News

The following news items illustrate some of our activities during the second quarter of 2013. 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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Queen’s Birthday Honours recognition for members of the University

The University of Reading is delighted that Professor Christine Williams, Pro-Vice-Chancellor for Research and Innovation at the University, has been awarded an OBE for services to higher education and nutritional science in the Queen's Birthday Honours, announced on 15 June 2013.

Professor Williams is a distinguished scientist with a research career dedicated to improving understanding of the impact of dietary fats on human health, particularly in relation to heart disease and insulin resistance. She is a member of the University’s senior management team and has overall responsibility for the leadership of the University’s research and innovation strategy.

Professor Williams was appointed the first Hugh Sinclair Professor of Nutrition at the University of Reading in 1995. She has subsequently served as the Head of the School of Food Biosciences, Dean of Life Sciences and Pro-Vice-Chancellor (Enterprise) before taking up her current role as Pro-Vice-Chancellor (Research and Innovation) in 2010.

Professor Williams is frequently involved in providing advice to government and industry on matters relating to dietary policy and actively engages in dissemination of nutritional science to the public.

In 1999 she was awarded the Royal Society of Medicine Gold Medal in Nutrition for her contribution to scholarship and education in nutrition. She has also been President of the UK Nutrition Society, Chair of the BBSRC Agri-Food Committee, and she is currently Vice President of the British Nutrition Foundation.

New Lecturer in the Department of Food and Nutritional Sciences

Dr Marie Lewis was appointed as a lecturer in Gut Immunology and Microbiology in June 2013. She joined the Department from the University of Bristol. Marie is interested in how early-life ‘programming events’ can have sustained impact on how the immune system, metabolic profile and intestinal microbiota develop, and how this influences long-term health.
3th July 2013- Student’s Graduation day

Well done to our graduating students of 2013! After the ceremony at London Road students, parents and staff gathered for a drinks reception in the Department of Food and Nutritional Sciences. Here all students were congratulated on their performance by the Head of Department, Professor Bob Rastall, and several outstanding performances were recognised by the award of prizes. These were as follow:

**Part I:** Natalie Sowerby received the Kerry Ingredients Award for best Part I student. Simone Bauer (1st), Natalie Sowerby (2nd) and Gemma Short (3rd) received the Sainsbury’s award for professional and Technical Skills. Stéphanie Owens received the O’Reilly Academic Prize for best student in “Quantitative skills for life sciences” module.

**Part II:** Marie kettlewell received the Award for Best Part II Food and Nutritional Sciences student. Industrial Placement Year: Samuel Snowden, Maggie Kellerman-Thornton, Nicola Price and Hugh Brown received the Malham Award for the highest industrial placement mark.

**Part III:** Heather Kitchen received the Nathan Goldberg Award for the best Part III student (sponsored by M&S), the Unilever Award for the best overall degree mark and the Faculty UG Dissertation Prize for the best overall dissertation. Yiteng Huang, Heather Kitchen, Marzena Kucharska, Rufaro Matongo and Donovan Rosema received the Kerry Product Development prize for Best Part 3. Both, Sam Snowden and Gracia Stefani, were awarded with the Professional Commitment Award from the Department of Food and Nutritional Sciences.

We wish all our new graduates best of luck in their future careers and hope that they remain in contact with us as they move away.
MERL Summer Fete

Members of the Department took part in the MERL Summer Fete on Saturday June 1st. The theme of this year’s Fete was ‘crafts and traditions’.

The Department stand offered visitors a hands-on opportunity to explore the process of cheese making. Visitors also had the chance to sample some Whiteknights Cheese which was made using milk from the 600 strong dairy herd at the University Farm at Shinfield and produced in the Pilot Plant on the Whiteknights campus.

22nd April 2013 - Symposium in Memory of Professor Harry Nursten

A one-day Symposium in Memory of Professor Harry Nursten took place at The University of Reading on 22nd April.

The symposium consisted of talks from eminent academics and budding young researchers. The event was attended by over 100 people, including 20 students from the universities of Nottingham, Northumbria and Reading.

This one-day symposium brought together international speakers who reviewed past research and future requirements in taste, aroma, formation kinetics, sensory and consumer aspects of flavour.

Inspired by Harry’s gift of encouraging all students individually in their work, we introduced student prizes for the best post-graduate student oral presentation and for the best poster presentation. The prizes were jointly award by the SCI Food Group and the Royal Society of Chemistry Food Group.

Charlotte Mills, (University of Reading) won the oral presentation with "The Beneficial Vascular Effects of Coffee Polyphenols are Related to the Degree of Roasting". She was given cash prize and free membership of SCI for a year. She has also been invited to join the Young Ambassador programme run by the SCI Food Group.

The symposium was supported by Royal Society of Chemistry, Society of Chemical Industry and British Society of Flavourists.

