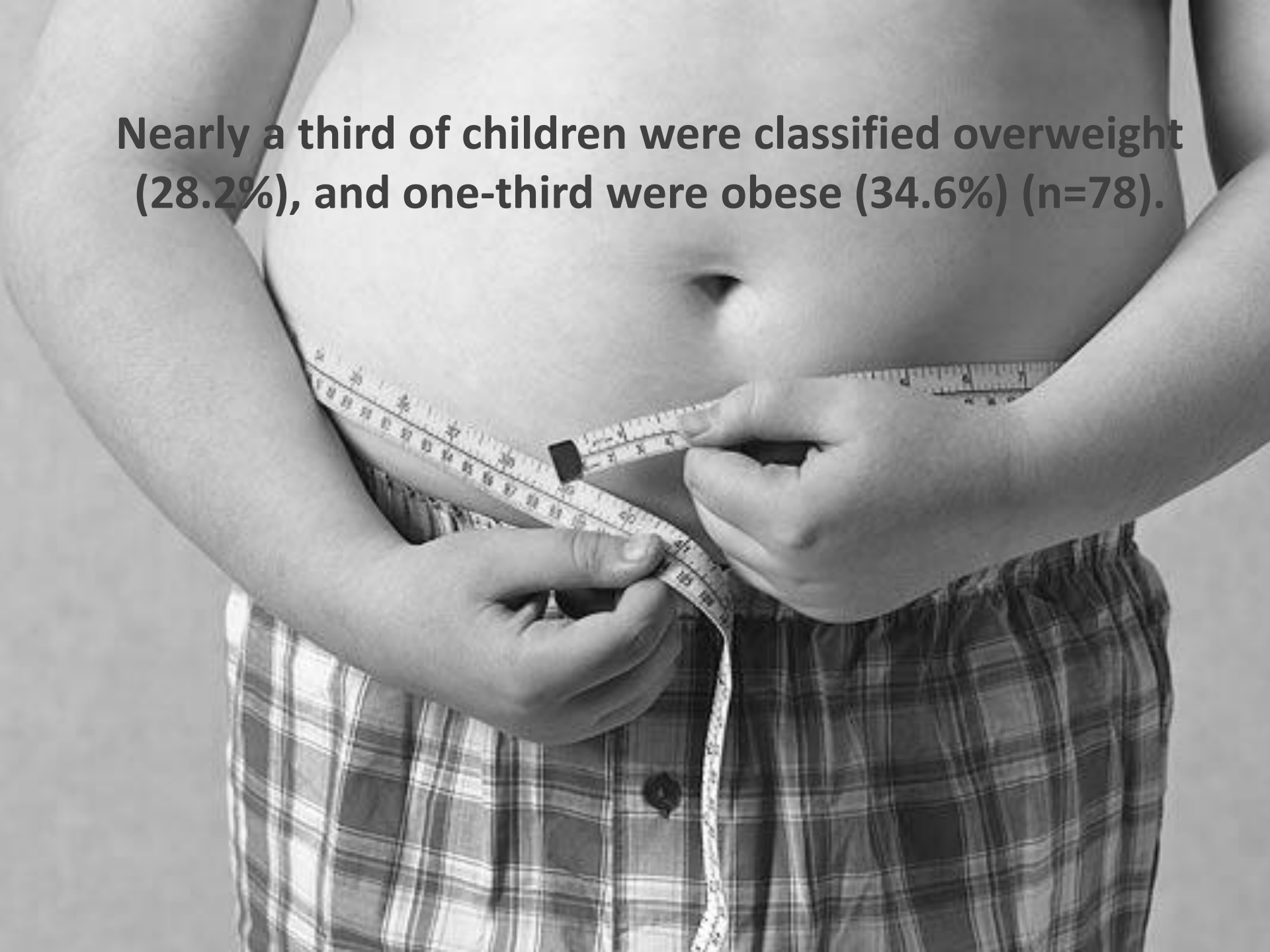
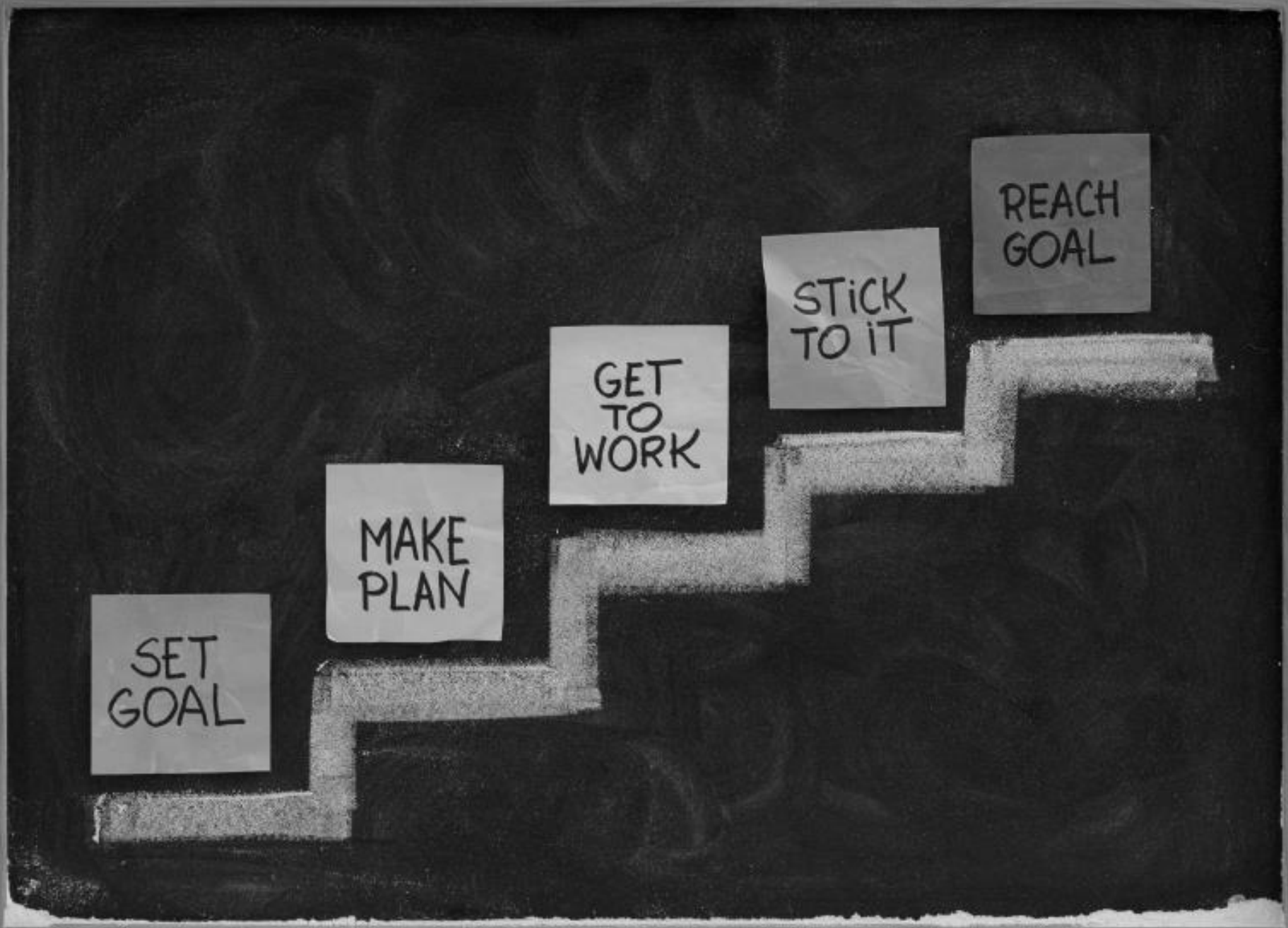


Food symbolism and promoting healthy eating and physical activity within residential care

Rachael Cox & Amanda Jones

Centre for Excellence in Child and Family Welfare Research Symposium, 31st October 2014


Nearly a third of children were classified overweight (28.2%), and one-third were obese (34.6%) (n=78).


SET GOAL
MAKE PLAN
GET TO WORK
STICK TO IT
REACH GOAL

heal






adas
AEGON


Big Bowl of
Self-Esteem






I wont
eat



FOOD AND CARE

