News

The following news items illustrate some of our activities during the third 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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BSF Flavourist Training Course

Nine delegates attended the annual Flavourist Training Course course held in the Department of Food and Nutritional Sciences from 7 to 24th May. They came from around the world: Austria, Hungary, Italy, Netherlands, UK, Indonesia, Singapore and Thailand. The course is organised and taught jointly by members of the British Society of Flavourists and staff from the Flavour Centre in the Department. It is sponsored by International Federation of the Essential Oil and Aroma Trades.

The three-week course aims to provide an understanding of the flavour characteristics of a wide range of key aroma chemical compounds and to teach how to incorporate them into food flavourings. The teaching comprised a series of lectures on key topics related to flavour creation, and practical work tasting key raw materials and creating flavours for application in different foods. The course is primarily designed for graduates working in the flavour industry or food industry seeking to upgrade their skills.

Over 100 people have successfully completed the course since it started in 2002. In this time, delegates have come from 38 countries covering every continent.

Next year’s course is scheduled to start on Tuesday 6th May 2014 and we have already received a lot of interest. For information go to: http://www.reading.ac.uk/food/shortcourses/foodbio-flavourist.aspx
Staff and students from FNS were well represented at the Society for Applied Microbiology (SfAM) annual summer conference held in the Hilton Hotel, Cardiff on 3 July 2013.

**Professor Glenn Gibson** gave a talk describing clinical trials of a new prebiotic based trans-galactooligosaccharides (GOS). The study, which was funded by the Biotechnology and Biological Sciences Research Council (BBSRC) via the Diet and Health Research Industry Club (DRINC) showed that when GOS was added to orange juice triglycerides that circulate in blood and can lead to blocked arteries were reduced. In addition GOS reduced inflammation in the gut. Glenn’s talk attracted a great deal of interest among the international audience because it is one of very few studies examining the physiological and microbiological effects of prebiotics when added to real foods.

Postgraduate students **Wan Zawiah Wan Abdullah** and **Jenni Drever-Heaps** presented posters and Wan was one of only four students selected to give an oral presentation on her work, which was entitled `A study of survival of *Salmonella* under conditions not permitting growth`. Wan’s talk was very well received and many students came up to her afterwards asking for details of her experimental methods.

**SfAM** is a very student-friendly society which provides generous grants for attending conferences. It is well worth joining!

**Prof Ian Rowland** gave an invited lecture on `*Microbiota - photochemical interactions*` at the 7th Probiotics, Prebiotics and New Foods conference at the University of Urbaniana in Rome, September 8-10.

**PhD student Stacey Lockyer** and **Prof Ian Rowland** gave a joint presentation to the Comvita Science Symposium at the University of Auckland on 2nd September. The talk was entitled `Olive leaf phenolics – ongoing and future studies` and covered 3 major studies that are being conducted into the health benefits of olive polyphenols with particular focus on cardiovascular health.

The audience at the conference comprised academics from Australia and New Zealand, health professionals and journalists.
Dr Lisa Methven attended the 10th Pangborn Sensory Science Symposium in Rio de Janeiro, Brazil (11th-15th August). She gave an oral presentation entitled: “Changes in taste, olfaction and mouthfeel perception and acceptance with age and frailty: Implications for food and meal design” and she also presented two posters on “A new rapid detection threshold method for use with older adults: Reducing fatigue whilst maintaining accuracy” and “Umami : Suppressed by all other tastes but itself an enhancer of salty and sweet perception”.

Several staff attended the 2nd Wellcome Trust Conference on Host Microbiome Interactions. This was held in Fitzwilliam College, Cambridge on July 8-10th.