Overall the event was a great success, and we look forward to continuing the UK Universities’ Food and Flavour Symposium next year, hosted by Dr Ian Fisk at the University of Nottingham.

Charlotte Mills pictured here being presented with her award by Dr Richard Frazier of the RSC Food group
Following the success of the two previous symposia held in June 2011 and 2013, the event this year followed the same format. Nearly 200 students attended a total of 10 presentations which were spread over a day and a half. The Symposium is an opportunity for all of our students, from first year undergraduates to masters students and doctoral researchers, to hear about the issues facing the food industry.

This year the speakers included the Nutrition Manager at Waitrose, the Scientific and Regulatory Affairs Manager for Coca Cola, the Chief Executive for Leatherhead Food Research and the Head of Food Science at Associated British Sugar. It was particularly good to have one of our own graduates, Oliver Tyrwhitt, return to speak to our current students. Oliver graduated in 2005 and joined the new product development (NPD) team for Bakkavor Foods, a major supplier of chilled products to many UK retailers. After joining Sainsbury’s and getting experience as a retail technologist he moved again to Pizza Hut to develop their menus and helped launch their gluten free pizza base. He now works as NPD Project Manager for Lantmanner Unibake, a major manufacturer of bakery products for the retail and food service sector.

Other companies presenting included Volac, where students heard about the development and launch of a high protein drink based on whey, Kerry Ingredients and Flavours where the role of a cereal scientist in solving industry problems was described, and the President of the British Society of Flavourists described the important contribution the flavouring industry makes to the success of many manufactured food products.

The special nature of the Symposium was helped by samples of products and other items provided by some of the speakers – drinks sweetened with stevia, selected bakery products from Unibake and from Associated British Foods. Our thanks for these extras which were much appreciated by the students.

The Symposium provided many valuable examples of the important role that food and nutrition science graduates play in providing food that is safe, nutritious and enjoyable. Planning for the next event in 2014 is already underway and the Department would welcome suggestions for future speakers and, in particular, offers of support from our own graduates or other willing contributors.

The value to students of these Symposia was recognised during the recent successful external ‘Periodic Review’ of our Department’s teaching. The Symposium was highlighted as providing a positive contribution and we were commended for staging the events. It can also be recorded that the initiative was one of the elements of the recent ‘University Award for Outstanding Contributions to Teaching and Learning 2012-13’ given to Dr David Jukes who first had the idea for the Symposium and has subsequently developed and co-ordinated their staging.
**Reading University Bakery Society finds a home in the Test Bakery**

A chance discussion between our Head of Department, Bob Rastall, and a student during a practical was the starting point for an offer by the Department to the Bakery Society. The Society had been meeting regularly in various student accommodation to bake cakes which could be used at charity events or for their own enjoyment. Several of the members are taking courses in our Department and Bob promised to investigate the possibility that they could use our own bakery equipment on a regular basis.

A few meetings were held with Dr Jukes taking responsibility for discussing and agreeing the necessary health and safety protocols. The first baking session was late in the Spring Term but the group has since met regularly. The Department is delighted to allow them to use the equipment and looks forward to continuing the collaboration in the coming year.

**RESEARCHER HIGHLIGHTS**

Professor Julie Lovegrove has been appointed as the new Hugh Sinclair Chair in Human Nutrition at the end of the year as Prof Ian Rowland is retiring at Christmas.

The Department of Food and Nutritional Sciences would like to congratulate Julie on her new role and wishes her every success to develop the unit to even greater success in the future.

The Department would also like to take this opportunity to thank Prof Rowland for his excellent leadership of the unit over recent years.

**Recognising Teaching and Learning Excellence across the University**

Dr David Jukes and Dr Orla Kennedy were delighted to announce the winners of the 2013 University Awards for Outstanding Contributions to Teaching and Learning, and the University and Early Career Teaching Fellowship Schemes.

The awards are made to recognise and reward the sustained and outstanding contributions of staff to teaching and learning across the University. Dr Orla Kennedy (Associate Dean, Faculty of Science) was awarded with the 2013 University and Early Career Teaching Fellowships and Dr David Jukes was awarded with the University Awards for Outstanding Contributions to Teaching and Learning (Individual).

An awards ceremony is expected to take place later in the year to formally celebrate the winners’ achievements.
Dr Richard Frazier (right) and Dr Anne McCartney (left) have been promoted to Professor of Food Science and Research Grade 8, respectively. Congratulations to both on your well deserved promotions.

Lilly Mae Liddicott, Head of Industrial Training/Business Liaison, has been awarded the Teaching & Learning Support Programme (TLSP) Portfolio Prize. Lilly Mae’s portfolio was submitted along with others which had achieved the grade of Distinction, all of which were at an extremely high standard, and her portfolio was deemed to be best overall. One comment by the examiner was: “This is an excellent portfolio which evidences your philosophy, practice and commitment to providing the best possible learning opportunities”. The TLSP is accredited by the Higher Education Academy to the level of Associate Fellow. Congratulations on your achievement.

