



CIHR CAFÉ SCIENTIFIQUE
PRESENTS

Science on tap

Quench your interest

Thursday, February 5th, 5:30 pm
Duke of Richmond

Toronto Eaton's Center, 20 Queen Street West, Toronto
Please RSVP: j2brady@ryerson.ca

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Admission: Free

Health and the Family Meal: Will dinners come out of the box?

Between soccer practice and yoga class, piano lessons and prime time, putting in overtime and golf on Sunday, meals 'on the run' are commonplace. Researchers have called attention to the impact of family meals on the quality of individuals' diets, family unity and children's psychosocial development, disordered eating, and childhood obesity. Do family meals really have the potential to remedy childhood obesity? Can the simple act of sharing a meal improve relationships amongst neighbours? Is it really that simple? Join us to share in some pub food and pub talk while we explore health and family meal.

Experts:

Paul Veugelers

Director, Alberta Project Promoting active Living and healthy Eating in Schools, School of Public Health, University of Alberta

Janet Polivy

Professor
Psychology and Psychiatry
University of Toronto

Paul Finklestein

Food TV Host,
Teacher
Stratford Northwestern
Secondary School

Introductions:

Janet Chappell:

Director
Undergraduate Director
School of Nutrition and Food
Ryerson University

Moderator:

Rena Mendelson

Director
Graduate Program
School of Nutrition and Food
Ryerson University