

FREE EVENT



East Meets West: A Cross-Cultural Exploration of Nutrition

Join us for an enlightening workshop with Dr. Tina Cao as we delve into the 'Strengths and Limitations of Chinese & Western Diets.' Gain insights from Dr. Tina's experiences in cross-cultural communication and food choices, and discover practical tips for healthy eating tailored to both cuisines. Engage in an interactive Q&A session to deepen your understanding and make informed decisions about your diet.

Date & Time:

Friday 31 May, 11am-12:30pm

Feel free to bring your own food/meal to compare during the session!

Location:

Online via Zoom, zoom link will be sent after your registration.

Speaker:

Dr Tina Cao

- Lecturer/Researcher in Dietetics and Human Nutrition at La Trobe University
- Medical doctor in early years (MBBS)
- Public health (MedSc) and nutritional epidemiology (PhD)
- Registered Public Health Nutritionist at the Australian Society of Nutrition
- Leading research in understanding life style factors (diet, physical activity etc.) and their impact on chronic diseases and risks
- Working with projects in diabetes prevention and implementation



Scan the QR code to register

