



Better Nutrition, Better Learning, Better Futures

# The National Children's Nutrition Conference

Tuesday, 10<sup>th</sup> June 2008

St David's Hotel  
Havannah Street  
Cardiff



Food And Behaviour Research  
[www.fabresearch.org](http://www.fabresearch.org)

thewaterloofoundation\*

CANOLFAN DYSCOVERY CENTRE

## Conference Aims

This major new conference will give you the opportunity to hear from international experts who are undertaking the latest research in nutrition, and how this links to behaviour, learning and well being. It will provide you with the route from research to practical management, and enable you to gain an understanding of ways in which schools can take this information on board in practical ways, and push food higher up the school agenda to ensure that we give all our children the bright future they deserve.

## Audience

This conference is suitable for health and educational professionals, GPs, parents, those working with young people in youth services, nutritionists, and researchers working in the fields of child development, neuroscience and education.

## Programme

- 9.00 Coffee and Registration  
Chair: Professor David Benton
- 9.30 Welcome and Open the Conference: Jane Hutt AM, Minister for Children, Education, Lifelong Learning and Skills
- 9.40 Professor Michael Crawford – “We are what we eat - driving forces for evolution.”
- 10.10 Dr Paul Clayton – “Malnutrition in children today: what we can learn from the Victorians.”
- 10.50 Coffee
- 11.20 Professor Bonnie Kaplan – “Keep your bananas in the refrigerator: mechanisms by which nutrients affect brain function”
- 12.00 Dr Alex Richardson – “They are what you feed them - omega 3 - what’s the real evidence?”
- 12.40 Dr Stephanie Matthews – “When milk makes children ill”
- 1.10 Lunch
- 2.10 Professor Amanda Kirby – “TV or not TV? That is the question! – why we need to sit at the table”
- 2.50 Professor Kevin Morgan – “The school food revolution and ways to use local/organic food in public food provisioning”
- 3.30 Fiona Hamilton-Fairley – “Why do children and young people need to learn to cook?”
- 4.00 Conclusions and round up

## Speakers

### • Jane Hutt AM

Minister for Children, Education, Lifelong Learning and Skills.

Jane Hutt is the former vice chair of the Wales Council for Voluntary Action and the governors of Kitchener Primary School, Cardiff; the Welsh member on the New Opportunities (UK) Fund and a former vice-chair of the Social Services Committee on the former South Glamorgan County Council. Jane is an Honorary Fellow of the University of Wales Institute Cardiff.

### • Professor David Benton

Professor of Psychology at the University of Swansea, Wales.

David Benton has studied Biochemical Pharmacology and examined biological correlates of mood and cognition, typically studying the influence of nutrition on physiology and hence psychological functioning. Recent interests in the nutrition of children have included the study of the influence of the pattern of meals, and their macro-nutrient composition, on cognition and behaviour.

### • Professor Michael Crawford

Director, Institute of Brain Chemistry and Human Nutrition, London Metropolitan University.

Michael Crawford is a leading expert in brain chemistry and human nutrition, specialising in work on dietary fats and the health benefits of Essential Fatty Acids to humans. In his 1989 book “The Driving Force: Food, Evolution and the Future” he presented significant evidence in favour of the Aquatic Ape Theory, principally that the modern human brain is unlikely to have developed on a savannah diet, but could have found the long-chain fatty acids it is built from easily in the seafood of a littoral environment.

### • Dr Paul Clayton

Immediate Past President, Forum on Food & Health, Royal Society of Medicine.

Paul Clayton is a Fellow of The Royal Society of Medicine and a former Senior Scientific Advisor to the UK government’s Committee on the Safety of Medicines. Visiting Fellow, Oxford Brookes University, Academic Director, ISPAN Academy (Norway), Scientific Director, Albert Szent-Gyorgi Institute for PharmacoNutrition, Hungary and author of ‘Health Defence and Pharmageddon’.

### • Professor Bonnie J. Kaplan

Professor, Faculty of Medicine, University of Calgary, Calgary, Alberta, Canada.

Bonnie Kaplan has lived in Canada since 1979 where she serves on the National Advisory Board of the Learning Disabilities Association of Canada. Her research focus has been on developmental problems and she also has an ongoing interest in nutrient-behaviour interactions, having studied the impact of food ‘additives’ on children with ADHD and also, since the 1990s, the role of supplementation with micronutrients (vitamins and minerals) for the treatment of mood, aggression, and explosive rage.

### • Dr Alex Richardson

Founder Director of FAB Research.

Alex Richardson is a leading authority on the role of nutrition (and particularly fatty acids) in child behaviour and learning and adult mental health. She has more than 80 research publications from her work at Oxford University’s Department of Physiology, Anatomy and Genetics, and is a founder director of the charity Food And Behaviour Research.

