

PROPOSAL

Nutrition Education for Schools Program



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Nutrition education
for school
children and why

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WHAT WE DO

Tree of Life Nutrition has the ambition of becoming
Australia's premier provider in a program for
Nutrition Education in Schools

Focusing on more than just telling kids what they should eat, our program is designed to relate to children, their current knowledge, current trends and fads and make our presentations relevant, interactive and fun.

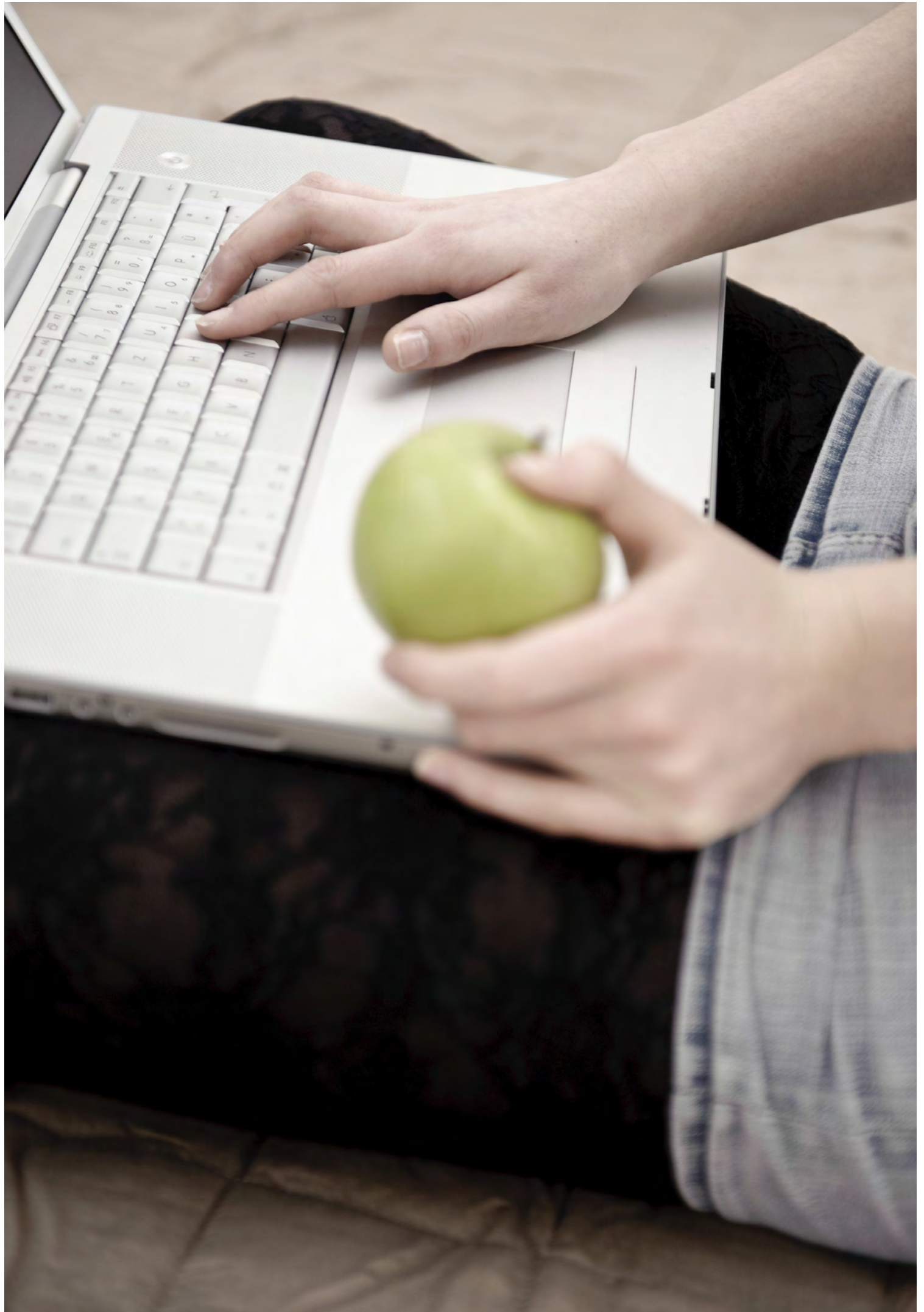
Our **Vision** is to educate your students, students' family and guardians and staff on optimum health to reduce obesity and chances of chronic disease, improve current nutrition state of all target population.

