

A Food and Behaviour Research Conference

FEEDING A BETTER FUTURE: MOTHERS' AND CHILDREN'S DIETS

A one-day conference on
Tuesday, 2nd June 2009
9am to 4.30pm

The Barcelo Angel Hotel, Castle St, Cardiff CF10 1SZ



Organised by:



thewaterloofoundation*

Supported by:





ABOUT THE CONFERENCE

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

- There is endless media coverage about the food we consume. So why do we still eat such poor diets? And what part do they play in children's worsening behaviour and the rising numbers of special needs pupils?
- What can we expect for babies if their mothers don't get a balanced diet during pregnancy? And is current dietary advice appropriate? Find out which nutrients in mothers' diets are most strongly linked with behaviour and intelligence in their children.
- How do children develop their eating patterns, and what lifelong effects do these have? How can you deal with 'fussy eating' and encourage healthy food choices?
- School meals from a new perspective – hear inspiring examples from around the world. And learn how to make informed food choices for your children and families.

Hear the latest scientific evidence on the links between diet, brains and behaviour – and what practical steps can be taken to encourage healthy eating at home and at school.

SPEAKERS

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

'Food and Behaviour: An Overview' and *'Omega-3 for mental performance and mood: latest evidence and implications for practice'*

Professor Michael Crawford, (Founder and Director of The Institute of Brain Chemistry and Human Nutrition, London Metropolitan University)

'Recent dietary changes and their consequences for human brain development'

Dr Pauline Emmett, (Independent Sr Research Fellow, Centre for Child and Adolescent Health, Bristol)

'Key findings about food and behaviour from the 'Children of the 90s' Study' - a world-famous long-term follow-up study of over 14,000 pregnant mothers and their children

Professor Amanda Kirby, (Medical Director, The Dyscovery Centre, University of Wales, Newport)

'The Gwent behaviour study – latest results and their implications'

Professor Kevin Morgan, (School of City & Regional Planning, Cardiff University)

'Improving children's diets - The school food revolution'

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

'The role of diet in ADHD, autism and related conditions' and *'Encouraging healthy eating at home and in schools: practical tips and guidance'*

WHO SHOULD ATTEND

Education Professionals | Health Professionals | Local Authority Staff | Social Workers | Policy Makers | Caterers | Food Manufacturers | Food Marketing Representatives | Criminal Justice System | Voluntary Organisations | Parents | Carers | Media



HOW TO REGISTER AND PAY

SUPER EARLY BIRD OFFER *only* £75

BOOK AND PAY ONLINE AT www.fabresearch.org – EXPIRES MIDNIGHT FRI 8 MAY

From SAT, 9 MAY, the following rates will apply. Book and pay online [here](#), or by telephone on 01463 667318, or complete booking form below (one form per delegate please):

Full Rate - £125

(Commercial organisations, central government departments)

Reduced Rate - £99

(Local authorities, Education, Health, Social Work, Charitable and Voluntary organisations)

FAB Associate Members - £80

Supported Rate - £60

(Students, parents and carers)

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

If an invoice is required, (*not applicable to Super Early Bird Offer*) please complete booking form and email to admin@fabresearch.org with details of where invoice should be sent. Please include your purchase order number.

Purchase Order Number (if applicable):			
Delegate Name:			
Position/Job Title:			
Name of Organisation:			
Address:			
Town/City:			
County:		Postcode:	
Contact Telephone Number:			
Contact Email Address:			
Dietary/Access Requirements:			

TYPE:	Rate Applicable	Please tick
Until midnight Fri 8 May Super Early Bird	£75 (payable at time of booking)	
From Sat 9 May - Full Rate:	£125	
From Sat 9 May - Reduced Rate:	£99	
FAB Associate Members:	Existing Members Only £80	
Supported Rate:	£60	

Cancellation Policy. Cancellations confirmed in writing 7 days prior to the event will be refunded minus an administration charge of 15%. We regret that no refund can be made after that date, for whatever reason, although substitutions will be accepted if notified in writing before the event. Bookings made less than 7 days prior to the event are non-refundable.