In April, Prof Parveen Yaqoob gave an invited lecture on the "Immunomodulatory activity of probiotics" at the 6th International Symposium on Probiotics in Mexico City. Also attending the conference was former Reading PhD student, Dr Cid Gonzalez and the organiser of the conference, Mariano Garcia Garibay who did his MSc in this department in 1998.

Professor Bob Rastall, Head of Department of Food and Nutritional Sciences participated in a Cafe Scientifique event on May 13th where he talked about: Functional foods: Good science or marketing hype?

In June, Dr M. Jose Oruna-Concha was an invited speaker at the International workshop “Environment and Food Quality and the well-being of humans and animals” in Bucharest, Romania, where she presented her work on “The impact of cocoa processing on flavanol content, absorption and health effects”.

Presenter Jimmy Doherty visited the University of Reading’s Department of Food and Nutritional Sciences earlier this year to interview expert Food Flavour Dr Jane Parker and find out “how much cow is in a beef stock cube?”

http://www.channel4.com/programmes/food-unwrapped/4od#3539263

Embarrassing Bodies spotlight on the University of Reading

Presenter Dr Dawn Harper visited the University of Reading’s Department of Food and Nutritional Sciences earlier this year to interview expert microbiologist Dr Gemma Walton and film sequences for a special feature.

Dr Walton said: “Embarrassing Bodies is an entertaining programme, but one of the reasons for its popularity is the way it explores common health issues that can affect us all. “Here at the University of Reading we are leading the world in the study and research of some of the biggest health issues facing people today, including heart disease, cancer and mental health.

“I’m pleased that through this programme just one area of our work in the Department of Food and Nutritional Sciences will be highlighted to a wider audience.”
Dr Carol Wagstaff attended the University of Reading in Malaysia "International Symposium on Resilience to Climate Change in Southeast Asia" in April this year and participated in a roundtable discussion on Agriculture and Food Security.

Four areas where future collaboration will focus were established, as was the potential for developing high level training across the region to meet the skills gap.

Prof Glenn Gibson attended the International Scientific Association for Probiotics and Prebiotics. This was held in conjunction with New York Academy of Sciences at the World Trade Center.

Prof Gibson also helped write an ILSI monograph which is free to download:
http://www.ilsi.org/Europe/Publications/Prebiotics-Probiotics.pdf
Teaching in Henan

In June, PhD student Biye Chen (Hunter) and Drs Yannan Jin (Jessica) and Oonagh Markey represented the University of Reading by giving intensive lecture series to undergraduate students at the Henan University of Technology (Zhengzhou, China). Hunter was responsible for delivering a Food Chemistry module. Jessica lectured in the area of Food Chain and Health and Oonagh taught a module relating to the Fundamentals of Human Nutrition.

![Biye Chen (front middle) with students from the Henan University of Technology, China](image)

The UoR has a number of established teaching partnerships with overseas institutions, including the link with the Henan University of Technology in China. Selecting one of the above-mentioned modules, as part of their degree programme, provides Chinese students with the opportunity to learn about food chemistry and nutrition through the medium of English. The experience also makes it easier for students to integrate into the UK education system, should they decide to complete their BSc in Food Science at the UoR.

![Oonagh (left) and Jessica (right) at the Luoyang Longmen Grottoes, Henan](image)

Outreach

This term the main outreach activities are the Open Day and Summer School. The Open day organised by Dr Niamh Harbourne took place on Friday the 21st and Saturday the 22nd of June. Both days were quite well attended with the busiest time being at around mid-day just before and after the talks by Prof Rastall and industrial representatives.

The Summer School will take place this year from the 15th till the 17th July for the 6th formers (year 12 pupils) led by Dr Jonathan Swann.

In addition Dr. Jauregi is organising a Teachers’ Day in parallel with the Summer School on the 16th July which is sponsored by the IFST. There will be 10 secondary school teachers attending, mainly Food Technology teachers. They will be attending the talks in the morning together with the 6th formers and in the afternoon there will be an informative session about our degree programmes and career opportunities. One representative from RSC and another one from IFST will also be joining and will talk about their organisations and resources they have developed for teachers.

ERASMUS STAFF MOBILITY

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.

ERASMUS offers a great opportunity for both academic and administrative staff to teach, work or gain training in another institution / organisation in one of the 31 other participating European countries, and can provide a substantial financial contribution to cover the associated costs of travel and subsistence incurred.

The Department has recently agreed a partnership with Vigo University in Spain. In May, Dr Jauregi and Dr Oruna-Concha visited Vigo University for a week where they hold seminars with several research groups in the University of Ourense and the Technological Centre for Fish Products (CECOPESCA).
Dr Carol Wagstaff and Dr Niamh Harbourne were recently awarded a KTP project in collaboration with Valley Produced Limited for a total of £94,504. The project aims to develop alternative herb products for the food industry, thus providing a route to sustainable intensification of land, and developing high value, traceable, British products.

