A parent from your school community thought you'd want to see this.

THE BITING TRUTH

YEARS 7 TO 12

FUEL YOUR POTENTIAL

A NUTRITION PROGRAM FOR HIGH SCHOOLS

Your students are getting nutrition advice from social media. Give them a dietitian instead. The only program of its kind in Australia, delivered by Accredited Practising Dietitians to students, staff and parents.

BUILT TO BE SAFE FOR EVERY STUDENT IN THE ROOM

Weight neutral and eating disorder informed. We never discuss calories, weight, portions or "good" and "bad" foods. All presenters hold a Working With Children Check, and if your school has students with known eating concerns, we talk through your context before anything is booked.

WHY SCHOOLS BRING US IN

Steadier energy and focus
Practical ways to fuel the school day, without the Period 4 slump.

Exam season, sorted
Simple systems for eating well when study, stress and routines collide.

Sport without the supplement hype
What to eat before training and how to recover after.

Critical thinking about online advice
The skills to question what they see and feel confident with food.

EASY TO FIT IN

- Mapped to PDHPE / HPE
- 60 or 90 minute sessions
- One staff contact, we do the rest
- Start with one session

10,000+
students in 2025

50+
school partners

93%
feel more confident about food

"Knowledgeable, engaging and provided the students with information that was useful, clear and appropriate."

ASCHAM SCHOOL

Trusted by 50+ schools including Ascham School, Barker College, Newington College, MLC School, PLC Sydney, Ravenswood, Frensham, Loreto Normanhurst, Santa Sabina, Kincoppal-Rose Bay, Moriah College, OLSH College, Mary Star of the Sea, Marist Catholic College, Concord High School and Balmain High School.

NEXT STEP: GET IN TOUCH.

Email us and we'll map options to your 2027 wellbeing calendar, then send a tailored proposal within one business day. No obligation.

info@thebitingtruth.com · 0423 498 910

Anna Morgan & Alex Parker, Accredited Practising Dietitians · thebitingtruth.com