



THE
BITING
TRUTH

FUEL YOUR POTENTIAL

A Whole-School Framework for Nutrition Education

Why schools are rethinking nutrition education

Prepared by Anna Morgan & Alex Parker
Accredited Practising Dietitians, The Biting Truth



50+

Leading Australian
Schools



10,000+

Students
Reached



93%

Felt More
Confident



**Curriculum
Aligned**

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.

HOW IT ALL CONNECTS



PARENTS



SCHOOL



STAFF

One consistent message. Stronger outcomes.



PARENT HUB

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



STAFF TOOLKIT

- ✓ 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.



Pre & post evaluation



Executive summary



Recommendations for future planning

WHAT THIS DELIVERS



FOR STUDENTS

More confident choices
Better energy & focus
Stronger skills for life



FOR PARENTS

Practical tools at home
Confidence in conversations
Reassurance & clarity



FOR STAFF

Consistent messaging
Evidence-based education
Measurable outcomes



FOR SCHOOLS

Whole-school alignment
Stronger engagement
Evidence of impact



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thebitingtruth.com



info@thebitingtruth.com



0422 811 689

Trusted by leading Australian schools.

Evidence that *Fuel Your Potential* is making a measurable difference.



“★★★★★

“Setting our students up for making balanced health choices throughout their lives. Such an important message delivered with real expertise.

Barker College
PDHPE Coordinator



“★★★★★

“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



“★★★★★

“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



Trusted by schools across Australia



Choose the level of support that's right for **your school community.**

Flexible options designed to meet your goals, your capacity and the needs of your students, staff and families.



SINGLE WORKSHOP

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

PERFECT IF...

- ✓ You'd like to trial the program
- ✓ One year group is your priority
- ✓ You're planning a wellbeing day

- ✓ 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.

PERFECT IF...

- ✓ You want a consistent approach across Years 7 to 12
- ✓ You're building a long-term wellbeing strategy
- ✓ You want measurable impact

- ✓ 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.

PERFECT IF...

- ✓ You want parents, staff and students aligned
- ✓ You're embedding nutrition into school culture
- ✓ You want the highest level of support
- ✓ 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



PRICING IS TAILORED TO SCHOOL SIZE AND PROGRAM SCOPE.
Contact us for a custom quote.



LET'S HAVE A CHAT

We'd love to learn more about your goals and how we can support your school community.

Ready to bring **Fuel Your Potential** to your school?

✉ info@thebitingtruth.com

