

Cyfeillion Amgueddfa Cymru
Parc Cathays, Caerdydd CF10 3NP

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cyfeillion national
amgueddfa museum
cymru wales

Friends of National Museum Wales
Cathays Park, Cardiff CF10 3NP

Saturday 19 March 2016 at 10.30am

Reardon Smith Lecture Theatre, National Museum Cardiff

‘DIET, ACTIVITY AND HEALTH’

A Talk by Professor Robert Pickard

Many Friends will remember the entertaining talk given by Professor Pickard two years ago and we are fortunate that he has agreed to a return visit when his chosen subject will be equally absorbing.

Robert was Director-General of the British Nutrition foundation for 10 years. He is also an Honorary Member of the British Dietetic Association and the National Health Forum. As Chair of the Consumers’ Association *Which?* and a member of the Food Standards Agency’s Advisory Committee for Wales, he worked to protect members of the public from misleading claims on food packaging and poor practice in the marketing of foods. A Trustee of Amgueddfa Cymru – National Museum Wales, his academic appointments include inter alia that of Emeritus Professor of Neurobiology at Cardiff University.

The talk will illustrate the omnivorous requirements of the human diet, indicating why these are important for health and wellbeing. The roles of minerals, vitamins, fibre, fats, proteins, and sugars will be illustrated. Including moments of humour, surprise, and concern Robert will address topics such as eating disorders and weight management from a neurobiological point of view, distinguishing the popular myths of the media and the realities of evidence-based nutritional science.

The admission charge for this event, to include post-lecture tea/coffee and biscuits is £8 for Friends’ pre-paid bookings, £10 at the door on the day.

If you wish to take advantage of the concessionary rate, please complete the slip below returning it to Roger Gagg, 15 Llandennis Avenue, Cyncoed, Cardiff CF23 6JD. Tel 02920 752338.

To minimise postal costs, no receipt will be sent or tickets issued. Notwithstanding the afternoon Rugby International it is expected that the Museum Car Park will be accessible at a charge of £6.50.

To : Friends of Amgueddfa Cymru-National Museum Wales

DIET, ACTIVITY AND HEALTH : Professor Robert Pickard

Name(s):

Address:

.....Postcode:.....

Please reserve places for the above event. I confirm I am a member of the Friends

I enclose my cheque for £ in favour of the Friends of National Museum Wales.