

Neurosciences & Food

Duration	1 hour 30 minutes	Mode	Online
Nr. of Facilitator(s)	4	Nr. of Participants	27
Session objectives	To present the theme of Neurosciences & Food as an example of cross-disciplinarity to the participants through a video and an experiment Followed by a group discussion based on two questions regarding other disciplines in cross-disciplinary context		
Room requirements	<p>Online format :</p> <ul style="list-style-type: none"> - Facilitator enabled to share screen, video and audio - Participants' video/audio activated (participants should test their video/audio prior to the training session) - Make all facilitators co-hosts so they can share the screen and manage participants too - For video sharing : tick the case 'share the screen with the computer's audio' - Discussion part: split rooms facility mandatory - YES 		
Supplies and equipment	PC. HQ Internet connection. Webcam. Micro. ZOOM professional licence.		
Materials	<p>Introduction part: video to watch https://youtu.be/CieCdeZbG78 Experiment part: headphones, 2 lemon flavored candies, a glass of tonic water or a cup of coffee</p>		

Description

Include Instructions facilitators, step by step description, time schedule

Duration	Instructions
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15 min	Introduction of the theme and facilitators to the participants. Show an introductory video that they'll watch in a plenary together.
15 min	<p>Activity on food perception. Sound and taste experiment: participants are asked to taste some foods while listening to the music.</p> <p>Experiment 1: lemon candies</p> <p>Participants are asked:</p> <ol style="list-style-type: none"> 1. To put a lemon candy in the mouth 2. To listen to this track https://www.youtube.com/watch?v=2tLYNywkDqA or this one https://www.youtube.com/watch?v=yhT76FWkZgw for 30 second 3. To try the same experiment with this track : https://www.youtube.com/watch?v=lfxdpNMYmlo&t=38s or this one : https://www.youtube.com/watch?v=fr3sZ4l0eWU 4. To answer a question : "Does the sound affect the sweetness or sourness of your candy?" <p>Experiment 2: tonic water or coffee</p> <p>Participants are asked:</p> <ol style="list-style-type: none"> 1. To take a sip of tonic water 2. To listen this music from min 4:05 of this video: https://www.youtube.com/watch?v=CONe3iW-xww&feature=emb_logo 3. To try now a new sip of tonic water listening from min 5:05 4. To answer a question: "What about sweetness and bitterness?"
40 min	<p>Discussion part</p> <p>Division participants in 4 groups: split the plenary into 4 breakout rooms Program 40 minutes countdown to be back in plenary on time Each group has 4 participants and 1 moderator Use one jamboard for each group Facilitators will lead the group discussion by making two questions: --> What other disciplines can be connected with this type of experiments? --> How could this methodology of experiments be used for cross-disciplinary? 2 rounds for each question</p>
20 min	<p>Final restitution in plenary</p> <p>Use jamboard for final plenary session: 1 facilitator</p>