

KIDS NUTRITION ACADEMY

ABOUT STEPHANIE



I'm Stephanie Barrett, a qualified nutritionist. I visit primary schools across South East Melbourne and run every workshop myself, from the first hello to the last tasting.



I would highly recommend Nutrition Academy to work with your school.

LEADING TEACHER, PRIMARY SCHOOL

● TERM SPOTS ARE LIMITED

BOOK A WORKSHOP

Call or email and I'll send available dates for your school.



SCAN TO VISIT [KIDSNUTRITIONACADEMY.COM](https://kidsnutritionacademy.com)

0423 346 507

yournutrition@outlook.com.au

kidsnutritionacademy.com

[@kidsnutritionacademy](https://www.instagram.com/kidsnutritionacademy)

✓ QUALIFIED NUTRITIONIST

✓ FULLY INSURED

✓ WORKING WITH CHILDREN CHECK

✓ HALAL AND INCLUSIVE

✓ INGREDIENTS SUPPLIED

KIDS NUTRITION ACADEMY

● PRIMARY SERIES | PREP TO YEAR 6

GET YOUR STUDENTS EXCITED ABOUT FOOD

Five hands-on workshops where kids move, build, sort and taste real food.



YOUR STUDENTS MEET **SUNNY** AND **MOODY** IN EVERY WORKSHOP.

BOOK A WORKSHOP | 0423 346 507

KIDSNUTRITIONACADEMY.COM

THE FIVE WORKSHOPS

1



BREAKFAST: CRUNCH IT, SIP IT, SPOON IT

Kids plan a breakfast, then build a power bowl.

2



HYDRATION: WATER AND YOUR BODY

A sponge experiment, then a flavoured water tasting.

3



THE SUGAR STORY: ROLLERCOASTER VS TRAIN

Sort fast and slow sugar snacks, then taste fruit.

4



VEGGIES: LOOK, SMELL, TOUCH, TASTE

Six vegetables and two dips, at each child's pace.

5



AROUND THE WORLD: FOOD EXPLORER

A food passport, three stamps, foods from many cultures.

**EVERY WORKSHOP ENDS
WITH A TASTING** 😊



WHAT SCHOOLS SAY

“

All the students were eager for the sessions and were highly engaged throughout the workshops.

LEADING TEACHER, PRIMARY SCHOOL

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All we had to do was provide the space and screen: Nutrition Academy provides the rest.

LEADING TEACHER, PRIMARY SCHOOL

• HOW A SESSION RUNS



STEP 1
MEET SUNNY
AND MOODY



STEP 2
HANDS-ON
ACTIVITY



STEP 3
TASTING

SIMPLE PER-CLASS PRICING

Call or email for a clear price the same day.

GOOD TO KNOW

- ✓ 45 to 60 minutes, Prep to Year 6
- ✓ All food and materials supplied
- ✓ Allergies checked first, halal on request
- ✓ Pre and post assessments available
- ✓ You provide the room and a screen
- ✓ Certificate for every child who completes the series