Prof Glenn Gibson and Dr Gemma Walton were also recently awarded a Knowledge Transfer Partnership for a total of £111,065 - Use of a colonic model system to enable pre-market efficacy testing of novel nutraceuticals (2013-2015).

Prof Glenn Gibson, Prof Bob Rastall, Dr Adele Costabile, Dr Gemma Walton and Dr Sofia Kolida were awarded with a Tate and Lyle research grant for a total of £343000 looking at "Anti-pathogenic capabilities of selected synbiotics and prebiotics: in vitro and in vivo studies" (2013-2015).

Dr Paula Jauregi and Dr M.Jose Oruna-Concha have been successful in obtaining funding from the European Community as part of a consortium of European and Latinoamerican universities. This is a Marie Curie IRSES Grant (Call: FP7-PEOPLE-2013-IRSES) for a total of 130200€ for a period of up to 36 months. The project is entitled: “Biotechnologies to Valorise the regional food Biodiversity in Latin America” (BiValBi), and is due to start in October 2013.

Dr Sandrine Claus was awarded a Royal Society research grant of £15,000 to buy a new MAS NMR probe that has been delivered to CAF (cost was matched by an RETF fund). This will enable the acquisition of NMR metabolic profiles of intact biopsies.

**FUNDING OPPORTUNITIES**

All Research Council and Government funding is now online. Please see link below to the Finding Funding webpage:

https://www.reading.ac.uk/internal/res/ResearchandEnterpriseDevelopment/FindingFunding/reas-redFindingfunding.aspx

**Link to Studentship Deadlines:**

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

**Information on Research Professional:**

https://www.reading.ac.uk/web/FILES/reas/Research_Professional_quickstart_March10.pdf

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.

**BBSRC outlines new support for industrial biotechnology research and application**

BBSRC has announced outline plans to launch two new schemes in 2013 and 2014 to develop the UK’s industrial biotechnology and bioenergy research community (including bioprocessing and biorenewables) and to support the translation of new ideas into commercial applications.

The new schemes, were launched with full details in January, form the central part of BBSRC’s strategy to support the development of industrial biotechnology and bioenergy as a key component of the UK bioeconomy. Advancing industrial biotechnology not only offers financial benefit and sustainable economic growth for the UK, but also promises to create thousands of new ‘green collar’ jobs. The UK’s share of the Global industrial biotechnology market is expected to reach £4-12 billion by 2025.

**Marie Curie RESEARCH FELLOSHIPS (FP7)**

The European Commission has just published 4 Calls for proposals for the year 2013 in the framework of Marie Curie research fellowships (Programme People of the FP7).

These fellowships are aimed at post-doctoral researchers, to continue their research at an international level. The deadline for the submission of applications is **August 14th, 2013**.
EU Marie Curie Career Integration Grant (CIG).
All relevant documents (Call Fiche, Work Programme, Guide for Applicants) are available on the relevant Call Page on the Research Participant Portal: [http://ec.europa.eu/research/participants/portal/page/call_FP7#wlp_call_FP7](http://ec.europa.eu/research/participants/portal/page/call_FP7#wlp_call_FP7)
Career Integration Grants are intended to improve considerably the prospects for the permanent integration of researchers who are offered a stable full-time employment in research (the duration of their post which must be at least the same of the CIG grant) in an EU Member State.

If anyone will be joining (or has recently joined) the School or Department in a permanent/stable academic or research post coming from another country, then the CIG is worth bringing to their attention. It’s a great opportunity to request research top-up money. To be eligible, they would need to comply with the mobility rule and should not have been resident in the host country for more than 12 months in the last three years at time of call deadline.

Deadline 18th September 2013 (4pm UK time), internal deadline 11th September

**Horizon 2020 – European Research Council (ERC):**
The first European Research Council (ERC) calls within Horizon 2020, the new EU funding programme for research and innovation which is due to start on 1 January 2014.
The current eligibility criteria for the Starting Grants (2 to 7 years post-PhD award) and Consolidator Grants (7 to 12 years post-PhD award) currently seem likely to remain the same.

For more information, please sign up to UKRO, the UK’s National Contact Point for ERC by creating a profile here: [http://www.ukro.ac.uk/Pages/UKRO.aspx](http://www.ukro.ac.uk/Pages/UKRO.aspx) or refer to the ERC webpages [http://erc.europa.eu/funding-and-grants](http://erc.europa.eu/funding-and-grants)

**Call for 'Researcher Links' International Workshops**
The British Council has launched a new initiative, 'Researcher Links', to link together early career researchers from the UK and selected partner countries through a series of workshops and travel grants.
Closing date for applications 14 July 2013

The British Council is inviting leading, experienced researchers to propose themes for bilateral workshops between the UK and one of the 18 partner countries: Brazil, Mexico, Colombia, Morocco, Egypt, Qatar, South Africa, Nigeria, Russia, Turkey, Kazakhstan, Azerbaijan, Pakistan, Thailand, Indonesia, South Korea, Vietnam and Bangladesh (other countries may be brought in subsequently).