Our **Goal** is to educate your students, families and staff to have the best knowledge around nutrition, skills to build self efficacy in formulating and sustaining a balanced diet, improved body image and adequate education to be able to recognise a fad diets and unhealthy trends.

Our **Team** consists of two dietitians who share the same passion in improving an adolescent's nutrition, health and wellbeing. Our dietitians are experienced in presenting to large groups as well as working with individual families and children in a private setting. We are experts in this field and have strong insight into the current barriers to healthy eating.

We deliver presentations and activities that are designed to have a lasting impact on attendees.





CURRENT STATE

Australia is currently facing a health crisis of major proportions. Unhealthy diet is directly related to health problems such as obesity and chronic disease, which are now increasingly occurring in childhood.

Nutrition statistics

- 23% of our children are overweight and obese
- 40% do not meet the guidelines for fruit intake
- 78% for vegetable intake
- 8 out of 10 children, do not eat the recommended 2-4 serves of vegetables per day
- In one decade, the prevalence of overweight or obese Australian children has more than doubled

Eating disorder statistics

- The beginning of adolescence and the late teens are peak periods for people with eating disorders to experience their first symptoms, although eating disorders may first occur at any age
- In young women, the average age at which anorexia nervosa first appears is 19 years of age (with a range of 14-28 years of age) and bulimia 20 years (range of 10-38)



Obesity statistics

- In 2007-08, one-quarter of all Australian children, or around 600,000 children aged 5-17, were overweight or obese, up four percentage points from 1995
- The obesity rate for children increased from 5% in 1995 to 8% in 2007-08 (graph 11.9)
- If weight gain continues at current levels, by 2025, close to a third of all children will be overweight or obese



NUTRITION EDUCATION FOR SCHOOL CHILDREN AND WHY

The goal of this nutrition education is to motivate children to eat a healthy, well balanced diet for optimal wellbeing

It is significant to provide children with nutrition education because a healthy diet is essential for growth and development, and to establish food patterns that carry into adulthood.

Good nutrition promotes not only better physical health and reduced susceptibility to disease, but has also been demonstrated to contribute to cognitive development and academic success.

In order to develop lifelong healthy eating patterns, children need to be introduced to a variety of nutritious foods in a positive and supportive environment.

Schools are potentially excellent settings for nutrition education. Children attend school for 12 years of their life, in which they consume on average 2 meals per day on school grounds.

The school environment can strongly influence children's eating behaviours. These eating behaviours are influenced by examples provided by teachers and other adults, the food served in the cafeteria and classroom, and exposure to peer habits.

Effective nutrition education helps shape these environmental factors and assists students in developing the skills needed to select healthy diets.





SERVICES OFFERED

Below are a variety of different seminars that can be altered to suit the requirements of the audience

1_Adolescent teenage girls

These sessions endeavour to focus on education around a balanced diet, risks of not having a balanced diet (e.g. nutrient deficiencies) and touch on eating disorders and weight loss.

The misconception of dieting and social influences and peer pressure are common factors that contribute to poor health in adolescent teenage girls.

We endeavour to cover these in such a way that the girls can acknowledge the situation and understand the serious health consequences involved.

The session covers topics including:

- What is a balanced diet
- Why is a balanced diet so important
- How to get a balanced diet
- Why do teenage girls not eat a balanced diet
- Myth busters around some common fad diets
- Safe weight loss
- How to balance a vegetarian diet
- Ensuring appropriate iron and calcium levels through diet
- Exploring poor body image, restrictive eating, peer pressure, time poor
- Myth busting eating disorder beliefs
- How to manage stressful eating around exam times
- Mindful eating exercise
- Improving energy levels for study, exams, assignments
- Sport nutrition
- Demonstration of healthy snacks and main meals
- Taste testing of easy snacks and meals

The girls find this session extremely informative while still being fun and interactive. I believe educating adolescents is fundamental to long term health, particularly while adolescent females are bombarded with social media influences as well as a great deal of peer pressure.