Prof Glenn Gibson was one of the organisers. Prof Bob Rastall, Dr Jon Swann, Dr Marie Lewis, Dr Gemma Walton, Dr Anne McCartney and Dr Lesley Hoyles were all invited speakers. In addition, the Reading presence was swelled with several poster presentations - Suzanne Barnes, Georgia Boother, Adele Costabile, Laura Johnson, Joy Leng, Caroline Le Roy, Liu Yue, Katherine Stephens, Samantha Stone. There were around 200 delegates in total, with lively debates after all of the presentations, at 2 poster sessions (fuelled by a free bar) and at a final debate - where the audience were invited to vote on desirabilities of faecal transplants...... The sun shone for all 3 days of the meeting, the conference was close to all the City bars and grounds of the college were spectacular. Unfortunately, none of the Reading crew were able to take advantage of such facilities as they were, of course, glued to the conference throughout.

On the final day, some of our brighter PhD scientists were seen to be punting on the River Cam. None have been spotted since, however there were unconfirmed sightings of a drifting punt near the Scilly Islands, Cornwall where it is alleged that the students were still looking for its steering wheel.

Flavour Away Day

On 19th September, 24 members of the Flavour and Sensory research groups congregated at Shinfield Grange for an intense day of flavour and sensory science. At the beginning of the day, the focus was on analytical techniques, led by Dr Steve Elmore who compared the flavour profile of strawberries extracted using three different extraction techniques. In a later session on thermal generation of aroma, PhD student Ashleigh Stewart presented her work on the formation of sweet caramel aromas from skimmed milk powder and Dr Jose Oruna Concha presented her ideas on the utilisation of shellfish waste in the flavour industry.

We were joined by flavour expert and consultant Dr Dave Baines who talked about the discovery of a new series of flavour compounds and its formation mechanism.

After a small drink at lunchtime to celebrate the first 5 years of Flavour Centre activity, the topic turned to health, and the means to maximise the bioactive components in food, both from the agronomy and the food processing aspect. Luke Bell, a PhD student in the Crops for Health research group, gave a talk entitled “Rocket Science”, describing the search for new varieties of rocket which maximise the bioactive compounds, whilst retaining the taste. The final session of the day was led by Dr Lisa Methven and her PhD students who talked about their work to link taste sensitivity to individual genotypes.

It was an excellent day where everybody had the opportunity to present/discuss their projects in a very informal but formative way.

We look forward to the next one!
OUTREACH

The Summer School took place this year from the 15th till the 17th July for the 6th formers (year 12 pupils) led by Dr Jonathan Swann. It proved to be a huge success with 65 eager sixth-form students in attendance.

Students came from far and wide with some travelling from as far afield as Dubai! Competition for places was hot and the general standard of applicant was high. This three-day event was funded by the food industry and departmental professors and aimed to provide a taster of university life, both academically and socially. Students got to experience the charming comforts of Windsor halls, the culinary delights of university catering and some fascinating lectures based on the theme of chocolate. Students also took part in laboratory practical classes based on principles of analytical chemistry, microbiology, and bioprocessing and presented their findings to a panel of judges from the 2 Sisters Food Group. Finally, students experienced life in the food industry through a game organised by representatives from Marks and Spencer. Students were assisted throughout the school by some excellent helpers from our current academic and non-academic colleagues.

About an undergraduate course in food and nutritional sciences.

In addition Dr. Paula Jauregi organised a Teachers’ Day in parallel with the Summer School on the 16th July which was sponsored by the IFST. This year we had seven teachers attending from St Crispins school in Wokingham, Cox Green School in Maidenhead, Kendrick girls Grammar school in Reading, Tring School in Herts, Claires Court School in Maidenhead, Westgate School in Slough and Park House School in Newbury. All except one teach Food Technology and/or Nutrition and one teaches Sciences. We had four more applicants but they cancelled in the last minute due to commitments at their schools. The teachers attended the morning talks on probiotics and flavonoids, had lunch with several members of staff and attended an interactive session with the chair of the Outreach group, the Head of industrial training and two representatives from RSC and IFST. Overall they were very happy and complimentary on the day and on all the activities they took part in as shown by their comments in the feedback questionnaires:

‘Was excellent in all ways’
‘I’ll recommend it to other teachers and 6th formers for next year’
‘I mostly enjoyed the probiotics lecture’

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.