### • Dr Stephanie Matthews

Consultant in Medical Biochemistry with a special interest in food intolerance and cholesterol problems.

Stephanie Matthews is the co-discoverer of systemic symptoms of lactose sensitivity and has published recommendations for a new diagnostic framework in lactose sensitivity which includes a genetic test. She ran a successful NHS clinic for food intolerance for 5 years and is continuing this service as ‘The Diet Detective’. She is co-author of a lactose-free cookbook and several peer reviewed scientific papers on the subject.

### • Professor Amanda Kirby

Medical Director, The Dyscovery Centre, University of Wales, Newport.

Professor Amanda Kirby is the Medical Director of The Dyscovery Centre, part of the University of Wales, Newport. She runs an interdisciplinary team of health and educational professionals at the Centre and has an interest in the links between developmental disorders, behaviour and nutrition. She is currently undertaking a large scale research study with children in Newport, Wales, examining potential effects of Omega 3 fatty acids on behaviour and learning.

### • Professor Kevin Morgan

School of City & Regional Planning, Cardiff University.

Kevin Morgan is a Professor of European Regional Development, member of the Urban and Regional Governance Research Group and Director of the Regeneration Institute; he is an associate member of BRASS. Kevin has been with Cardiff University since 1989 and previously worked as a research fellow at the University of Sussex. His area of interest includes food provisioning in schools and the corresponding role of local and organic produce.

- **Fiona Hamilton-Fairley**  
CEO and Director of the Charity, Kids Cookery School, London.  
Fiona is a passionate cookery teacher and food campaigner. Her vocation for teaching cookery was sparked in 1987 when she began to teach adults how to cook in adult educational centres throughout London. Fiona founded The Kids' Cookery School (KCS) in 1995, when she began to teach children in her own home following the realisation that her own children would not learn to cook at school. Fiona has written two cookery books, 'I Can't Cook' and 'I Can't Cook: Entertaining'. Under Fiona's leadership, KCS self-published "The Kids' Cook Book" in 2005.



## Supporting organisations

the **waterloo** foundation\*

The Waterloo Foundation is an independent grant-making Foundation based in Wales, funding projects both in the UK and world-wide. It has a dedicated interest in children's psychological development, particularly the impact of environmental factors – including children's nutrition – and genetic factors, on neuropsychological development.

[www.waterloofoundation.org.uk](http://www.waterloofoundation.org.uk)

**CANOLFAN DYSCOVERY CENTRE**

The Dyscovery Centre is part of the University of Wales, Newport. It has an international reputation for its work in developmental disorders, offering research and training, together with a comprehensive clinical service for children and adults.

[www.dyscovery.co.uk](http://www.dyscovery.co.uk)



Food and Behaviour Research (FAB Research) is a charitable organisation dedicated both to advancing scientific research into the links between nutrition and human behaviour, and to making the findings from such research available to the widest possible audience.

[www.fabresearch.org](http://www.fabresearch.org)



## Booking Form

Name:\* \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Post code \_\_\_\_\_

Place of work (if different)\* \_\_\_\_\_

E-mail: \_\_\_\_\_

Tel no: \_\_\_\_\_

Profession:\* \_\_\_\_\_

\* This information may be used on delegate badges and listings

Any special dietary requirements? \_\_\_\_\_

Any mobility or specific support needs? \_\_\_\_\_

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### Fees and Payment

Booking received on or before April 30th 2008 - £80

Booking received after April 30th 2008 - £95

Students - £65

Please make cheques payable to University of Wales, Newport

Cheque  Switch /Visa

Please debit my account £.....

Card Number				Start & Expiry Date	Switch Issue No	*Security No

\* Security No - Last three digits of the number appearing on the signature panel on the back of your debit card.

### Please return to:

The Dyscovery Centre,  
Allt-yr-yn Campus  
University of Wales, Newport  
Newport  
NP20 5DA

**Tel:** 01633 432330

**Fax:** 01633 432331

**Email:** [trainingdyscovery@newport.ac.uk](mailto:trainingdyscovery@newport.ac.uk)

If we're to invoice your organisation, please give full address details below:

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N.B. Notification of cancellation must be received in writing at least 2 weeks prior to the conference, when a full refund, less an administration charge of £10 will be made. Refunds for places cancelled less than 2 weeks before the conference will be at the discretion of the organisers. All information contained in this leaflet was correct at the time of printing. However the organisers reserve the right to make changes to the programme without notice.



Conference venue:

The St David's Hotel & Spa  
Havannah Street  
Cardiff Bay  
Cardiff  
CF10 5SD

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[www.thestdavidshotel.com](http://www.thestdavidshotel.com)

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