



**tia**  
TASMANIAN  
INSTITUTE OF  
AGRICULTURE



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*TIA is a joint venture of the University of Tasmania and the Tasmanian Government*

## NEWS FROM THE TASMANIAN INSTITUTE OF AGRICULTURE

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# Media Release

## Chiefs of Staff, News Directors

Tuesday 1 September 2015

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### Do you like green bananas, cheese and lamb?

That lovely leg of lamb for Sunday dinner, the hundreds of varieties of cheese on offer and the energy bars that promise to give you a power boost, did not arrive in the supermarket by chance.

Many years of research go into making sure our food is safe, healthy and tasty.

The Tasmanian Institute of Agriculture (TIA), which is working across a diverse range of areas in food safety and innovation, is hosting three free public talks this week on food science as part of the University of Tasmania's Research Week.

First up is a talk in Launceston tonight on functional foods and whether they can make you faster, smarter and stronger.

TIA's Centre for Food Innovation's Director, Professor Roger Stanley, is working with the Defence Science and Technology Organisation and CSIRO to develop food for soldiers that provides them with slow-release energy.

"Most energy bars are high in sugar and give you a quick sugar hit, but for soldiers working for long hours without regular meal breaks, they need food that will give them energy that is released over a longer period," Professor Stanley said.

"We have been trialling chocolate bars made using green banana and plantain flour, which contains a resistant starch that is not digested until it reaches the large intestine.

"This means the energy from the bar is released over a longer period."

Associate Professor Aduli Malau-Aduli, known for his ability to make science fun, will be speaking on Wednesday in Hobart about how his team is working on making lamb healthier and tastier through natural feed supplements and sheep breeding.

Associate Professor Tom Ross' Thursday night talk on the science behind cheese-making has booked out. Partnering with the Hill Street Grocer's cheese experts, the presentation will also include a demonstration on how to make curd from milk.

### **Can functional foods make your faster, smarter, stronger?**

5.30pm Tuesday 1 September 2015

The Grove, University of Tasmania Newnham Campus, Newnham Drive

[Book online](#)

**Don't be sheepish about meat science**

5.30pm Wednesday 2 September 2015

Brunswick Hotel, 67 Liverpool St, Hobart

[Book online](#)

**Cheese-Making under the Microscope**

7pm Thursday 3 September 2015

Hill Street Grocer, 109 Hill St, West Hobart

Booked out

**Information released by:**

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