

Workshop on “Cooking and eating together: exploring the connection between well-being and food”

6 November 2024

13:10 – 14:10

Studio 3, Auditorium Parco della Musica Ennio Morricone

What we eat has a major impact on our health and well-being – but so does *how* we eat.

Drawing on a leading survey commissioned by Ajinomoto in partnership with Gallup, this workshop will dive deep into *why how* we eat, as well as *what* we eat, has a major impact on our subjective well-being. Findings from new research, conducted by Oxford University, will also uncover how our relationship with food is changing, the importance of sharing meals, social connection and showcase solutions for improving our overall well-being.

Opening remarks by **Yoshiki Takeuchi, Deputy Secretary-General, OECD**

Panel discussion with:

- Jan Emmanuel de Neve, Professor of Economics and Behavioural Science Director of the Wellbeing Research Centre, Oxford University
- Alberto Pratti, Assistant Professor of Economics, University College of London, Research Fellow of the Wellbeing Research Centre, Oxford University, Associate Researcher of the London School of Economics
- Andrew Dugan, Research Consultant, Gallup
- Chika Morishima, Vice-President, Sustainability & Communication, Ajinomoto

The panel will be moderated by: Dr. Alden Lai, School of Global Public Health, New York University

Lunchboxes will be available during the workshop.

To register, please click here: <http://bit.ly/3MPtmit>