



## Food, Mood & Behaviour

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The Highland  
Council  
Comhairle na  
Gàidhealtachd

# Food, Mood & Behaviour



This 3½ hour session is led by Dave Rex, Specialist Dietician for Highland Council's Care & Learning Directorate.

## **This session will explore:-**

- ◆ How our food environment influences child food preferences.
- ◆ Sharing the latest research from Food & Behaviour research conferences.
- ◆ How nutrition affects children's mood, behaviour and learning.
- ◆ The pros and cons of "Nutritional Medicine" for children with Autism or ADHD
- ◆ Choosing nutritional supplements and complement a child's food intake.



- ◆ Practical steps to broaden the food choices of selective eaters at home and school.

## **The target audiences include:-**

- ◆ Parents and carers of Autistic children.
- ◆ Parents and carers of children with mood disorders.
- ◆ Parents and carers of selective eaters.
- ◆ Staff from health, social work, education and third sector, working with children listed above.
- ◆ Professionals and carers involved in fostering and adoption.

## **Dave Rex**

Dave Rex has worked in Highland for 13 years. He has developed food & health resources for schools and advises the school meals service. He also provides Scotland's only free specialist nutrition & dietetic service for children with Autism and ADHD. He has previously worked on Food Policy for an English Health Authority, in the food industry on product development, and is the main Dietetic contributor to Food & Behaviour Research conferences all over the UK. He has a degree in Chemistry & Food Science, a post graduate diploma in Nutrition & Dietetics, a Master's degree in Food Policy, and has been a State Registered Dietician for 20 years.