

## **TEXTURE PERCEPTION IN CHILDREN AND IMPLICATIONS FOR THE PERCEPTION OF AND PREFERENCE FOR HEALTHY FOOD: A E3S CROSS-CULTURAL PROJECT**

### **GROUP COORDINATION**

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### **PARTICIPANTS**

*13 scientists - 9 countries - 1 food company - 10 research institutions*

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### **THE TOPIC OF THE PROJECT**

Studying food texture in relation to children's perception and liking is a relevant research topic for several reasons:

1. Texture perception and the relationship with food liking is not well understood in children
2. Texture is reported to be a driver of likes and dislikes for many foods in children
3. Texture is reported to be linked with food neophobia and pickiness, which are both high during childhood
4. It is a relevant topic for cross-cultural studies because differences in the food environment and dietary experiences across cultures influence preferences for sensory characteristics of food
5. Texture perception and preferences may develop with age, in line with developments of the mouth muscles, jaw and teeth as well as innervation of taste buds

6. It is interesting for both the academic sector and food companies to better understand how to modulate texture in food to increase the intake of healthy food (food product development)

**General aims**

- To better understand how children perceive different texture properties modulated in food and how this perception influences the acceptance and rejection of food
- The project will also enable the development of a database on food texture perception among children of different ages and countries as well as on a several background variables involved in food acceptance and rejection