

WHAT'S EATING AUSTRALIA TODAY? SYMPOSIUM

New insights on eating behaviours in Australia and what it means for your practice.
WEDNESDAY 4 NOVEMBER 2009, 3.00-7.00PM

PROGRAM

- 3.00pm** **Registration.** Tea and coffee
- 3.25pm** **Welcome.**
Claire Hewat APD Chief Executive Officer, Dietitians Association of Australia
- 3.30pm** **Eating and lifestyle patterns in Australian children**
Professor Lynne Cobiac PhD, MBA(Adv), APD, Flinders University
New analyses from the 2007 Australian National Children's Nutrition and Physical Activity Survey on how different dietary patterns are associated with nutrition and lifestyle indicators.
- 4.00pm** **Parenting style and early feeding practices – strategies to promote healthy eating behaviours and growth in young children**
Professor Lynne Daniels MSc, PhD, Grad Cert Tert Educ, APD. QUT
The influence of parenting style on children's eating behaviours and practical strategies for achieving positive eating patterns.
- 4.30pm** **Relevance of 'cooking skills' for healthy eating today?**
Andrea Begley MPH, APD, Curtin University of Technology
New insights on the meaning of 'cooking skills' and whether improving cooking skills can help achieve dietary goals.
- 5.00pm** **Cooking demonstration.** Canapes and refreshments
- 5.30pm** **The typical Australian's dinner**
Dr Rebecca Huntley Director Ipsos Mackay Research and author of *Eating Between the Lines: Food and equality in Australia*.
Surprising results from a survey of 1000 Australian's, last night's meal provides a useful insight into the most popular meals and why they are chosen; how they are prepared; and where they are consumed.
- 6.30 pm** **Question time/Summary of Implications for dietetic practice**
Claire Hewat Chief Executive Officer, Dietitians Association of Australia
- 7.00pm** **Close**

WHERE	Amora Hotel Jamison, 11 Jamison Street, Sydney.
PARKING	Discount parking \$35 when paid at Hotel Reception.
STATION	Wynyard
COST	Complimentary from MLA
RSVP	Wednesday 28 October to Alana Kirk on akirk@mla.com.au or 02 9463 9193

Brought to you by Meat and Livestock Australia and hosted by the Dietitians Association of Australia.