Proposals can be in any discipline/multidisciplinary area including from the natural sciences, social sciences, arts and humanities, but some countries may have specified areas which will be prioritized in the final selection process.

The successful workshop coordinators will have the opportunity to shape the programme, identify contributors and select early career participants for the workshop, discuss their research, and build valuable international relationships. The aim of the workshops is to stimulate longer term links between the UK and partner countries, as well as to contribute to the personal and professional development of the participants. Workshops should take place before the end of March 2014. Application is via the British Council webpage.

**BBSRC Industrial CASE studentship call**
[http://www.bbsrc.ac.uk/business/training/industrial-case.aspx](http://www.bbsrc.ac.uk/business/training/industrial-case.aspx) opens 7th May. Call deadline is 31st July 2013. Our internal deadline for completed bids (including completed attachments) to reach the JeS Submitter Pool is 17th July.

**BBSRC Industrial Case Partnerships (ICP)**
Also worth bearing in mind is that BBSRC makes block allocations, covering several years' intake, to strategic industrial partners with established track records in collaborative doctoral training. With ICPs, the company selects suitable academic partners/projects for their awards. If you have relevant contacts, it’s worth enquiring what the company’s internal process is for allocating awards. A list of the BBSRC allocations can be found on [http://www.bbsrc.ac.uk/funding/studentships/allocations-3.aspx](http://www.bbsrc.ac.uk/funding/studentships/allocations-3.aspx) (scroll down to 2nd heading ‘Industrial CASE partnership awards’).

**MRC Industrial Studentship Scheme**
The MRC CASE studentship scheme is not yet open but it is anticipated that the deadline for applications will be the same as the BBSRC and similar rules will apply.
[http://www.mrc.ac.uk/Fundingopportunities/Studentships/IndustrialCASE/MRC004608](http://www.mrc.ac.uk/Fundingopportunities/Studentships/IndustrialCASE/MRC004608)
PRESS RELEASE

Scientists reveal drinking champagne could improve memory

New research shows that drinking one to three glasses of champagne a week may counteract the memory loss associated with ageing, and could help delay the onset of degenerative brain disorders, such as dementia.

Scientists at the University of Reading have shown that the phenolic compounds found in champagne can improve spatial memory, which is responsible for recording information about one’s environment, and storing the information for future navigation.

The compounds work by modulating signals in the hippocampus and cortex, which control memory and learning. The compounds were found to favourably alter a number of proteins linked to the effective storage of memories in the brain. Many of these are known to be depleted with age, making memory storage less efficient, and leading to poorer memory in old age and conditions such as dementia.

Champagne slows these loses and therefore may help prevent the cognitive losses that occur during typical and atypical brain ageing.

Champagne has relatively high levels of phenolics compared to white wine, deriving predominantly from the two red grapes, Pinot Noir and Pinot Meunier, which are used in its production along with the white grape Chardonnay. It is these phenolic compounds which are believed to be responsible for the beneficial effects of champagne on the brain.

Professor Jeremy Spencer, Department of Food and Nutritional Sciences, University of Reading, said: "These exciting results illustrate for the first time that the moderate consumption of champagne has the potential to influence cognitive functioning, such as memory. Such observations have previously been reported with red wine, through the actions of flavonoids contained within it.

"However, our research shows that champagne, which lacks flavonoids, is also capable of influencing brain function through the actions of smaller phenolic compounds, previously thought to lack biological activity. We encourage a responsible approach to alcohol consumption, and our results suggest that a very low intake of one to two glasses a week can be effective."

Dr. David Vauzour, the researcher on the study, added: "in the near future we will be looking to translate these findings into humans. This has been achieved successfully with other polyphenol-rich foods, such as blueberry and cocoa, and we predict similar outcomes for moderate Champagne intake on cognition in humans."

Previous research from the University of Reading revealed that two glasses of champagne a day may be good for your heart and circulation and could reduce the risks of suffering from cardiovascular disease and stroke.

Papers of Dr Hugh Sinclair now available at MERL

The archive of Dr Sinclair is an extremely valuable, untapped source of data for researchers in the field of nutrition.

The papers of the nutritionist Dr Hugh Sinclair have been made available at the University's Museum of English Rural Life. The archive will cover not only Dr Sinclair's work as an academic and pioneer in human nutrition, but also his interesting personal life.

The papers provide information on Dr Sinclair's early days in Edinburgh to the running of the International Institute of Human Nutrition from his home in Sutton Courtenay and his time as a visiting Lecturer at the University of Reading (1970-80).

