Riddet Institute
ADVANCING FRONTIERS IN FOOD SCIENCE

Volunteers Wanted for a Food Chewing Study

How does ageing affect the way we chew food?

Researchers at the Riddet Institute and Massey University are seeking volunteers to participate in a study investigating how older adults chew different foods and how this influences food breakdown before swallowing.

The findings from this research will help improve our understanding of eating and digestion in older adults and may contribute to the future design of foods that better support healthy ageing.

Who can participate?

We are looking for healthy adults who are:

- aged 20-35 years; and those that are aged **65 years or older**;
- generally healthy and able to chew and swallow foods safely;
- willing to attend a single study session at Massey University in Palmerston North.

You may not be eligible if you have been diagnosed swallowing difficulties, have significant oral or gastrointestinal diseases, food allergies to the study foods (including chickpea, beef, chicken, pumpkin, spinach, milk, oat, potato), or medical conditions that may affect chewing or saliva production.

What does participation involve?

Participants will attend **one laboratory visit** lasting approximately **60–70 minutes** at Massey University, Palmerston North.

During the visit, participants will:

- complete a short screening questionnaire (before the session);
- chew several small food samples;
- allow their chewing behaviour to be video recorded;
- spit out the chewed food samples into a container rather than swallowing them;
- complete brief, non-invasive measurements of bite force and tongue pressure.

No blood samples, medications, or invasive procedures are involved.

Participants will receive a **$50 supermarket voucher** as a thank you for their time and contribution to the study.

Interested or would like more information?

Please contact:

Dongdong Ni
Research Officer
Riddet Institute, Massey University

Email: d.ni@massey.ac.nz
Phone: +64 2902510771

This project has been reviewed and approved by the Massey University Human Ethics Ohu Matatika 1, Application OM1 26/47. If you have any concerns about the conduct of this research, please contact the Chairperson, Massey University Human Ethics Ohu Matatika 1, email humanethics1@massey.ac.nz