You can find more information about the programme on the following website: http://www.reading.ac.uk/studyabroad/staff/staffmobility/stafftraining.aspx

DEPARTMENTAL SUCCESS IN OBTAINING RESEARCH GRANTS

Prof Martin Woodward was recently awarded with the following research grants:

- **Towards predictive biology: using stress responses in a bacterial pathogen to link molecular state to phenotype** (sponsored by BBSRC for a total of £23,199)
- **Denagard antibiotic treatment study in layer hens experimentally infected with pathogenic Brachyspiral pilosicoli sub-contract** (sponsored by University of Surrey for a total of £8,786)
- **High Fibre Diets in Poultry Meat Production** (sponsored by Danisco Ltd for a total of £270,000)
- **Molecular Genetic Typing of Avian Pathogenic E.coli** (sponsored by Zoetis Belgium SA for a total of £5,000)

Prof Jeremy Spencer was also recently awarded with a Core Lab 2013 –additional funds sponsored by Mars Inc for a total of £93,000.

Prof Ian Rowland has been successful in obtaining funding from Pepsico Inc for a total of £40,000. The project is entitled: *Determination of the effect of orange pomace on self-reported measures of satiety in a human intervention study.*
The latest funding newsletters (August 2013) 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)

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)

Doctoral Training Partnership in Food Security
2014 Call for Applications

Applications are invited for high quality doctoral research projects commencing in October 2014. Research projects must be situated within the Food Security area of BBSRC’s remit. This area includes agricultural systems, crop science and diet and health; An overview of the area is also available at: www.bbsrc.ac.uk/research/topical/food/food-security-an-overview.aspx.

Deadline Friday 11th October 2013 (j.john@reading.ac.uk)
University Studentships Competition 2014, Call for Applications
(Home/EU Studentships)

The call for applications from the Faculty of Life Sciences to the 2014 University Studentship Competition is now open. The Competition will offer a number of “half” three-year University Studentships (Home/EU) for 2014-2017, i.e. full time from October 2014. Please note that registration must start in October 2014. Additional funding from external sources is required to enable these to be provided as full studentships (see Appendix 1). More information on the total number of studentships the University will fund in 2014 will become available later in the year and take account of applications for doctoral training centres.

University funding will cover 50% of Home/EU fees for three years, 50% of the student stipend at RCUK minimum doctoral stipend levels for three years and £500 per annum to be passed to the School to cover personal development costs by the student, such as attending training courses, conferences, etc.

Deadline Friday 15th November 2013 ([j.john@reading.ac.uk])

Vitae GRAD Schools

Every year Vitae runs a national programme of courses and events for doctoral researchers and research staff. These courses are open to all researchers and have previously been funded by the Research Councils as part of the Vitae programme.

The Research Councils continue to fund Vitae, but the new contract, from January 2013, does not include central funding of places on GRAD Schools or other courses.

Research organisations are expected to encourage and support students in developing their career options and that the provision of professional and transferable skills will form a fundamental part of doctoral training. Universities have flexibility in the use of research training grants and are expected to draw on these to cover the costs of providing professional development opportunities appropriate for the individual postgraduate researchers whose training is funded through that grant.

The Vitae courses will continue to be high quality programmes and costs will vary depending on the length and type of course. More information is available at [www.vitae.ac.uk/courses](http://www.vitae.ac.uk/courses)