The academic career of Dr Sinclair has had a great impact on us all, due to his pioneering belief that deficiencies in Essential Fatty Acids (EFAs) caused cholesterol and therefore were the main cause of 'diseases of civilisation' such as heart disease. Sinclair revealed these views in a controversial letter to medical journal The Lancet, and faced much scepticism and criticism as a result although such ideas are now more widely accepted.

Another notable point in his career is his time spent as director of the Oxford Nutrition Survey (ONS) which carried out nutrition surveys for the Government on a wide range of groups in the UK, such as pregnant women and manual workers. The surveys helped to ensure that ration levels were sufficient for maintaining a healthy population during WWII. The ONS also carried out important work in the British occupied areas of Germany and the Netherlands where people were suffering from malnutrition.

Dr Sinclair's work life and personal life overlapped during his work on the Inuit diet experiment into the importance of long-chain fatty acids of fish oils in decreasing thrombosis. Dr Sinclair existed for 100 days on an Inuit diet which consisted solely of seal, fish and water as part of what can arguably be described as his most famous experiment.

In 1995 the International Nutrition Foundation endowed the University's Department of Food Science and Technology with the proceeds from the late Dr Sinclair's estate, allowing the formation of the Hugh Sinclair Nutrition Unit (HSNU). The University appointed Professor Christine Williams (now Pro-Vice-Chancellor Research as the first Sinclair Professor of Human Nutrition, with Professor Ian Rowland appointed as her successor in 2007.

Professor Ian Rowland, said: "The archive of Dr Sinclair is potentially an extremely valuable, untapped source of data for researchers in the field of nutrition. The ONS surveys were of contemporary importance in ensuring adequate nutrition of the population, but may be of equal significance in the present day."

The Hugh Sinclair Trust at the University of Reading generously funded a project archivist to sort and catalogue the archive. This work is now complete and the papers can be viewed in the reading room at MERL. Please note that restrictions may apply to some records.

The full catalogue can be found on the University's online catalogue www.reading.ac.uk/adlib/search.aspx and select the 'Archives - Museum of English Rural Life' box and search for the catalogue reference D HS.

All enquiries relating to the papers should be sent to merl@reading.ac.uk and information on visiting the reading room can be found at www.reading.ac.uk/merl/visitus/merl-readingroom.aspx
STUDENT NEWS

PhD student Katherine Mary Livingstone, supervised by Prof Julie Lovegrove and Prof Ian Givens, was awarded with the PhD Researcher of the Year award.

Katherine was nominated by the School of Agriculture, Policy and Development for the PhD Researcher of the Year for the Faculty of Life Sciences. This honour is awarded once a year to an outstanding PhD student who has demonstrated excellence in postgraduate research.

This year, the four Faculty winners, including Katherine, gave a short presentation on their research and experience at Reading at the PhD Research Conference on 14th June. She was presented with a certificate and an award of £250 from Sir David Bell, Vice Chancellor. For more information (http://www.reading.ac.uk/graduateschool/events/gs-phdconference.aspx)

Katherine was also the winner of the Rank Prize for best PhD presentation in nutrition at a Rank Prize symposium on n-3 fatty acids.

Many congratulations to Katherine on these well-deserved achievements.

Katherine pictured here receiving the award from Prof Peter Shewry, Rank Prize Fund Trustee

Y2 Food Science and Business student winner of the 2013”Great British Watercress Cook Off” competition

The Department of Food and Nutritional Sciences is delighted to announce that Lydia England, a Y2 Food Science and Business undergraduate student has won the 2013 “Great British Watercress Cook Off” competition run by Watercress Alliance.

With entries ranging from wacky Watercress Cappuccino with Nutmeg Foam and Beef Carpaccio with Watercress Crisps to the more classic Watercress and Stilton Frittata and Watercress, Chicken and Goat’s Cheese Risotto, the judges had a tough job deciding who should win the chance to perform their recipe live in front of the crowds at The Watercress Festival plus receive a tasty £2000.

On the 18th May, three finalists battled it out at the Cook Off finals and after much deliberation (and plenty of tasting!) Lydia England was revealed as the winner of the Great British Watercress Cook Off for her Watercress and Goat’s Cheese Tart with Walnut Pastry.

The other finalists included Wendy Green who made Watercress Ginger and Cilli Tortellini and Annie-Mae Tomlins, also Y2 Food Science and Business UG student, who cooked a Watercress and Haddock Roulade.

Lydia had to perform her recipe in front of the crowds at The Watercress Festival that took place in Alresford, Hampshire, on the 19th May, where she was presented with a check for £2000.

