

## Nutrition Futures 2023: Programme Template

*Optional welcome dinner or drinks on the evening before the conference*

Day one			
09:00	Registration and refreshments		
10:00	Welcome <i>Local Organiser and Student Committee</i>		
10:15-11:20	<b>Plenary Lecture 1.</b> <b>Local University Information</b>		
11:20	Refreshments		
12:00-12:45	<table border="1"> <tr> <td><b>Plenary Lecture 1</b> <b>Suggested Theme: Sports Nutrition</b></td> <td><b>Plenary Lecture 2</b> <b>Suggested Theme: Public Health Nutrition</b> Cost effective-sustainable nutrition-finance, environment, nutrition policy</td> </tr> </table>	<b>Plenary Lecture 1</b> <b>Suggested Theme: Sports Nutrition</b>	<b>Plenary Lecture 2</b> <b>Suggested Theme: Public Health Nutrition</b> Cost effective-sustainable nutrition-finance, environment, nutrition policy
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12:45-13:45	Lunch		
13:45-14:45	<table border="1"> <tr> <td><b>Original Communications Lightening Session 1</b> (5 mins for presentation, 2 mins for questions)</td> <td><b>Original Communications Lightening Session 2</b></td> </tr> </table>	<b>Original Communications Lightening Session 1</b> (5 mins for presentation, 2 mins for questions)	<b>Original Communications Lightening Session 2</b>
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14:45	NS Student Section past and future, Internship, grants and awards in Nutrition Society NS Student Ambassador recruitment		
15:00	Refreshment		
15:30	<b>Career Panel</b> NHS - <i>Health improvement practitioner, Dietetics assistant</i> Sports Nutrition - Graduate schemes - <i>Danone, Yakult, Biokult</i> Charity - <i>Diabetes UK, Cancer Research, British Heart Foundation, Save The Children</i> Academia and research - <i>Student internships, Research opportunities</i> Student experience – <i>how to get extracurricular experience on your CV</i>		
17:00-17:45	<b>Networking Opportunity with Career Panellists</b>		
17:45-18:00	Day One Closing Remarks		
18:00	Close of the day		
19:00	Student mixer <i>Pub events – drink quiz, games, food</i>		

<b>Day Two</b>			
07:30 8:45	5K city run or Pilates at the conference		
09:00- 10:00	Registration and refreshment		
10:00- 10:45	<table border="1"> <tr> <td> <b>Plenary Lecture 3</b>  <b>Suggested Theme: Cellular Nutrition</b>  Speech about bioavailability </td> <td> <b>Plenary Lecture 4</b>  <b>Suggested Theme: Digital/ Modern Nutrition</b>  Devices, apps, modernized/ digital nutrition for personalised nutrition </td> </tr> </table>	<b>Plenary Lecture 3</b> <b>Suggested Theme: Cellular Nutrition</b> Speech about bioavailability	<b>Plenary Lecture 4</b> <b>Suggested Theme: Digital/ Modern Nutrition</b> Devices, apps, modernized/ digital nutrition for personalised nutrition
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10:45- 11:30	<b>Original Communications</b> <b>Lightening Session 3</b>		
12:45	Lunch		
13:30 14:15	<b>Scientific Publishing Workshop</b>		
14:15 15:30	<b>Public Speaking Workshop</b>		
15:40 16:00	Closing Remarks		
16:00	Close of Conference		