Other Vitae resources include:
- A dedicated researchers’ portal with information, news and opportunities ([www.vitae.ac.uk/researchers](http://www.vitae.ac.uk/researchers))
- A programme of courses ([www.vitae.ac.uk/courses](http://www.vitae.ac.uk/courses)) and activities including; 'GRADschools', three day experiential programmes for postgraduate researchers focusing on developing their professional skills and career goals; 'Leadership in Action' programmes; and other activities
- Labour market and careers information, including surveys and research ([www.vitae.ac.uk/lmi](http://www.vitae.ac.uk/lmi))
- Resources on managing a career within or outside academia ([www.vitae.ac.uk/careers](http://www.vitae.ac.uk/careers))
- Information and advice for supervisors and principal investigators ([www.vitae.ac.uk/pi](http://www.vitae.ac.uk/pi))
- Career stories and statistics on employment destinations ([www.vitae.ac.uk/wrd](http://www.vitae.ac.uk/wrd))
- Researcher booklets on creativity, work-life balance, public engagement, information literacy, leadership and career management ([www.vitae.ac.uk/researcherbooklets](http://www.vitae.ac.uk/researcherbooklets))
- RDF Planner, online app for managing your career ([www.vitae.ac.uk/rdfplanner](http://www.vitae.ac.uk/rdfplanner))

SEB CAREER MASTERCLASS 2013

Looking for expert help with your career? The Society for Experimental Biology is running a series of 1-day career workshops this October/November. Designed to support postdocs and PhD students, you can sign up for one or more of the following workshops:

1) Planning your career – how to find and keep your perfect job (11th October)
2) Successful applications and interviews (8th November)
3) Publishing your research – (a) Beginner level (5th November) and (b) intermediate/advanced level (26th November)
4) Writing funding proposals (25th October)
5) Using social media to promote and enhance your career (25th November)

For more information on the full programmes and to register go to our website: [http://www.sebiology.org/meetings/bioscience_futures/Overview.html](http://www.sebiology.org/meetings/bioscience_futures/Overview.html)

Places are limited and pre-workshop preparation is required for some of the masterclasses.

Contact Sarah Blackford for any further enquiries: s.blackford@lancaster.ac.uk
Practical synthetic biology course for undergraduates at the University of Reading took place between 10–21 June 2013.

Two groups of students participated in five days of practical experiments involving not only genetic engineering of bacteria, but also exercises in electrical engineering and computer simulations, as well as discussed case studies of societal and ethical impact of synthetic biology. The course was very well received by the student - so much that we intend to run another, longer version of the course next summer.

You can read about the course in the report on our website:

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**FOOD ATP NEWS**

**THE FOOD ATP INDUSTRIAL PARTNERS MEETING**

The Food Advanced Training Partnership (Food ATP) hosted its Industrial Partners meeting on 4 September at the University of Reading.

The meeting was attended by over 20 representatives from across the food industry including retail, manufacturing, research organisations and training providers. The meeting reviewed the first year of delivering the Food ATP modules which have been specifically designed for food industry professionals.

The meeting included presentations from two industry participants enrolled on MSc programmes, and from Emma Sharp, Reading Food Science alumna and Technical Policy and Training Manager at Sainsbury’s, about why they have encouraged and supported their employees to study towards high level qualifications through the ATP’s.

We also heard about the IGD’s initiative ‘Feeding Britain’s Future’ and Jon Poole, Chief Executive of the Institute of Food Science & Technology (IFST) talked about their support of the Food ATP and their accreditation of Food ATP modules. Finally, Professor Richard Tiffin presented an overview of his research on the likely impacts and consequences of a “Fat Tax” and Professor Tony Hines discussed consumer attitudes to technology.

*The Food ATP Team*

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

Scientists reveal eating “beetroot bread” could lower risk of heart disease

New research from the University of Reading has shown that eating four slices of bread containing beetroot lowers blood pressure and improves the function of blood vessels, significantly improving heart health.

The researchers provided 24 participants with four slices (200g) of bread containing 100g of beetroot, or control bread with no beetroot enrichment once on two separate occasions. They found the diastolic¹ blood pressure of those who consumed ‘beetroot bread’ was lowered by up to 7 mmHg when compared to the control group approximately 3 hours after consumption.

Evidence suggests that a reduction in diastolic blood pressure of 5-6 mmHg over a five year period could reduce the chances of a stroke by 38% and coronary heart disease by 23% less. In addition, prolonged high blood pressure is an important risk factor for the development of heart disease, which is the single biggest killer in the UK, causing nearly 179,000 deaths per year.