Many congratulations to Lydia on this excellent achievement.
Rosalind Fallaize's (PhD student supervised by Prof. Julie Lovegrove in Dept of Food and Nutritional Sciences and Dr Laurie Butler and Prof. Judi Ellis in the School of Psychology) review entitled 'An insight into the public acceptance of nutrigenomic-based personalised nutrition' and published in Nutrition Research Reviews, was chosen as the Nutrition Society's 'Paper of the Month' in May.

Emma Bennett, a PhD student in the Wagstaff group, was a finalist in the 'three-minute-thesis' competition held by the graduate school - she did a great job in telling people why they should support "Supersizing plant pods to help feed the world".

Rashed Alarfaj has joined the Wagstaff group to study for a PhD on 'Postharvest quality traits in a strawberry mapping population'.

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The following students successfully defended their PhD theses since the beginning of the year. We pass our congratulations to all of them.

Christopher Chapman "Comparative inhibition of pathogens by single- and multi-strain probiotics"

Antonis Ampatzoglou "Whole-grains: prebiotic potential and effects on immune function, inflammation and glucose metabolism" supervised by Prof Parveen Yaqoob and Dr Orla Kenedy.

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TSBE Researcher Cooks Up A Storm At International APEC Conference

China is often portrayed in a negative light in environmental and energy related circles, but despite rampant coal production and polluted cities they are making great strides in the development of efficient buildings and contributing significant funds in the development of renewable energy infrastructure across the world.

TSBE researcher Sam Mudie had the privilege to present at the Asia Pacific Economic Cooperation (APEC) summit on low carbon towns and energy storage held in the model low carbon city of Changsha in China. Her paper "Electricity Use in the Commercial Kitchen" received an award for best paper and has been accepted for journal publication.

The high profile event appeared on Chinese national TV and was attended by leaders in energy from around the world.

The importance of Samanthas work was also recognised by CIBSE at their Technical Symposium 2013 when she won the award for “Most significant contribution to the art and science of building services engineering – The report, concept, idea or technology that is likely to make the most immediate and significant impact on engineering the built environment.”

Sam is sponsored by Mitchells and Butlers and her paper entitled ‘Benchmarking energy use in licenced restaurants and pubs’ investigated the carbon footprint of commercial kitchens and analysed a large set of energy performance data. Her analysis found that the actual energy consumption was almost double previous sector estimates and included.

Find out more about Sam's research by emailing her at S.Mudie@pgr.reading.ac.uk
Food Processing Centre

The Food Processing Centre (FPC) has launched a new website. FPC offers pilot plant facilities and expertise to companies and other organisations. Our clients use FPC to carry out product and process development trials on a pilot scale. This allows clients to operate the pilot plant with the guidance of university academic and technical staff, hence saving money on expensive production trials. Check out http://www.reading.ac.uk/food-processing-centre/ for more information.

FOOD ATP NEWS

May held the official Food ATP’s Launch Evening, which took place in the Henley Business School within the campus of the University of Reading. Sir David Bell - Vice Chancellor welcomed leaders within the food industry and presented the functions of the Food ATP, and what they can do for the industry. The evening began with a talk from Dr Celia Caulcotts - Director of Innovation and Skills from the BBSRC, Shortly followed by a selected panel discussion and private dinner.

The Food ATP is now gearing themselves up for the next instalment this September following on from its successful 1st year of delivering 8 modules, which will include the development of new modules.

We have three new modules currently in development which we plan to introduce after Easter 2014, so please keep an eye on the website for details. Modules are being developed for the Food ATP and will follow the same format as those already running with a period of ~6 weeks private study via distance learning, a week of intense face to face learning at either the University of Reading or the University of Birmingham followed by ~6 weeks to complete and submit a reflective assignment.

**Food Flavour** Examining what flavour is, how it is perceived and why it is important, this module will cover the physics of eating the processes in the mouth, how flavour is generated, released and analysed, storage, legislation and the role of flavour in sustainability.

**Sustainable Primary Production for Quality** covering practice and strategies for the production of Food (fruit & vegetable crops and animals) for optimal quality in the context of sustainability.

**Tools and Methods for the Analysis and Management of Sustainability risks** covering the types of tools/methods currently used their applications and limitations in the fields of the life cycle analysis and carbon cycle.

We would also like to welcome Barbara Mason to the Food ATP on a permanent basis. Barbara has joined the team as Project Manager following the secondment of Dr Kate Hough who has taken up the role as Research Strategy Lead - working within the Research and Enterprise department here at the University. We would like to wish them well in their new roles.

*The Food ATP Team*

http://www.foodatp.co.uk/
OTHER NEWS

21st & 24th June - Staff vs Students rematch

“Oh dear........... Those who played last year could well have partially recovered by now........"

This year we had both squash and football staff vs students (on separate days to allow some time for knees to recover, hips to be replaced, egos to heal, etc.). In the football team we had Glenn, Jon S, Carol, Danny, Richard Frazier, Steve Elmore, Gunter, Alison and Chris Collins; and in the squash team we had Glenn, Paula, Alistair, Martin Chadwick and Mark Hobden.

