The Charles Perkins Centre presents

Doing nutrition better: A fresh approach

A one-day workshop designed to extend your practical knowledge of your nutrition led by leading experts in the fields of nutritional ecology and dietetics

Tuesday 14 August 2018
About the workshop

Traditional approaches to nutrition in Australia are failing. This workshop will present a new approach to nutrition and explain why we find it so hard to follow nutritional advice when modern food environments exploit and work against our biology. Armed with this understanding, we will discuss methods to deliver nutritional behaviour change.

Learning outcomes

By attending this workshop you will be able to:

- gain a clear overview of the need for interdisciplinary thinking in nutrition
- recognise the importance of nutrient-specific appetites
- understand how nutrient specific appetites interact with human food environments to influence health
- recognise behaviours that need to be changed for better nutrition
- identify behaviour change techniques that address the targeted areas for changing diets
- expand your knowledge on best practice in design and evaluation of a technology mediated nutrition program

Location

The workshop will take place in the Charles Perkins Centre at The University of Sydney.

Level 6 Seminar Room
Charles Perkins Centre, D17
The University of Sydney
View on Google maps

Fees and registration

$95 general admission
$65 students
Lunch and light refreshments will be provided
Registrations can only be made online here. Places are strictly limited.
Please read our short course terms and conditions.
# Program*

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.30-9.00am</td>
<td>Arrival and registration</td>
</tr>
<tr>
<td></td>
<td><strong>Professor David Raubenheimer</strong></td>
</tr>
<tr>
<td>9.00-10.30am</td>
<td>Lessons from the wild: what animals can teach us about nutrition</td>
</tr>
<tr>
<td>10.30-10.50am</td>
<td><em>Morning tea</em></td>
</tr>
<tr>
<td>10.50am-12.30pm</td>
<td>A new look at human nutrition</td>
</tr>
<tr>
<td>12.30-1.00pm</td>
<td><em>Lunch</em></td>
</tr>
<tr>
<td></td>
<td><strong>Professor Margaret Allman-Farinelli</strong></td>
</tr>
<tr>
<td>1.00-2.30pm</td>
<td>Behaviour change</td>
</tr>
<tr>
<td></td>
<td>Small group practice</td>
</tr>
<tr>
<td>2.30-2.50pm</td>
<td><em>Afternoon tea</em></td>
</tr>
<tr>
<td>2.50-4.30pm</td>
<td>Technology design</td>
</tr>
<tr>
<td></td>
<td>Small group practice</td>
</tr>
<tr>
<td>4.30pm</td>
<td>Conclusion</td>
</tr>
</tbody>
</table>

*Program may be subject to slight changes in timings*
About the speakers

**Professor David Raubenheimer**

David Raubenheimer is Leonard P Ullmann Chair in Nutritional Ecology, and Nutrition Theme Leader at the Charles Perkins Centre (University of Sydney). The research theme unites researchers across disciplines in unexpected collaborations, providing unique insights into nutritional ecology, of which David is a leading expert. Nutritional ecology studies how nutrition-related aspects of an animal’s environment interact with its biology to determine health and fitness outcomes.

David studies of insects, fish, birds and a variety of mammals have helped develop a new approach to human nutrition-related problems, such as the dietary causes of obesity.

---

**Professor Margaret Allman-Farinelli**

Margaret Almann-Farinelli is Professor at Dietetics at the University of Sydney. She is also leader of the Wireless wellbeing and personalised health research node at the Charles Perkins Centre (University of Sydney), where she collaborates with researchers from various disciplines to understand how mobile phone apps, wireless devices and communications will empower people to improve their quality of life while preventing obesity, diabetes and cardiovascular disease.

Margaret’s research interests include all aspects of dietetics from food and nutritional science to prevention of lifestyle-associated chronic disease.