The component of beetroot bread thought to be responsible for the beneficial effects on blood vessel function and blood pressure is dietary nitrate. Dietary nitrate is a natural component of beetroot and a number of other vegetables such as spinach, lettuce and rocket.

When dietary nitrate is eaten it produces nitric oxide in the blood vessel wall which causes relaxation of the vessel and increased blood flow. This ultimately results in lowering of blood pressure and an improvement in blood vessel function.

Julie Lovegrove, Professor of Human Nutrition, Head of the Hugh Sinclair Unit of Human Nutrition and the Deputy Director of the Institute for Cardiovascular and Metabolic Research (ICMR) at the University of Reading, who led the study said: “These exciting and novel findings show for the first time that bread containing beetroot improves blood vessel function. This is an important addition to the increasing body of evidence that suggests beneficial effects of dietary nitrate rich foods on the heart.

“This research also supports the findings of our previous study which was carried out last year and showed that beetroot in the form of juice or bread lowers blood pressure. Collectively, these studies suggest a potential role for foods rich in dietary nitrate in the management of high blood pressure.”

The study, published in the Journal of Nutrition, was undertaken by Dr Ditte Hobbs in the University of Reading’s Hugh Sinclair Human Nutrition Group, which has an international reputation for its research into the relationship between diet and the risk of chronic disease such as cardiovascular disease, diabetes, neurodegenerative disease and cancer.

STUDENT NEWS

Postgraduate students Sophie Castle and Ashleigh Stewart as well as Dr Jane Parker attended a two day PhD Symposium at Nestle PTC, York, 2-3 September 2013.

All PhD students currently sponsored by Nestle were given a 20 minute slot to present their work to other students, their supervisors and representatives from Nestle and BBSRC. There were representatives from 14 universities and the event also encouraged networking between these universities and Nestle PTC York.

Ashleigh’s work was entitled: “Investigating the Maillard reaction of milk powder in a low-moisture system” and Sophie’s talk was about “effect of low-dose (-)-epicatechin from milk chocolate on human vascular function”.

The 7th International Yakult Symposium: The Intestinal Microbiota and Probiotics: Exploiting Their Influence on Health was held on 22-23 April 2013 in London.

An international panel of expert speakers gave an update on the latest findings relating to the gut microbiota and its influence on health and disease risk. The conference also offered an excellent opportunity to network with researchers from the UK and the rest of Europe.

Two PhD students supervised by Professor Parveen Yaqoob at Food and Nutritional Sciences presented posters; Iman Bindayel with her poster titled “Bifidogenic effects of a novel synbiotic is associated with better seroconversion to influenza vaccine (the PRIMAGE study)” and Honglin Dong presented (on behalf of former PhD student Jialu You) “Probiotic modulation of dendritic cell function is influenced by ageing”. Jialu You’s poster won one of the three poster prizes.

PhD student Stacey Lockyer was interviewed by ‘Fresh Cup’ (America’s biggest tea and coffee magazine).

She discussed the potential beneficial effects of olive leaf extracts and her ongoing study on the effects of olive leaf extract on heart disease risk markers such as blood pressure, cholesterol, inflammation, blood-clotting factors and stiffness of the arteries.

You can read the full interview by visiting the following site: http://freshcup.epubxp.com/i/158781
PhD student Biye Chen and Dr Mike Lewis attended the ADSA-ASAS Joint Annual Meeting 2013, 8-12 July, Indianapolis, Indiana, USA

The American Dairy Science Association is a food science based organization which represents the best source of scientific knowledge and expertise for the development and promotion of milk and dairy products to deliver consumers with nutrition, healthy and quality. This conference was the biggest meeting in the history; over 3000 academic researchers were registered and nearly 1500 abstracts were presented for poster and oral presentation.

Biye Chen presented a poster and gave two oral presentations entitled: "Effect of seasonal variation on the heat stability of UHT and in-container sterilised milk" and "Effect of chemical-physical properties of raw milk on the quality of dairy products in the UK". Both talks were very well received.

