

March 2018

## Research assistant - Lyon, France

*The Institut Paul Bocuse provides education for Culinary Arts, Food and the Hospitality industry. Its Research Centre aims to contribute to the well-being of populations through Science and Innovation. Projects cover various topics related to culinary preparation, meal experience and food consumption, in all contexts (e.g. school canteens, workplace restaurants, street food outlets, nursing homes), worldwide. The experimental facilities include a Living Lab (labelled ENOL), with domestic and professional kitchens, modular restaurant, where products are tested in real life with a diversity of measures: choice, intake, liking etc.*

Today, the Research Centre would like to invite applications for a full time fixed term contract with funding for 6 to 12 months research assistant in sensory and eating behaviour.

### Project description

The post-holder will work on a funded project entitled '*The impact of herbs and spices on increasing legumes intake and reducing salt through changing the hedonic factors in meals*'

Along the increasing global population growth comes the challenge to ensure quality food, in sufficient quantity and with respect to the environment. Despite the well-documented health benefits of legume consumption, the actual intake of legumes remains low owing to people's preferences for tasty foods. The predominant role of spices and herbs is flavour enhancement. Flavouring of foods using blends of natural herbs and spices (H&S) is a preferred approach to also reduce salt as it results in a clean label product, avoiding inclusion and declaration of chemical compounds. By careful reformulation using H&S, the sensory characteristics and consumer acceptability of low salt legume based products could be improved or maintained. However, studies in this area are limited. This project will explore the strategies increasing the legume intake via the use of H&S to increase hedonic components using two approaches including 1) development of dishes/recipes based on legumes and the appropriate H&S and 2) assessment of sensory perceptions/liking and food consumption.

The project begins on March 2018 and the post holder will work on the implementation and analysis of the field studies.

### Requirements

The successful candidate for this fixed term project will be required to:

- conduct experiments (participant recruitment / sensory food consumption testing); they will have access to guidance and direct supervision from other members of staff, but may be required to operate with some level of independence
- collect and record data from experiments
- make some limited contribution to the design of the experiments, or amendment to protocols; this will be done in consultation with a senior project team member
- analyse data that is collected
- write up the reports and results of their research work for publications
- be responsible for the maintenance of supplies for the project and order consumables from suppliers to ensure that the project is able to operate effectively, efficiently and without delay
- take responsibility for the administrative work related to their research

**Relevant experience:**

- Master2's degree (or equivalent training) in sensory/hedonics, consumer behaviour, nutrition, public health or life sciences related field
- Excellent communication and writing skills
- Good organizational and time management skills (ability to complete projects on time)
- Ability to work within a dynamic, friendly multi-disciplinary team at the crossroads between fundamental research and applied studies at ecological settings
- Experience in running experiments involving human volunteers and hedonic/sensory tests
- Good experience with R or any other computer software and confidence in the use of parametric and non-parametric methods of data analysis
- Experience research questions associated with eating behaviour is desirable
- Command of English is essential and French is highly desirable
- Evidence of reporting research data by publications or posters/oral presentations at scientific meetings would be an advantage

The successful candidate will have the opportunity to develop links with experts nationally and internationally and to seek and secure grant support to expand the research programme. Additionally, this project will provide the post-holder with a high quality scientific training and the critical thinking, scientific writing and networking skills to further continue his research interests as a future PhD student or researcher in industry.

**Conditions:**

Primary location: Lyon area (expected 10% travel)

Brut salary: 1800-2000 € per month. Mandatory company social insurance. Meal provided.

**Application:**

Those who are interested in working in this exciting project, learning new tools, and broaden their knowledge in the area of eating behaviour are encouraged to apply. Please send the following application documents merged in one PDF document to [anestis.douglas@institutpaulbocuse.com](mailto:anestis.douglas@institutpaulbocuse.com)  
Using 'Research assistant application IPB' as 'subject' of your e mail

**Documents required:**

-CV (max 2 pages)

-motivation letter (max 1 page)

-names and e mail addresses of two referees who have agreed to be contacted prior to interview

**Starting time:**

The position is available as soon as possible and is limited to 6 months with the possibility of an extension for a further 6-month period

Closing date for applications is **March 23<sup>rd</sup> 2018**

Interviews will take place week commencing **April 2<sup>nd</sup> 2018**

Informal requires are strongly encouraged and can be addressed to

**Dr Anestis Douglas:** [anestis.douglas@institutpaulbocuse.com](mailto:anestis.douglas@institutpaulbocuse.com)