

Sue Dengate presents

Fed Up with children's behaviour

Our food has changed drastically over the last 30 years, and so have food-related problems.

Additives are now used in healthy foods such as bread, butter, yoghurt, juice or muesli bars as well as in junk food. About 50 additives have been shown to affect health, behaviour and learning in children and adults.

The talk focuses on young children and includes:

- Arguments, oppositional defiance and tantrums
- Bedwetting, sneaky poos and sticky poos
- Asthma, itchy skin rashes and migraines
- Difficulty falling asleep and frequent night waking
- Depression, unexplained tiredness and difficulty concentrating
- Hidden and new food additives
- What's wrong with fruit?



Sue Dengate

BA DipEd

Sue Dengate is a psychology graduate and former high school teacher who became interested in the effects of food additives after the birth of her first child 20 years ago. Since then, Sue has focused on the effects of food chemicals on children's behaviour, health and learning ability. Her ground breaking study about the behavioural effects of a common bread preservative was published in a medical journal in 2002. Sue runs the *Food Intolerance Network* through the website www.fedup.com.au. Sue was an Australian of the Year finalist in 2009.

Howard Dengate

BSc (Food Tech) PhD

Dr Howard Dengate studied food technology at the University of NSW, worked in dairy and wheat research before becoming Director of the Agricultural Research Institute, Wagga Wagga, NSW in 1984. With 34 years of experience in agribusiness, he resigned from public service in 2003 to work on agribusiness finance and investment boards, in development of trade with Asia and in consumer advocacy, which has been his full-time task since 2008.

**31 August 2016
7.00 – 9.00pm**

An invitation to Essendon & Moonee Ponds parents

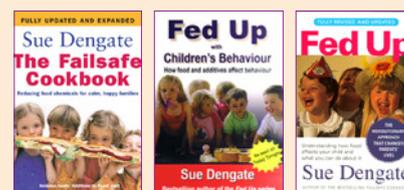
Where: Community Children,
50 Cooper St, Essendon.

Cost: \$5 for public, free for families
at Community Children.

Parking on-site and in street.

Child care can be provided at
Community Children for free
but please book.

To register please contact Sandra:
Call 03 9337 6634 or email:
sandra@communitychildren.com.au



Sue's *Fed Up, Failsafe Cookbook* and DVD *Fed Up with Children's Behaviour* will be available at the talk at discounted prices payable by cash, cheque or credit / debit card.

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