Biye Chen has enjoyed this trip to USA and has enabled him to establish important contacts with well renowned scientists and researchers, which may reveal scientific collaborations in the future.
OTHER NEWS

Retirements

In August we said goodbye to Pamela Webb who has retired to spend more time with her grandchildren (and allotment). Pam was an extremely loyal and professional member of the secretarial staff for 14 years. She worked mainly with the FMSU group, keeping everybody in check and was completely unflappable. On her days in work (Monday - Wednesday) she would arrive at 7am, which meant leaving her home near Bournemouth before 5am - come rain, snow or shine. As such, most of the days work would be complete before the rest of FMSU turned up!! Pam was a very popular and dedicated member of staff who always saw the best in everybody (unlike the Professor she mainly worked with.....). We wish her a very long, healthy and happy retirement with John, the children and 5 grandchildren. She deserves a good rest after putting up with us for so long.

The Department would also like to take this opportunity to welcome Erma Akulli, Part-time Secretary in FNS who is Pam Webb’s replacement.

In September’ we also said good bye to Julie Watkins another long-serving and highly respected member of staff. She joined the Department of Food Science and Technology in 1990 as a grade 2 clerical assistant to work with the chief technician, Chris Varnals, in the newly formed department accounts office.

Subsequently Julie became department accounts manager and had the unenviable task of implementing many new accounting procedures introduced by the university. But her calm and efficient approach ensured they were implemented smoothly so that staff hardly realised anything was different. The formation of the School of Chemistry Food and Pharmacy brought another milestone in Julie’s career when she was appointed as the School Finance Administrator and had the responsibility, with help from the three finance assistants, of providing accounts management, reporting and budgeting across the school.

In the 23 years that Julie worked in the department, the role of the accounts office has changed enormously to accommodate not only new university procedures of financial management and budgeting, but also a great increase in research grants and industry funded research. The smooth and efficient way in which the current accounts office responds to the needs of head of school, heads of departments, academics and researchers, while meeting the demands of the university finance office, is tribute to Julie’s management skills. Another way of looking at it is that in 23 years she survived 8 heads of department and two heads of school and still managed to maintain her cheerfulness, good humour and helpful disposition throughout.

Julie and husband Cliff are retiring to Cyprus where they have an apartment but, with family and three grandchildren in Reading, they will be back frequently. At the farewell event on her last day in the university, which was attended by over 60 people, Julie gave a superb speech in which she extolled all the pleasant and positive aspects of her career at the university, and left many of us thinking that perhaps the University of Reading is rather a good place to work after all!
Fundraising Event

On the 27\textsuperscript{th} of August the Department of Food and Nutritional Sciences hold a “TEA and CAKE” fundraising event to help our Reading Art Students to raise funds hoping to improve the Childrens Audiology Unit waiting room at the Royal Berkshire Hospital.

The Royal Berks Hospital approached the University in the Spring asking if there were any students who would be prepared to volunteer. Seven students came forward to help (Emma Wise, Kassie Headon, Katie Wood, Kelly Alacantra, Charlotte Napier, Tien Nolan and Suzie Murray).

After being given the theme secret garden in March the students decided to create a Garden of Earden for children visiting the audiology department and designed 3 murals which they began painting when their exams finished in June.

You will be happy to know that they reached their target so the Hospital will have new flooring and furniture! They managed to raise £102.85

A special thank you to Kassie Headon one the art students who took part in painting the murals for coming along with her Welsh Cakes! Also, a big thank you to Kate who made one of her fantastic creations for us. And last but not least, a big thank you to Karen who also made 2 lovely cakes for us.

Please check out the project website www.gardenofearden.tumbir.com
UPCOMING EVENTS …..

