

# SENIOR & SENS

## EAT TASTY FOODS!

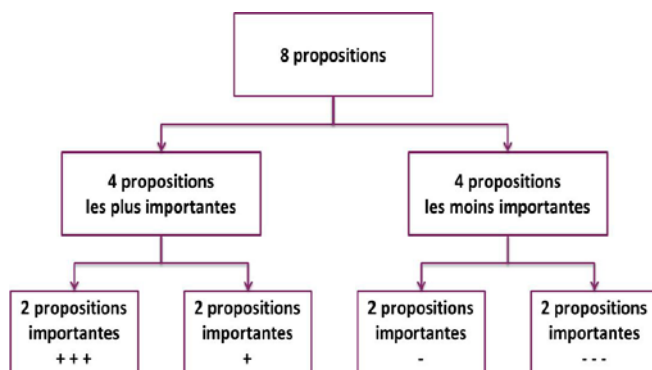
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In the context of the RENESSENS survey, 319 elderly people who were dependent for their meals (people with home help, a meals-on-wheels service or residents of a home for the elderly) classified the eight following criteria concerning their expectations with regard to their meals by order of importance: eat well-presented meals / inexpensive / good for my health / I know the origin / easy to prepare / I'm used to eating it / tasty, with a good taste / tender, easy to chew.

After looking at the criteria, the participants had to separate the 4 most important criteria from the 4 least important criteria. Among the 4 important criteria, the participants had to select the 2 most important criteria. In the same way, among the 4 least important criteria, participants had to select the 2 least important criteria (hierarchical successive selection).

The result showed that 67% of those interviewed declared that the most important criterion was to eat tasty foods. Interestingly, the taste of foods was more important than the appearance. Only 10% of those interviewed declared that «a good presentation» was more important than «tasty»; 14% felt that these two criteria were equally important. The results also showed differences within the population taking part in the survey: as well as tasty foods, 17% of the participants felt it was important to have easy-to-prepare foods, 23% foods that were good for their health and 60% foods that were easy to chew.



In this context of an ageing population, it is essential to develop foods that meet the nutritional needs of senior citizens while satisfying their sensory expectations and their food preferences. In fact, the last word is given to a senior citizen who has lost his sense of smell and who said the following during a semi-directive interview: to the question «Even though you have lost your sense of smell, do you still enjoy eating as much as you used to?», he very spontaneously answered: « Oh yes! Oh yes, yes, yes! On the contrary, it is almost the only pleasure that we can still enjoy! ».

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