

CONFERENCE

Diet, Behaviour and the Junk Food Generation: how diet affects children's behaviour, learning and mood

CPD
Training

CPD:
5 hours



A ONE DAY CONFERENCE
TUESDAY 23rd JANUARY, 2007
THE RADDISON HOTEL
GLASGOW

Dr Alexandra Richardson

Senior Research Fellow, University Laboratory of Physiology, Oxford
and Director, FAB Research

KEYNOTE SPEAKER

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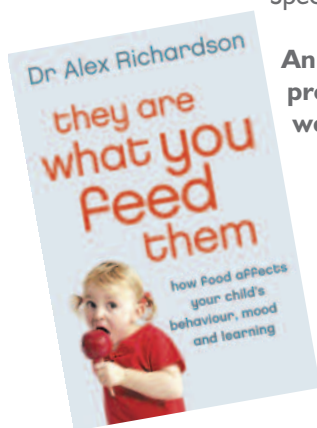
Diet, Behaviour and the Junk Food Generation: how diet affects children's behaviour, learning and mood

What we feed our children is at the heart of political and public debate – primarily in relation to physical health and well-being. However, a growing body of evidence now supports the view that the right nutrition is just as important for the optimal mental development and functioning of children. In terms of the policy challenge to promote holistic health and well-being, the link between diet and behaviour is a crucial part of this agenda.

Are the many behaviour problems which impact upon the learning, teaching and welfare of our children diet related? How does the food we are feeding children affect their brains – and what can be done about it?

This one-day conference will focus on how food affects children's behaviour, learning and mood: in particular the potential links between food and the growth of known disorders such as ADHD, Dyslexia, Dyspraxia and Autistic Spectrum.

An essential conference for educators, healthcare professionals and others involved with the care and well-being of children and young people.



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AGENDA

Session One

08.50-09.25

Diet and the Brain: An Overview

Registration

09.25-10.00

Chair opens conference

Introduction: Professor John Stein, Professor of Neurophysiology, University of Oxford and Chair, Dyslexia Research Trust

The post-war diet and its implications for cognitive development and mental health in babies and young children

10.00-10.30

Dr Alex Richardson, Senior Research Fellow, University Laboratory of Physiology, Oxford and Director, FAB Research

The importance of nutrition for behaviour, learning and mood

10.30-10.50

Q & A

10.50-11.10

Refreshment break

Session Two

Implications of Diet in Child Health and Education

11.10-11.40

David Rex, Lead Child Health Dietician, NHS Highland

Nutritional approaches to learning disorders

11.40-12.00

Q & A

12.00-12.15

Dr Mary Bellizzi, National Development Officer (Food & Nutrition), Scottish Health Promoting Schools Unit (SHPSU)

Promoting Healthy Eating in Schools: an update

12.15-12.30

Q & A

12.30-13.30

Lunch

Session Three

Implications of Food for Behaviour

13.30-13.50

Video Presentation: the impact of healthy eating

13.50-14.20

Bernard Gesch, Senior Research Scientist, University Laboratory of Physiology, Oxford and Director of the research charity, Natural Justice

Diet and anti-social behaviour

14.20-14.40

Q & A

14.40-15.00

Refreshment break

Session Four

Research Evidence and Practice: Bridging the Gaps

15.00-15.30

Introduction: Dr Alexandra Richardson

Dr Tom Gilhooley, Glasgow-based GP, Managing Director, The Centre for Nutritional Studies Ltd & Clinical Director, Glasgow Health Solutions Ltd

Diet and mental health – lessons from a Glasgow medical practice

15.30-16.00

Dr Alex Richardson with Dr Paul Montgomery, Leader, Evidence-Based Intervention Unit, University Dept. of Social Policy & Social Work, Oxford

Can fish oils really improve child behaviour and learning – and how would we know?

16.00-16.30

Q & A

16.30-16.35

Chair's Closing Remarks

16.35

Conference Closes

Who should Attend

Local Authority:-

Directors of Education
Directors of Social Work
Education Support Services
Policy Planners
Directors of Catering

Elected Members

Scottish Executive Officials
Scottish Parliament Officials
Policy Researchers
Policy Advisers
Head Teachers
Special Needs / Learning Support Co-ordinators
Educational Psychologists

Health Professionals (paediatrics / child psychiatry / clinical psychology / GPs / Community Nurses / Dieticians)

Children's Charities
Commercial Caterers
Parent Organisations
Campaign Groups
Parenting Advisors and Parent Service Workers
Police
Probation Officers
Members of Children's Panels
Youth Workers
Academics
Food Producers and Manufacturers

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Tuesday 23rd January 2007

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Topics to be Covered

The development of the post-war diet in Britain

The relationship between diet and brain function (from a scientific perspective)

The importance of nutrition for behaviour, learning and mood (with reference to Omega 3)

Nutritional approaches to learning disorders

Diet and anti-social behaviour

Science-based dietary interventions to combat behaviour and low attainment

How practical strategies can be deployed nationally within the education service to help pupils and teachers

The evidence base: bridging the gap between science fact and science fiction

The role and responsibilities of Government



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