



## Food and Behaviour Research Conference

# Diet, Brains and Behaviour: Making the Link

A professional one-day conference on

**Thursday, 10th June 2010**

**9am to 4.30pm**

at The Bristol Marriott Royal Hotel, Bristol BS1 5TA



Organised by:

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## ABOUT THE CONFERENCE

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**An exceptional opportunity to hear from a panel of top UK experts, researchers and practitioners about how nutrition affects behaviour, learning and mood.**

- How does the food we eat affect the way we feel, behave and learn?
  - What are the consequences of modern day diets on our brains and bodies?
  - Depression, dyslexia, ADHD and related conditions – what's the evidence that nutrition can make a difference?
  - What can we expect up ahead if pregnant mothers and their babies don't get a well-balanced diet? Is current advice appropriate?
  - The School Food Revolution – inspiring us to think about different approaches towards building sustainable school food systems
  - Hear how to encourage healthy food choices in children and your own family. Learn how to deal effectively with food culture, 'fussy eating' and food cravings
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## SPEAKERS

**Dr Alex Richardson**, (Founder Director, FAB Research; Senior Research Fellow, University of Oxford; Author of 'They Are What You Feed Them')

***'The Impact of Diet on Behaviour, Learning and Mood: an overview'*** and ***'Managing stress, anxiety and depression: the role of nutrition'***

**Professor John Stein**, (Professor of Neurophysiology, University of Oxford; Chair of Dyslexia Research Trust)

***'Attention, perception and action in dyslexia and related conditions: genes, brains and the nutritional environment'***

**Dr Pauline Emmett**, (Independent Senior Research Fellow, Centre for Child and Adolescent Health, University of Bristol)

***'Mother and Child: The importance of good nutrition right from the start'***

**Dr Roberta Sonnino**, (School of City & Regional Planning, Cardiff University; Co-author of 'The School Food Revolution')

***'New perspectives on feeding children - The School Food Revolution'***

**Jo Pearce**, (Research Nutritionist at The School Food Trust)

***'School Food Trust – Lunch and behaviour studies'***

**David Rex**, (Child Health Dietitian NHS Highland, & Healthy Eating in Schools Co-ordinator)

***'Practical Dietary approaches to Autism, ADHD and related conditions. What works in practice?'*** and ***'The psychology of food choices; putting theory into practice'***

## AN ESSENTIAL CONFERENCE FOR:

Head Teachers and Class Teachers | Health Professionals | Local Authority Staff | Healthy School Co-ordinators | Health Development Staff | School Meal Providers | Contracts Managers | Local Authority Caterers | Policy Makers | Social Workers | Youth Justice System | Voluntary Organisations | Parents | Carers | Media



## HOW TO REGISTER AND PAY

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If paying by cheque, please make payable to 'FAB Research' and post with booking form to **Food and Behaviour Research, The Green House, Beechwood Business Park North, Inverness IV2 3BL.**

If an invoice is required, please complete booking form and email to [admin@fabresearch.org](mailto:admin@fabresearch.org) with details of where invoice should be sent. Please include a valid purchase order number from your finance department or we will not be able to process your booking.

**Terms and conditions:** Cancellations confirmed in writing more than 14 days prior to the event will be refunded minus an administration charge of 20%. We regret that no refund can be made after that date, for whatever reason, although substitutions may be accepted if notified in writing before the event. The organisers reserve the right to substitute speakers or venue and make changes to the programme as and where required.