

HNR at the Cambridge Science Festival 2010

Ever wondered how cornflakes are made? Or have you thought about becoming a chemist for the day? Now is your chance to find out and to make new and exciting scientific discoveries.

On **Saturday 13th March**, nutrition scientists from HNR will be at the Pitt Building in Cambridge with their very own **Food Factory** to show you just how challenging it really is to prepare breakfast cereals from scratch.

As part of the Cambridge Science Festival 2010, HNR scientists will take you step by step through the process of **making your own bowl of cornflakes**, starting by separating the bran and germ from the corn kernel, right through to toasting the flakes. You will also get the chance to design your own cereal box - including the addition of the nutrition label and healthy eating messages, to take your cornflakes home ready for breakfast the next day – if you can wait that long!

Dr Susan Jebb, Head of Nutrition and Health Research said: "Our Food Factory will showcase food science and some of the principles of good nutrition. Breakfast is an important meal since research shows breakfast eaters tend to have a healthier diet overall than breakfast skippers and are less likely to suffer from diabetes, cardiovascular disease or obesity." She also said: "The Food Factory will illustrate some of the complexities involved in food processing to provide safe and nutritious food. We also want to draw people's attention to the labelling on processed foods and why it is important to read and understand the information on the box, to help in choosing healthier foods."

Food Factory sessions start at **10.30am**, **12.30pm** and **2.30pm** and are open to all aged 5 years and above. The sessions are designed to be very hands-on so pre-booking is advised. However, the Food Factory venue will remain open throughout the day so do come and look at the posters on display and take part in the tasting panel to see whose cornflakes you prefer.

Not only will you have the opportunity to make your own corn flakes, HNR staff will also be at the New Museums Site in Downing Street, Cambridge with **Mighty Minerals** offering you the chance to become a chemist for the day.

HNR scientists will help you discover the importance of minerals in the diet and their role within the body. You can also watch the mighty mineral crystal grow.

Dr Susan Jebb, said: "This event will show what an important part minerals play in a healthy diet. Because they are usually hidden they are easily forgotten, but our Mighty Minerals exhibition will help give minerals the attention they deserve." This exhibit will particularly examine the work of the Biomineral Research team at HNR who concentrate on the role of minerals in health and disease and consists of four major research programmes; Dietary Silicon and Health, Dietary Inorganic Microparticles in Gut Health, Trace Element Status and Analysis and Iron and Novel Synthetic Minerals. More information about the Biomineral Research team can be found [here](#).

Mighty Minerals opens from **10am to 4pm** and is open to all aged 5 years and above. The event is designed to be fun and informative.

For more information: For further information on the other public engagement activities HNR gets involved in, please click [here](#).