

Food and Behaviour Research Conference: Diet, Brains and Behaviour: Making the Link

An excellent opportunity to hear the latest research findings and insights from a panel of top UK experts, researchers and practitioners about how diet affects behaviour, learning and mood.

***The Bristol Marriott Royal Hotel, Bristol
Thursday, 10th June 2010***

- How does the food we eat affect the way we feel, behave and learn?
- What are the consequences of our present day diets on our brains and bodies?
- What can we expect if pregnant mothers and their babies don't get a well-balanced diet? Is current advice appropriate?
- Which nutrients in mothers' diets are most strongly linked with behaviour and intelligence?
- How do children develop eating patterns, and what lifelong effects can they have?
- New perspectives on school meals – some inspiring examples

**SPECIAL
OFFER**
*Limited number
of low rates*
BOOK NOW!

Food and Behaviour Research
The Green House, Beechwood Business Park North
Inverness IV2 3BL
Registered Charity No SC 034604

Speakers:

Dr Alex Richardson
*Founder/Director of FAB
Research; University of
Oxford*

Dr Pauline Emmett
*Centre for Child and
Adolescent Health,
University of Bristol*

Prof Kevin Morgan
*Author of 'The School
Food Revolution',
University of Cardiff*

David Rex
*Specialist Dietitian for
Health Promoting Schools
and ASD, NHS Highland*

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

Jo Pearce
*Research Nutritionist at
the School Food Trust*

***An essential conference
for professionals
working in:***

*Education • Health •
Mental Health • Local
Authorities • Social
Work • Catering and
School Meal Provision •
Policy Makers •
Youth Justice System •
Voluntary Orgs • Media*

As well as:
Parents and Carers

Programme:

08.45–09.20 Registration

09.30–09.40 Welcome and Introduction

Lois MacDonell (FAB Research)

09.40–10.15 Dr Alex Richardson

The impact of diet on mood, behaviour and learning:
An overview

10.55–10.55 Prof John Stein

Nutrition and the brain: implications for developmental disorders and anti-social behaviour

10.55–11.15 Refreshment break

11.15–11.55 Dr Pauline Emmett

The importance of mothers' diets to children's development

11.55–12.30 David Rex

Practical dietary approaches to Autism, ADHD and related conditions. What works in practice?

12.30–12.45 Questions and Answers

12.45–14.00 Lunch

14.00–14.35 Dr Alex Richardson

Managing stress, anxiety and depression: the role of nutrition

14.35–15.10 Prof Kevin Morgan

New perspectives on feeding children – the School Food Revolution

15.10–15.30 Refreshment break

15.30–15.45 Jo Pearce

School Food Trust – Lunch and behaviour studies

15.45–16.20 David Rex

Understanding and influencing food choices of young people

16.20–16.30 Dr Alex Richardson

Closing Summary

Supported by:

Organised by:



thewaterloofoundation*



Commentary from recent delegates and speaker:

"The conference has given us invaluable research to support children/families and practice in our children's centre. Excellent presentations, life-changing information"

Teacher

"This event provided me with greater knowledge and an availability of resources to influence the food choices the children have in school. Enjoyed being able to talk to other attendees and the speakers"

School Nurse

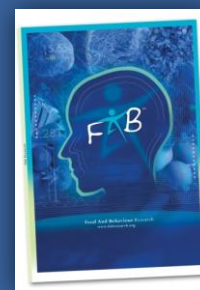
"The aim of FAB Research is to develop good scientific evidence and to disseminate it to the actual practitioners – to people who can make use of it to help other people. Research is of no use to anybody unless it's practically applied, and the conferences FAB Research runs are a major vehicle for doing that"

Prof Malcolm Peet

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How to register and pay:

Complete registration form below (*one form per delegate please*) or book and pay online at www.fabresearch.org or tel 01463 667318



Purchase Order Number (<i>if applicable</i>):	
Delegate Name:	
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Dietary/Access Requirements:	

<i>Delegate type:</i>	<i>Rate applicable:</i>	<i>Please select</i>
Central Govt & Private Sector:	£125	
Public Sector, Education, NHS, Local Authority, Voluntary Organisations & Charities (with income over £1 m):	£75	
Voluntary Organisations and Charities (with income less than £1 m) & Concessions:	£49	
Groups of 10 or more @ £35 each	£350	
FAB Associate Members:	£40	

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 with details of where invoice should be sent. Please include a valid purchase order number from your finance department or we may 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 25%. 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.