



Nourished body, focused mind:

Simple (and revolutionary)
steps that your school can take
to help students learn better
by eating better.

JENNYBOSS
NUTRITION



Sugar, junk food, diabetes, childhood obesity. The statistics are frightening, but food doesn't have to be.

It's easy to react in a knee jerk fashion, naming and shaming the 'wrong' foods, glorifying the 'good', and overly restricting kids' choices.

This approach will not help children become competent eaters. In fact over 35% of 6 to 13 year olds already worry about their weight, putting them at risk of eating disorders down the track.

My workshops for children and parents teach healthy eating in a fun, engaging environment – one that doesn't divide food into 'good' and 'bad' camps.

WORKSHOPS FOR CHILDREN

SWEET ENOUGH - SUGAR WORKSHOP

The maximum sugar kids should consume is 4 to 6 teaspoons per day; a can of soft drink contains 10 teaspoons. Children learn how much sugar is in food, how much is OK, and where it is hidden.

EAT A RAINBOW A DAY

Why the different colours in fruit and vegetables benefit your body, and how to eat up to 30 different foods a day.

BUZZ FOOD

Natural sources of energy for brain and body, and why we don't need more glucose or protein from a bottle or bar.



"I wanted to let you know how much my children learned from your sugar workshop. They were especially surprised at the amount of sugar in drinks and packaged food.

When they come to the shops with me they tell me what they had learned at your talk and make good food choices. Since your talk my daughter has opted for natural yogurt, adding her own fruit instead of the flavoured sugary ones that we used to buy."

JEAN O'ROURKE
Parent, St Margaret Mary's Primary School

What we know about diet and health

- Teachers are affected by what children eat. A diet high in junk and processed foods is directly related to students' grades, absenteeism, and classroom behaviour.
- 16 per cent of boys and 11 per cent of girls aged four to eleven have a mental health disorder. We know good nutrition can keep us physically well. Cutting edge research is uncovering its significant role in mental health and mood.
- Children's brains are diminished by sugar. Too much sugar too young affects brain development as much as early life stress.
- Celebrities, sportspeople, advertising and sponsorship overly influence children's food preferences – and rarely for the better.

"I learnt so much about how much sugar there is in stuff and how much sugar I should be eating. I couldn't believe how much sugar there is in Coke! There was even lots of sugar in a packet meal of noodles!"

We all asked a lot of questions so we ran out of time but we loved it."

CAMERON
Year 4 Student, Banksmeadow Public School



Jenny Boss Nutrition Workshops for Children

are designed to create a greater awareness in primary age children on the impact of diet on their wellbeing and performance. They learn why it's important to be aware of what they eat, prompting some immediate changes in their thinking and food choices.

Jenny Boss Nutrition Workshops for Parents

complement the children's workshops, and give parents strategies to encourage children's healthy eating.

WORKSHOPS FOR PARENTS

SUGAR: WHERE IT IS, WHAT IS ENOUGH, WHAT IT DOES

FEEDING STRATEGIES FOR PARENTS OF FUSSY EATERS

ESSENTIAL NUTRIENTS IN THE LUNCHBOX

THE LINK BETWEEN DIET, MENTAL HEALTH AND BEHAVIOUR



Jenny Boss has a Masters Degree in Human Nutrition, with further training in children's nutrition with internationally recognised paediatric dietitian Ellyn Satter, author of *Your Child's Weight: Helping without Harming*.

"Jenny's presentations proved highly successful in informing students and parents about healthy food choices, being mindful of the amount of sugar within popular eating and drinking products, as well as touching on the topic of environmental sustainability."

DERMOTT O'NEILL
Principal, St Margaret Mary's Primary School, Randwick North

"This children's workshop was a very interesting, enlightening and empowering talk. Being aware of how much sugar is healthy on a daily basis and how much we are consuming when we eat or drink certain things, allows us to make better choices thereby living healthier lifestyles. I highly recommend this talk for adults and children alike."

MANUELA DE ALMEIDA
Family Educator, Christ the King Catholic School, Bass Hill

Want to find out more?

Then book now for your **FREE School Nutrition Assessment**.

Contact Jenny on 0411 095 871 or jenny@jennybossnutrition.com.au

It's valuable to have a pair of expert, independent eyes take a look at how your school performs in the areas of teaching good nutrition and encouraging healthy eating.

During a 45-minute consultation, I will take you through my 3-step school nutrition assessment, which covers:

1. Identifying specific gaps in your students' nutrition knowledge
2. The top 3 challenges facing your parent community in feeding children healthy food
3. The major risk areas for student academic performance and behaviour related to diet

You will then receive a written summary, giving you clarity on where your school is performing well, and where improvements can be made.



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