

U3A Christchurch Central

'University of the Third Age'

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Newsletter 2, March 2021

Course 2, March 16 – April 6 2021 - *Food and Health*

This newsletter was prepared prior to our current Level 2 lockdown. We are hopeful that the course can go ahead as planned and will keep you informed.



Course Organiser: Shona Anderson

I have belonged to U3A Central since 2017 and I have been a committee member since 2019. After 40 years' teaching primary students and watching them learn and grow, I have become very interested in healthy food and the taking of dietary supplements to maintain a healthy lifestyle. "We are what we eat?" Our Course 2 speakers will give us new insights into FOOD and HEALTH.

Session 1: March 16



Lois Daly, U3A Christchurch Central Member

Reflections on Teaching Nutrition for Three Decades

Although not trained as a teacher, I have, frequently through 'happenstance', taught in a wide range of environments, both institutions and communities. In my talk, I will include some of my experiences which influenced my teaching during this time.

Session 2: March 23



Jamie Scott, Nutritionist and specialist in nutrition-based athletic development practice

Three Universal Principles of Good Nutrition and Why They Rarely Work: Perspectives from a Practicing NZ Registered Nutritionist

This presentation draws on 25 years' experience across a varied career and wide scope of practice, I focus on getting the fundamental elements of health and wellbeing in place before getting too carried away with anything fancy! I currently operate two coaching practices, P3 Athletica, a nutrition-based athletic development practice, and Ride Strong, a mountain bike skills coaching practice aimed predominantly at women.

Session 3: March 30



Chris Fortune Co-ordinator of Culinary Arts, Nelson Marlborough Institute of Technology

Do not eat an apple a day! - “Evidence does not support that an apple a day keeps the doctor away” so what should we be eating?

In a busy 25-year career, Chris has worked in hotels, cafes, convention centres, superyachts and restaurants around the world. He spent several years travelling around New Zealand with his family, delivering his Teens Can Cook and Kids Can Cook programmes in primary and secondary schools, before returning to Nelson in 2016 and taking up a position at NMIT as the lead cooking tutor and co-ordinator of Culinary Arts. As a leader of the Farmers’ Market and Slow Food movements in New Zealand, his philosophy is: “Keep it local, keep it fresh, keep it honest.”

Session 4: April 6



Associate Professor Anitra Carr, Sir Charles Hercus Health Research Fellow and Director of the Nutrition in Medicine Research Group, Christchurch School of Medicine, Otago University

Vitamin C and Health

This presentation will draw on a range of research projects on the role of Vitamin C in human health and disease conducted in the United States and New Zealand. Discussion will include current research into the role of vitamin C in the prevention and treatment of acute and chronic diseases such as infection, cancer and diabetes.

Morning Tea/Coffee Duty Organiser: Yvonne Ekdahl, Phone: 021 169 7596, 385 1395

Anne McMurtrie and Rae Ewing have kindly volunteered to help for the duration of this course.

Subscriptions

Are due by 3 March online to U3A Christchurch Central, A/c No. **38-9018-0354780-00** (please put your name/s in the reference line) or by cash in a named envelope to the membership desk.

Course 3

27 April - 18 May

Financial Matters. We have a programme of well informed speakers arranged for this course.