THE BITING TRUTH

Fuel Your Potential

A Whole-School Framework for Nutrition Education

How leading schools are approaching nutrition differently

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50+
Leading Australian schools

10,000+
Students reached

93%
Felt more confident

15+
Years of experience

THE CHALLENGE

Your students are navigating the noisiest food environment in history.

Social media, supplement culture and conflicting advice compete for your students' attention every day. Rates of disordered eating in adolescents are rising. Exam pressure drives energy crashes and anxiety. And without a consistent, school-wide response - students are left to navigate it alone, and schools are left trying to navigate increasingly complex conversations without a consistent framework.

A single session can spark change.

A structured, whole-school framework sustains it.

WHAT SCHOOLS ARE GETTING WRONG

01
Assuming knowledge changes behaviour

The challenge is helping them apply nutrition consistently in the real world. Behaviour change requires reinforcement, tools and messaging students actually trust.

02
Leaving staff to navigate complex conversations

Food anxiety, body image and misinformation are showing up more often. Most educators have never been trained in how to respond safely and confidently in these moments.

03
Treating nutrition education as a one-off event

One session can spark interest. The schools seeing the greatest impact are building consistent frameworks across year levels, staff and parents.

The schools getting this right are doing it differently.

They've moved from booking a session when a problem surfaces to building a framework that prevents those moments from escalating in the first place.

On the next page we'll show you exactly what that looks like.

One integrated school-wide approach.

Aligned across students, staff and parents for lasting impact.

STUDENT WORKSHOPS

STAGE 4 – Years 7/8

Fuel Up: Nutrition Foundations for Teens

Helping students build strong nutrition foundations for energy, focus and confidence.

STAGE 5 – Years 9/10

Nutrition in a Noisy World

Building confidence and resilience in a world of nutrition trends, supplements and misinformation.

STAGE 6 – Years 11/12

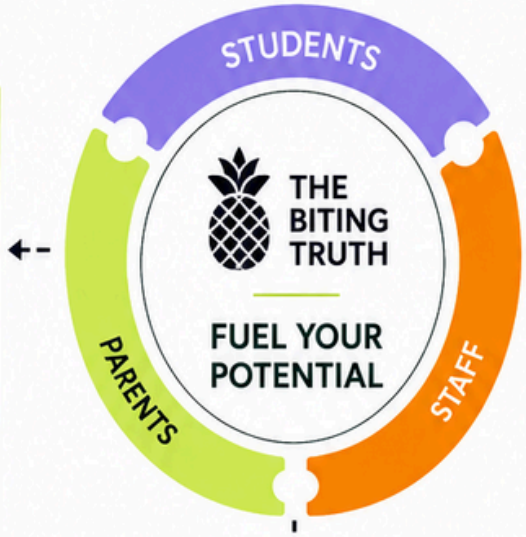
Eat. Focus. Perform

Practical nutrition strategies to support brain performance, mood, energy and exams.

PARENT HUB

Extending the program into the home.

- Parent webinar: in-person or virtual
- Digital resource hub accessible 24/7
- Consistent messaging between school and home



STAFF TOOLKIT

Equipping your team with confidence.

- Training in clinical safe messaging
- Language and protocols for food and body talk
- Classroom-ready resources for staff

IMPACT REPORT INCLUDED

Structured pre & post evaluation with executive summary for your leadership team.

WHAT THIS DELIVERS

FOR STUDENTS

- More confident choices
- Better energy & focus
- Stronger critical thinking
- Practical skills for life

FOR PARENTS

- Practical tools at home
- Confidence in conversations
- Reassurance & clarity

FOR STAFF

- Consistent messaging
- Evidence-based education
- Aligned school community
- Measurable outcomes

FOR SCHOOLS

- Whole-school alignment
- Stronger engagement
- Improved wellbeing
- Evidence of impact

Trusted by 50+ leading Australian schools.

50+	10,000+	93%	40%
Schools	Students reached	Felt more confident making food choices	Lift in nutrition literacy scores

> Setting our students up for making balanced health choices throughout their lives. Such an important message delivered with real expertise.
>
> **Barker College**
> **PDHPE Coordinator**

> What an interactive, informative and impactful program. The students were engaged throughout and took away strategies they can implement every day. We HIGHLY recommend The Biting Truth.
>
> **Blakehurst High School**
> **Head of Wellbeing**

> So free of any judgement. The content was age-appropriate, engaging and highly educational. The ability to debunk nutrition myths was exceptional.
>
> **SCEGGS Darlinghurst**
> **Head of Wellbeing**

TRUSTED BY

INVESTMENT: Fuel Your Potential

Flexible options for every school.

SINGLE WORKSHOP

Ideal for one year group, a wellbeing day, or testing the waters before a wider rollout.

From

$1,800

+ GST per year group · 60 min

90 min option available on request (includes a hands-on balanced-meal activity)

Option to book multiple year groups, priced per session

- One age-specific workshop per group
- Suitable for Years 7-12
- Delivered by an Accredited Practising Dietitian
- In-person delivery
- Suits wellbeing days, PDHPE & Food Tech

MOST POPULAR

WHOLE SCHOOL PROGRAM

One session for each stage of senior school.

From

$4,999

+ GST total, 3 workshops (60 min each)

(from $15 per student)

90 min option available on request (includes a hands-on balanced-meal activity)

One session each for Year 7 or 8, Year 9 or 10, and Year 11 or 12. Saves $401 vs booking 3 standalone sessions

- 3 workshops, one per stage (Year 7 or 8, 9 or 10, 11 or 12)
- Delivered in-person by Accredited Practising Dietitians
- Consistent messaging across the senior school
- The natural step up from a single workshop

BEST FOR LASTING IMPACT

WHOLE-COMMUNITY PARTNERSHIP

The full program, reinforced at home and in the staffroom.

From

$9,470

+ GST, flat program fee

Saves $1,190 vs booking separately

Everything in Whole School Program, plus:

- Everything in Whole School Program
- Live parent nutrition webinar
- Live teacher wellbeing workshop
- Online hub for parents & teachers, with additional workshops
- Pre & post impact report for school leadership
- Extends learning into the home and classroom

Indicative pricing only, illustrating the tier logic discussed. Confirm against delivery cost and margin before publishing.



Ready to bring Fuel Your Potential to your school?

Let's have a chat!

info@thebitingtruth.com