

SEMINAR FOR PARENTS AND EDUCATORS

What's food got to do with it?

Understanding the links between Food, Health, Learning and Behaviour

Wednesday 9 October 2013

7:00pm - 9:00pm



Does your child have erratic or moody behaviour?
Do they have difficulty focusing or struggle at school?

With growing rates of learning difficulties, behaviour challenges, food intolerances, autism/ADHD and asthma, parents around the world are turning to food with great results. This event for mums, dads and educators will share what's happening to our kids and what you CAN do about it from a food, learning and practical perspective!

Meet the Team behind the Event



Kris Barrett

Holistic Health Coach Kris Barrett from **Nourish Me** will delve into what's happening to our kids. Why are there so many behavioural and learning problems and allergies these days? She'll show you WHY food affects your child's learning and behaviour and give you a recipe for raising a happy, healthy child.



Louise D'Allura

Home Economist and Additive Alert Community Talks Presenter Louise D'Allura from **Meal Planning Your Way** will help you identify which food additives are linked with learning, health and behaviour problems and how to shop smarter, avoid harmful additives.



Kerry Whitney

Founder of **Literate Kids** and teacher, Kerry Whitney will explain some of the reasons why your children are having difficulties with their learning and show you ways that you can help them. She will also tackle the dreaded issue of Homework.



Jess Zutt

Busy working mum and food blogger from **Cooking4K**, Jess Zutt has two kids, the youngest suffering from severe food intolerances to gluten, grains, colourings and preservatives. Jess will share her story with some tips and recipe ideas for cooking from scratch in a busy household.



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Prana Centre

7027 Southport - Nerang Road, Nerang

Tickets: \$20 each

Limited Seats - Bookings are essential!

Get your tickets from

www.TryBooking.com/61781

Questions?

Call Meal Planning Your Way's Louise D'Allura on
0408 723 559

 Buy Now

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