Placement and Careers Event

The Department of Food and Nutritional Sciences is hosting its first Placement & Careers Event on 10 October, 10.00-13.00. Industrialists from various companies in the food industry will staff stalls where they can engage with students on an individual level to inform them of the opportunities on offer. Stalls will be in the Pilot Plant. Short presentations will also be done in rooms 2.33 and 2.34.

This event is for second year students who are seeking industrial placement, as well as final year students who are seeking graduate jobs.

For more information, please contact Lilly Mae Liddicott (Head of Industrial Training/Industry Liaison) l.m.liddicott@reading.ac.uk

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Public Debate

Join the debate: Should our food be cheaper?

University of Reading and Reading Town Meal organisers have joined forces to stage a great debate about the costs of food we eat and who pays the price.

The ‘Question Time’-style debate, "Should our food be cheaper?" takes place in the University of Reading's Great Hall, at the University's London Road campus, on Wednesday 2 October, where the public are invited to put questions to an expert panel about the fairness of food prices to the consumer and to the people who produce it.

The debate is linked to the Reading Town Meal at the end of the week when Reading residents are invited to a free community banquet at Forbury Gardens. More than 1,000 diners are expected on Saturday 5 October, who can also take part in the food festival including fun family activities, competitions, live music, and stalls. All are welcome to both events, which are free.

Paul Harper, from the Town Meal Steering Group, said: "Reading's Town Meal is a brilliant fun event for all the family that celebrates food grown in and around Reading by home-growers and local farmers.

"But there are also serious issues and tensions around the production and price of the food we eat, so we are really pleased to partner with the University of Reading to bring together experts from the world of politics and campaigning, supermarket suppliers and food producers to debate these issues with the people of Reading". This year's Town Meal Debate panel includes:

- Quentin Clark, Head of Sustainability and Ethical Sourcing at Waitrose
- Organic farmer Richard Gantlett of Yatesbury House Farm in Wiltshire
- Graciela Romero, International Programmes Director with the UK campaign group, War on Want
- Dr Carol Wagstaff, Associate Professor of Crop Quality for Health at Centre for Food Security, University of Reading.

Dr Alison Bailey from the School of Agriculture, Policy and Development at the University said: "We are delighted to host the Reading Town Meal debate.

"We hope to raise key issues that already form a big part of our research into agriculture and the economics of food systems, both in the UK and globally. Increasingly we have got used to relatively cheap food in this country, but at what cost? Cheap food on our plates can mean low prices for our farmers or pitiful wages for workers overseas.

"Current systems of production are not sustainable, both for farmers and the wider community, how can we fix that? It is understandable that some people on low-incomes feel they can't afford to eat well - especially in the current economic climate."
Several PhD students from our Department (Noura Eid, Sophie Castle, Chelsea Snell, Martin Chadwick and Helen Palmer) will be participating in the Berkshire show of 2013 which takes place on the 21st and 22nd of September.

On this occasion they are aiming to organise a public health activity related to agriculture, where they will talk about fruit, growing of fruit, processing and main health benefits related to heart, colon, and brain. There will also have few activities, which will include microscopes, measuring servings of fruit, quizzes and prices for the winner family.

Prof Bob Rastall and Prof Jeremy Spencer, from our Department, together with other members of staff from the Agriculture and Marketing Departments will be representing the University of Reading.

For more information, please visit the following website:  
http://www.newburyshowground.co.uk/show-2013

The Public lecture Series

Milk: friend or foe? Are dairy products really good for you?

Professor Ian Givens School of Agriculture, Policy and Development

Milk and dairy products have had a mixed press in recent times, from being blamed for cancer, diabetes, allergies and even acne, to being praised for their benefits as ‘superfoods’. Dairy products are an important source of essential dietary nutrients such as calcium, and studies have shown that increasing the amount of milk consumed may help prevent heart disease and other illnesses. This lecture will explore the benefits of milk and dairy, with some reflection on health issues that affect children and the elderly.

The event will take place on Wednesday 13 Nov 2013 at 8.00pm, Palmer Building, Whiteknights Campus. Admission free, all welcome.
Recent Publications

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


