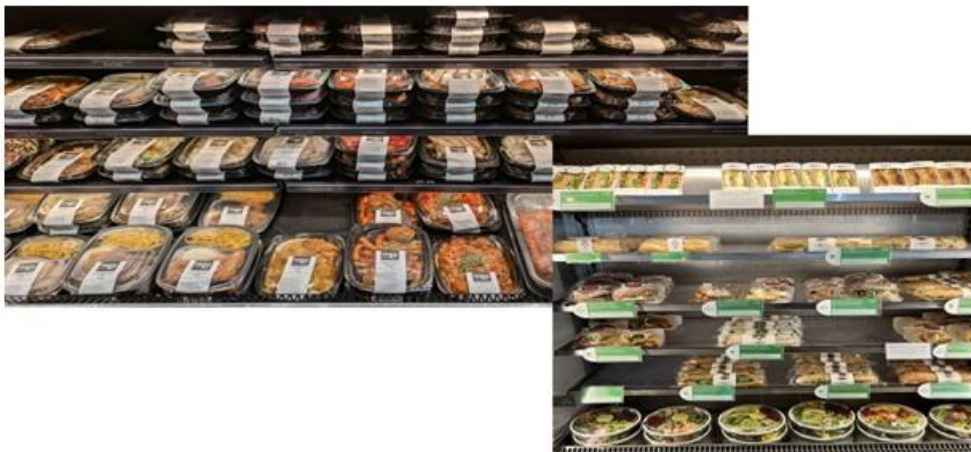


# Monthly Talk

10.15 am Thursday 31st July 2025

## **“Food, Glorious Food: Or Is It?”**

**By Kate Hall**



**Admission : £3.00**

Since retiring from her job as a biochemist, Kate, a member of Sutton u3a since 2014, has developed a passionate interest in the food we eat and how it affects our body, both for the good and for the not so good.

In this talk, in non-scientific terms, Kate will be exploring how our modern food system impacts our health, the environment, and society. She'll examine the rise of ultra-processed foods (UPFs), their effects on obesity rates, and how land use for food production affects our planet.

Join Kate as we uncover the complex relationship between what we eat and our collective wellbeing.

**Tea and coffee @£1.00 per cup provided by Café Oasis**  
**Organiser: Lynda Doona (0121 323 3371)**