

The Science of Eating. Food for fuel and food for pleasure – eating well to live well

A lecture by Professor Marion Hetherington

Wednesday 4th October 2023. 6.00pm

(Tea and coffee served from 5.45pm)

Lillingstone Mind and Body Zone, ek robotics Sports Campus, Royal Latin School

Food intake is essential to survival, but eating also serves a social purpose bringing friends and family together to bond by sharing food, conversation and ideas. Humans have evolved to prepare for famine – by storing energy as adipose tissue to sustain the body during scarcity, but is not so well adapted for the current obesogenic environment, of food abundance. In this talk, we shall discuss the double burden of malnutrition and obesity; as well as the origins of eating for comfort rather than need. We will consider ways to counter comfort eating and the science of Volumetrics as a strategy to eat well for optimal health and well-being.

Marion Hetherington is Professor Emerita in Biopsychology, University of Leeds, and is Affiliate Professor in Nutritional Sciences, Pennsylvania State University. Marion trained as an experimental psychologist at the Universities of Glasgow and Oxford, then spent several years in the USA as a researcher at the Johns Hopkins University School of Medicine then the National Institutes of Health. She has more than 30 years of experience researching human appetite across the lifespan and is a specialist in the psychology of food choice and the development of food acceptance in early life. She sits on the UK Government Scientific Advisory Committee on Nutrition (SACN) Subcommittee on Maternal and Child Nutrition.



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Entry to these lectures is free to all members of the local community. For further details, or to book a seat, contact Lucy Beckett at lbeckett@royallatin.org or on 01280 827306

