selected Reading as one of the preferred partner universities and it is hoped that this generous arrangement will continue. Jessica will receive funding for each year of her university degree programme.

INDUSTRIAL PLACEMENT by Lilly Mae Liddicott (Head of Industrial Training)

Best Science Student on Industrial Placement – The Graham Jelfs Award

Four students shared the highest mark for Industrial Placement in 2012/13. However, Rosie Patrick emerged as the winner of The Graham Jelfs Award on the basis of her essay, ‘How can UK Food Manufacturing attract more bright graduates?’

The award, formerly known as The Malham Award, has been awarded annually since 2006, for the Best Science Student on Industrial Placement. It was funded by Scott Hutchinson of Malham Consultancy, a leading and pioneering company in the field of executive recruitment to the food sector. The award has recently been renamed, in memory of Graham Jelfs, who died tragically in 2013. Graham Jelfs was a hugely influential Food Technologist who was a key figure in the chilled food division and who was instrumental in developing the talents of many colleagues.

“Biscuit Bake Off”

Deiniol Pritchard (Final year student) represented the Department at the launch of the MERL ‘Biscuit Bake Off’ attended by patrons of the museum Andrew and Davina Palmer and the Vice-Chancellor.

Deiniol used a historic recipe for ‘university Rusks’ from the museums Huntley and Palmer collection (http://www.huntleyandpalmer.org.uk/ixbin/ixclient.exe?a=file&p=huntley&f=huntley.htm) to create both an authentic and a modern interpretation of the biscuits.

These were then decorated by local children during Toddler Time.

The competition encourages members of the public to bake entries for categories such as under 5’s, traditional and freestyle. The biscuits will be judged by special guest Bunny Guinness and MERL Director, Kate Arnold-Forster at the fete on May 31st. Entry forms can be found at www.reading.ac.uk/merl/whatson/merl-fetebiscuitbakeoff.aspx.

Picture here Deiniol (2nd from top left) with representatives from the Museum and some of the future bakers!

The Department will also be demonstrating Cheese making, baking and cooking dishes in collaboration with local community groups at the Fete.
New Product Development (Final Year Students)

On 20\textsuperscript{th} March, final year students were able to show their creations as part of their New Product Development (NPD) exercise. Twelve stands were set up in the Pilot Plant, where very enthusiastic students presented their final products to both, representatives of the Food Industry as well as staff members from our Department.

There was a great variety of products designed to cater for different age groups all of which had to meet the required nutritional needs, excel in presentation and organoleptic properties but still being financially competitive within the market place.

All the products were of a very high quality which made it very difficult for the panel to decide the winning team. At the end the "\textit{Indulgent Pastry}" team won the competition followed very closely by the frozen "\textit{Veggie balls}".

It was a great occasion as the students’ enthusiasm was clearly evident and they were very appreciative of the opportunity to speak to some company representatives.

The comments from the "\textit{industrial}" visitors (Hattie Baker, Assistant Technologist at Marshfield Bakery; Sarah Dooley, Group Leader at International Food Network; Sarita Kumar, International Food Network) were very positive and encouraging.

"the overall standard was great and they were all very professional in their approach, products & presentations".

"The Cornish Pasty soup had a wonderful flavour & the pastry was buttery & crisp. They really captured the flavour of a Cornish pasty and had some great ideas for the range".

"The Vegetable Wrap was also very impressive in its presentation & very tasty": "It’s not easy to pick a winner amongst them to be honest!"
Spring has welcomed a busy and productive time for the Food ATP.

Reading led its second Food ATP Diet Quality and Health Module in February working with Danny Commane some fellow key contributors and speakers. The week brought in Dr Emma Williams from the British Nutrition Foundation, Katharine Jenner – A Registered Public Health Nutritionist and the Campaign Director of CASH (Consensus Action on Salt and Health) Joanne Lunn - A Retail Nutritionist from Waitrose, Professor David Haslam, National Obesity Forum, GP with a special interest in obesity and cardiometabolic disease, a Physician in Obesity Medicine at the Centre for Obesity Research at Luton & Dunstable Hospital, and Chair of the National Obesity Forum (NOF) in the UK, and Dr George Grimble, Centre for Gastroenterology and nutrition, UCL. All of whom delivered fascinating and engaging presentations with discussion time to follow. The week’s events included a mixture of Seminars, group discussion time, workshops and practical time in the labs.

As well as delivering this year’s suit of Food ATP modules to our industry based students we have also been pulling together some new ones to add to the portfolio. Jane Parker is leading the Flavour: From Farm to Fork & Beyond module which again sees an exciting mix of podcasts and pre-learning, an intensive week here at Reading in the flavour centre and with lab work. We are really excited to have consultant Dave Baines on board to open the campus study period for us and he is all set to bring about some lively discussion and debate.

Martin Wagner from Agriculture, Policy & Development is leading the second new module covering Managing Sustainability. Following the same format of podcasts and prior learning, which Fiona has been recording this week when the students come here to Reading he will be really challenging the students to consider their business activities in a much broader sense and is bringing in some high quality speakers with Mark Driscoll head of Forum for the Future and Mike Barry, director of Sustainable Business for Marks and Spencer starting things off. We will be inviting staff to join us for these talks so watch your emails for the invitation.

