

News



Angelo Xuereb and AX Hotels' hospitality director Claire Xuereb holding the Best Design award.

# The Palace wins Best Design award

Premier boutique hotel The Palace, Sliema, recently won the Best Design award for five-star hotels with 50-200 rooms at the International Hotel and Property awards 2011 held at L'Hôtel Hermitage in Monte Carlo.

The award was collected by Angelo Xuereb, chairman of AX Holdings, who represented the group and The Palace hotel.

The International Hotel and Property awards are hosted by *Design et al*, a UK interior design magazine.

The awards are not judged by a panel, but short-listed entries are presented online and voting is open to industry professionals as well as *Design et al* readers, clients and customers.

# Diners who use big forks eat less – study

Researchers have found a new way to control the amount we eat: use a bigger fork.

While numerous studies have focused on portion sizes and their influence on how much we eat, researchers Arul and Himanshu Mishra and Tamara Masters looked at how bite sizes affect quantities ingested.

To do this, they conducted field research in a popular Italian restaurant in the southwestern US.

Two sets of forks were used to tinker with bite size: a larger fork that held 20 per cent more food than the fork usually used in the restaurant, and a smaller fork that held 20 per cent less than the usual utensil.

Over two lunches and two dinners in the restaurant, tables were either 'large fork' or 'small fork' tables.

Servers, including one of the study's authors, took customers' orders, and weighed the full plate of food that they had ordered before serving it to them.

A small sticky note was attached to the underside of each plate, noting the weight and other information – just in case the fork and plate were separated when the table was cleared.

At the end of the meal, the plate was brought back to the kitchen and weighed again, and the researchers found that diners who used the bigger fork ate less of their food than those who used the smaller one.

But the big-fork, less-eaten theory only worked in a restaurant setting. A study conducted in the lab, which also used Italian food, found that people who used big forks actually consumed more.

The researchers, whose findings were published in the *Journal of Consumer Research*, concluded that there are different motivations when we eat in a restaurant or a lab.

Diners went to the restaurant with a "well-defined goal of satiating their hunger, and, because of this well-defined goal, they are willing to invest effort and resources to satiate their hunger."

In the lab, participants were told they were taking part in a study and did not have that same motivation.

The restaurant diners felt that the small fork gave them "a feeling that they are not making much progress" towards their goal, and this resulted in them eating more of the food on their plate than the large-fork group, the researchers reasoned. (AFP)



## WIN A DINNER FOR TWO at Temptasian, The Palace, Sliema

Temptasian at The Palace, Sliema, is offering dinner for two, including drinks, Monday to Sunday. Reservation is necessary and is always subject to availability. Readers are invited to answer the following question and send it to *The Sunday Times* 'Temptasian Meal for Two' competition, PO Box 328, Valletta.

Kindly include your full name, address, telephone number and identity card number when sending your reply. Entries must be submitted by August 1.

Who hosts the International Hotel and Property awards?

NAME: .....

ADDRESS: .....

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ID CARD: .....

▪ The winner of the competition, published on July 10, is Paul Mckay of Valletta.



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