



NARO 5th International Symposium
on Food and Health

Health and Gastronomy

12 February 2026 **Thu** 13:00-17:30 (JST)

Free of charge

NARO 5th International Symposium on Food and Health "Health and Gastronomy"

Date & Time

Thursday, 12 February 2026 13:00–17:30 (JST)

Venue

Room-A, Iino Hall & Conference Center,
4F IINO BUILDING, 2-1-1 Uchisaiwaicho, Chiyoda Ward, Tokyo

Language

English (Simultaneous interpretation in Japanese)

Participation fee

Free

Capacity

200 people

(If the number of applicants exceeds the capacity, participants will be selected by lottery.)

How to participate

Advance registration is required to participate.

https://prd.form.naro.go.jp/form/pub/naro01/naro_5th_isfh



Registration deadline

17:00, 5 February 2026. (JST)

Special site

NARO 5th International Symposium on Food and Health
"Health and Gastronomy"

<https://www.naro.go.jp/event/naro-symposium/2026/>



Supported by

Ministry of Agriculture,
Forestry and Fisheries
(MAFF)



Dijon Métropole



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of Japan



Contact : Secretariat
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NARO 5th International Symposium on Food and Health

Health and Gastronomy

Program

Greetings

13:00 -13:15	Dr. KYUMA Kazuo	President, National Agriculture and Food Research Organization (NARO)
	Mr. Philippe Mauguin	President & CEO, National Research Institute for Agriculture, Food and Environment (INRAE)
	Dr.ir.Sjoukje Heimovaara	President of the Executive Board of Wageningen University & Research (WUR)
	Mr.SAKAIDA Teruya	Director-General for Agriculture, Forestry and Fisheries Research Council Secretariat, Ministry of Agriculture, Forestry and Fisheries (MAFF)

Keynote Lecture

13:15 -13:35	Food Transition Policy of Dijon Métropole	Dr. Philippe Lemanceau, Vice President, Dijon Métropole
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Session I

Maintaining and Improving Health through Diet

Chair : Dr. MAEDA-YAMAMOTO Mari (NARO)

13:35 -15:20	1. A Novel Method for Detecting Advanced Glycation End Products: Its Potential Application to Design of Healthy Diet	Dr. KOBORI Toshiro (NARO)
	2. Hospital Meal in Japan	Ms. TORIGOE Junko (Institute of Science Tokyo Hospital)
	3. Unlocking the Role of the Gut Microbiome for Human Health	Dr. Hauke SMIDT (WUR)
	4. Health Promotion Through the Interaction of Food and Gut Microorganisms	Dr. OGAWA Jun (Kyoto University)

Break (15:20 - 15:40)

Session II

Analysis of Gastronomy

Chair : Dr. KUSAKABE Yuko (NARO)

15:40 -17:25	1. Diurnal Rhythms in Taste Buds Enhance Taste Sensitivity During Active Periods	Dr. MOCHIZUKI Hiroko (NARO)
	2. Are Tastiness and Healthiness Two Compatible Dimensions? Perspective From French Consumers, Based on Sensory Evaluation and Psychology	Dr. Sophie NICKLAUS (INRAE)
	3. Development of Food Products Integrating Palatability and Health Benefits Through the Utilization of Vinegar	Mr. YOSHIMOTO Joto (Mizkan Holdings Co., Ltd.)
	4. Digital Food Platform (DFP) Initiative led by Institute of Science Tokyo	Dr. KIMURA Eiichiro (Institute of Science Tokyo)

Closing