Here are the reports that followed the events:

Post Match Football Report: OK, so the cocky little brats just pipped us. But, the pitch slope, driving rain, bad refereeing, tornadoes, snow storm and sun in the eyes all went against us in the end.

Here is a quick footbally summary of the game "Well Brian, at this particular moment in time, I'm as sick as a parrot, you know. As I say, you know, it's a game of 2 halves and we were saving ourselves for the second one, you know. As you say, you know we wuzz robbed as, you know, there was no second half in the end. The lads and lasses gave, you know, 110% but we just missed out. That's football Brian. As you say, it's a funny old game, or you know, half a game. It went down to the wire, until we kicked off. Guttered Brian. As for the shot, I've seen it then I've hit it but the wind took it just wide, actually straight onto pitch 1 Brian but I nearly scored in their game. Pity we were on Pitch 3, but it's early doors. We set our stall out, but it was a bad time to concede all those goals, you know. The fans were terrific, you know, but they should have brought blindfolds. Fortunately Brian, we're too good to go down - oh sorry, there is no relegation. Still, we can pat ourselves on the back Brian as we came second and, at this particular stage of the season, that's a good position to be in. Where's the hairgel products, I'm off to Stringfellows."

Player of the match - Steve. What a show! Suffering a constant barrage of hard hit footballs in his direction but keeping the majority out. Sunderland are selling Simon Mignolet. Job for you there Steve, but I can't promise a better defence than you had last night.

It's only half over though and time to release the Grandison and Jauregi weapons at the squash. They will suffer this time........

Squash report: Revenge was a dish served sweaty as the staff finally put the students into their place. This proves that undergraduates are only any good at minority sports. Here is the player summary "At the end of the day, you know, it's all about the team. The lads and lass dunn good, ran their socks off, you know. We are all over the moon, because as you say Brian, it's early doors yet, but it was a good advert for the game. At this particular moment in time, these decisions even themselves out during the course of a season. We were at sixes and sevens but got off to a flier and ended up chasing shadows, by being in with a shout and playing to the whistle until Fergie time."

Senior Common Room Quiz

Alistair’s team (l-r: Max, Alistair & Louise Grandison plus Chris Kirby) won the Senior Common Room summer quiz on 27th June, answering questions on music, history, geography, sport etc – anything but food science!

The secret was to have a young person on the team – someone who could remember anything about events in the 21st century!!
The Vice-Chancellor, Sir David Bell, would like to invite you to a special summer event on Friday 12 July 2013 to celebrate the end of another successful academic year at the University of Reading.

All staff are welcome to join him in the Meadow Suite in Park House, and on the lawns overlooking Whiteknights lake, for an afternoon of live music and light refreshments from 2.30-5.00pm. He will be saying a few words at 3.30pm, but please do drop in at any point in the afternoon.

Please use the link below to register your attendance.

http://www.reading.ac.uk/internal/staffportal/news/articles/spsn-514861.aspx
The following events have been organised for students and recent graduate members:

**Career's Event – Tuesday 16th July 12.30-1.30pm**

Speakers including our very own Professor Julie Lovegrove and ex-Reading student Melanie Bibby (now working at Milk2k) as well as Jamie Sadler from Food Nation and public health nutritionist Lisa Miles presenting on their various roles and career paths within the field of nutrition.

Please email Stacey Lockyer (s.lockyer@pgr.reading.ac.uk) asap to book your 20 minute appointment letting her know your preferred session, career aspirations and a copy of you CV. She will try her best to match you up with someone working in your desired area.

**CV clinics – taking place during the OC sessions:**

Tuesday 16th July 1.30-2.35pm

Wednesday 17th July 12.10-1.35pm and 4.40-6.10pm

Thursday 18th July 10.45am-12.15pm

A variety of expert nutritionists will be on hand to give one-to-one feedback on your CV as well as providing general advice on getting a job in your desired area or help with a particular job application.

Please contact the conference manager Katarina (k.johansson@nutritionsociety.org) if you would still like to register for the meeting!

**Student networking event - Tuesday 16 July 18.00 - 19.00**

Come along and mingle with students from other universities over drinks and nibbles to develop those all important networking skills.

Sadly Stacey (currently in New Zealand) is unable to attend the meeting to host the events herself but the person taking over her role of NS Student Representative, Sebastian Achterfeldt from the Institute of Food Research, will be there to oversee everything so please give him a friendly smile :)

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![Nutrition Society Annual Summer Meeting 2013](image)
RECENT PUBLICATIONS

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


Ahmad Tarmizi, A. H. and Niranjan, K. (2013) Post-frying oil drainage from potato chips and french fries: a...
comparative study of atmospheric and vacuum drainage. Food and Bioprocess Technology, 6 (2). pp. 489-497.