I attended the 28th National Dietitians Association of Australia Conference during May 27 to 29. The conference was held in Melbourne’s Exhibition and convention centre, the setting for the most inspiring experience I have ever encountered for dietetics.

Over the three days there were a number of talks, lectures, discussions and workshops. Topics included issues around malnutrition and hunger and the state of the situation today, the role of mentors in training newly graduated dietitians, food service, food laws and labelling, business planning amongst presentations on new finding from researches about ‘super foods’, functional foods, anthropometry, television advertising, and the list goes on.

The highlight would have been the lecture in honour of Audrey Cahn, a lady who played a key role in establishing and developing dietetics as a profession in Australia. I learned the about the history and very beginnings of dietetics in Australia, something which I had never considered before.

Another memorable presentation was the hypothetical discussion about what Australians will be eating in 2050, given the damaging environmental impact of our food productions systems today. The session was recorded by the ABC, to be broadcast on television later in the yet. But the excitement of potentially being on television did not detract from the enjoyment and humour of the presentation, which raised many interesting points about our food production chain and use of energy in food production today.

After the 3 days I could not help but feel a rejuvenated sense of motivation to do the best I can in my university course. It has also motivated me to do research in dietetics, of which is the core foundation of good dietetic practice. The experience really reignited a passion which led me to choose BND in the first place. Given the opportunity, there’ll be no doubt I’ll be attending the DAA conference in 2011!