



# FOOD, MOOD & LEARNING

a workshop on how to improve children's learning,  
mood and mental health through diet

JENNYBOSS  
NUTRITION



## They call it a revolution.

The mounting evidence that what you eat can influence your brain in ways previously unimagined.

Think about it. The food you feed your children can impact their learning, their mood, their behaviour, and their mental health.

And with one in seven primary school children suffering from a mental health disorder, this is information we need to know.

The **Food, Mood and Learning** workshop is designed for parents of school-aged children. It combines ground-breaking scientific research on food and the brain with practical, easy ways to introduce the best brain-healthy foods to your family.

After the workshop, you'll know:

- The top 10 brain foods for children.
- What sugar and junk food do to the brain.
- The single most important nutrient to maximise learning in children.
- The link between your child's gut microbiome and their mental health.
- How to keep gut bugs flourishing and working for your child's brain.

### How long is the workshop?

Allow 60 minutes for the presentation and questions.

### What does it cost?

The fee for the workshop is \$200.

### How do you book a workshop for your school?

Contact Jenny on: **0411 095 871** or [jenny@jennybossnutrition.com.au](mailto:jenny@jennybossnutrition.com.au)

### What others say about my workshops...

"Jenny realises that rigid rules don't always work. She understands our busy lives and gives simple solutions to help make mealtime ideas less of a problem and outlines ways to get the best foods into our children."

*Katie Thornton, Family Educator, St Agnes Catholic Primary School, Matraville.*

### Jenny Boss

Jenny has a Master's Degree in Human Nutrition, plus qualifications in children's nutrition. She's presented to parents and children in primary schools, and also sees parents and children as private clients. She is the mother of two boys.

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