

Meal quality

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Abstract

The Danish population is ageing and a growing part of population is aged + 65 years. Though most people within this age group are well-functioning, malnutrition is a common phenomenon among the weaker elderly leading to increased risk of diseases and slower recovery after illness. A focus on proper nutrition makes sense as it can improve physical health and survival but also life quality for the individual.

However, nutritional status cannot be improved, if food is not eaten, and of outmost importance for a healthy appetite and the general food experience are the food's sensory properties – appealing and palatable meals.

In this presentation, we take a look at the results of the qualitative and quantitative studies conducted by Aarhus University as part of their science-based consultancy for the Ministry of Environment & Food. We will dive into the meal experience, as it is perceived and wished for, by the consumer. Also, as the meal and thereby the meals quality is more than simply enjoying what we put in our mouth, we will include a focus on the importance of the meal setting (physical and social) for consumers' meal experience.