Looking further ahead, the programme timetable has now been set for 2014/15 and will be released in the next week or so with the Richard’s Research Methods and Project Management being the first module to start in September.

This has been such a busy and exciting time for us and looks to be set to continue in this way for a good while longer yet.

Fiona has been helping out in the Food & Nutrition Sciences department with some digital media work by recording and producing a video podcast featuring Professor Glenn Gibson. Glenn’s video discussed “Prebiotics, what they are and what they do” which is to be included in a presentation for World Digestive Health Day, the theme of which for 2014 is gut microbes.

[http://www.foodatp.co.uk/]
PRESS RELEASE

Comment: Let's not ditch 5-a-day fruit and veg advice just yet

Following the publication of research suggesting that eating up to seven portions of fruit and vegetables daily gives the best protection against cancer and other diseases, agricultural economists, behavioural psychologists and food scientists at the University of Reading provide comment.

Professor Richard Tiffin, Director of the Centre for Food Security at the University of Reading, said:

"Other countries already recommend more than five a day, but I don't think we should change the message every time new evidence emerges. The underlying key message behind 'five a day' is that we all need to eat more fruit and vegetables. The evidence suggests that this is one of the more successful campaigns at improving behaviour around diet and health. Changing such a successful message in this way runs the risk of undermining its strength. If we keep changing such messages, people could be forgiven for thinking that scientists can't make up their minds, or, worse for public health implications, that they don't know what they're talking about."

Dr Rachel McCloy, a psychologist at the University of Reading, said:

"Rushing to change the guidelines on 'five-a-day' too quickly might have an adverse effect on trust in scientific advice. By increasing the recommendation to seven-a-day, or even 10-a-day, public health officials might succeed at pushing up average consumption, as motivated individuals seek to follow the most up-to-date health advice. But it could also demotivate those who already struggle to get to five-a-day, by making the target even further out of reach. These are the people who are likely to benefit most from an improvement in diet, and so cannot be forgotten in efforts to improve public health.

"Advice on healthy lifestyles might work on paper, but human behaviour is more complex than that. You can't just pull a lever and expect to change people's behaviour overnight. If we really want to encourage people to eat more fruit and vegetables, we need to find ways to make the healthy choices easier to make."

Dr Gunter Kuhnle, a food scientist at the University of Reading, said:

"This is an excellent study. It is one of the first pieces of research to clearly show that eating fruit and vegetables lowers the risk of cancer among the British public. Previously the evidence for this was far more ambiguous - this is a game-changing advance in food science. It also reinforces the well-understood benefits of eating fruit and veg on lowering risks of cardiovascular disease. The fact that the research is based on a representative sample of the UK population makes this even more relevant to British consumers.

"The question about tinned or frozen fruit is due to problems with the method. The researchers were not able to distinguish between the two in their survey, making it impossible to make a distinction in later analysis. It's possible that eating tinned fruits are an indicator of high sugar intake, but it might also be a marker of poverty or lower socio-economic class - as there is no data, it's simply not possible to speculate.

"Currently, most British people don't even eat five portions of fruit and vegetables a day - the average is two portions of fruit and 1.5 portions of vegetables - so any efforts that will encourage people to eat more are welcome. But we should be very careful in how these messages are communicated."
UPCOMING EVENTS

Flavourist Training Course

The 12th **Flavourist Course** will be held IN THE Department of Food and Nutritional Sciences from 6th - 23rd May 2014.

This training programme has been developed by the British Society of Flavourists and the University of Reading, and is supported by the International Federation of Essential Oil and Aroma trades.

The three-week programme of practical sessions and seminars given by highly experienced flavourists from industry and university specialists will provide the foundation on which to build your career as a flavourist.

The course is structured around the practical evaluation and formulation of flavourings. It will be of benefit to sweet and savoury flavourists as well as those working on flavour development in food. It covers the principles of flavour creation as well as the associated flavour chemistry, flavour technology and legislation. The number of participants is limited to a maximum of 12.

The course lecturers are consultants from the British Society of Flavourists as well as members of the Department's Flavour Chemistry Research Group led by **Professor Don Mottram**

For further information please visit the link; [http://www.reading.ac.uk/food/shortcourses/foodbio-flavourist.aspx](http://www.reading.ac.uk/food/shortcourses/foodbio-flavourist.aspx)

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CONFERENCES/SYMPOSIUMS

BioTrinity 2014

The Oxford AHSN is sponsoring BioTrinity 2014 ([http://www.biotrinity.com/silverstripe/](http://www.biotrinity.com/silverstripe/) ) the premier European Biopartnering and Investment Conference, partnering R&D companies with big pharma and more biomedical investors than any other key European partnering conference. The event is being held on 13 and 14 May 2014 at Novotel London West in Hammersmith.

It is an opportunity to showcase work from selected companies, institutions, academics and clinicians which will be of potential interest to life sciences companies and investors. Up to 14 poster places are available on each of the two days: presenters would need to be available between 11.30 and 13.30 on the day. We will support the presenter and provide a one day ticket to BioTrinity as a minimum – a limited number of two day tickets are also available and of course additional tickets can be purchased.

Please note the **deadline for submission of Abstracts – 17.00 on Friday 11 April 2014.** Additional information will be available on posters following confirmation of acceptance.
RECENT PUBLICATIONS

Latest peer-reviewed publications from members of the Department of Food and Nutritional Sciences:


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