SERVICES OFFERED

2_Sports nutrition education program

Young athletes and sports people will learn and develop skills required to eat appropriately to meet their training and competition requirements. The contents of the program are flexible and adapted to the specific sport, age group and number of sessions requested. This program will be held by our sports Dietitian Troy Leggett.

Sports Nutrition provides education on:

- The role of carbohydrates and proteins for fuel and performance
- Nutrient timing for carbohydrate foods and protein foods
- Using every-day foods and healthy snacks as part of sports nutrition
- Nutrition strategies for pre-event, pre-training, post event and recovery
- Nutrition strategies for competition and sports carnivals
- Nutrition strategies specific to the sport or training program

3_Parents/guardians

Evidence shows that parental/guardian habits and behaviours, both food and lifestyle based, influence that of their children. It is for this exact reason that educating parents/guardians is fundamental to the overall health outcomes of children and adolescents in today's society. What our parents/guardians should be eating as a balanced diet not only benefits their health and the reduction in chronic disease risk, but also influences the choices of their children?

As caretakers and providers for children, parents/guardians are often faced with media pressures to provide children fast food. Supermarkets so cleverly display their junk foods at children's eye levels for the pure fact that 'nagging' most likely will result in a purchase. The last National Census shows that there is a dramatic increase in the number of double income homes across Australia, inevitably resulting in less time for food preparation, grocery shopping and cooking.

This presentation aims to educate parents on the below:

- Why parents/guardians diet can effect that of their children
- What is a balanced diet
- Why is a balanced diet so important
- How to get a balanced diet
- How various foods can effect children's behaviour
- Dealing with fussy eaters
- Lunch box ideas for school
- Affordable, quick meals the whole family can enjoy
- Interpreting a Nutrition Panel on packet foods
- How to manage stressful eating
- Mindful eating exercise

Parents/guardians find this presentation extremely useful, as feeding children a balanced diet without guidance can often be a tedious and challenging task. Parents/guardians will leave armed with the knowledge and skills to ensure their children will be consuming the appropriate foods for their best health outcomes.

SERVICES OFFERED

4_Teachers

Teachers have a demanding and intense workload that requires a lot of energy throughout the day. It is important that teachers are aware of how to eat appropriately to avoid an afternoon low, and to ensure they maintain a strong immune system by consuming a balanced healthy diet. Understanding eating patterns that may affect a child's behaviour may also assist teachers with tools in order to educate children and parents with basic dietary tips.

Teachers will be armed with the follow knowledge:

- What is a balanced diet
- Why is a balanced diet so important
- How to get a balanced diet
- What is energy? What foods provide us with energy
- What are some common energy drainers
- Key nutrients and their importance
- Stress and eating
- Beating a mid afternoon low
- How various foods can effect children's behaviour

This presentation is a quality all around education seminar that will ensure good health for the teachers themselves but also to be aware of foods that could be effecting their students.

OUR TEAM

Dietitian - Lisa Peterson



Lisa Peterson is a leading Dietitian at Tree of Life Nutrition and the Principal Dietitian at Weight Management Psychology. She is an Accredited Practicing Dietitian with the Dietitians' Association of Australia and holds a Bachelor of Health Science in Nutrition and Dietetics (honours).

As a private practice dietitian, Lisa sees many of the following patterns regularly:

- The tears from children who are constant bullied at school
- The embarrassment from children having to buy adult sized clothing
- The excruciating pain suffered by children with teeth cavities
- Parents with a history of yo-yo dieting and dietary restriction bringing their overweight children for 'weight loss diets'
- Parents restricting their children's intake of perceived 'bad' foods and referring to their kids as 'fat' or 'chunky' but giving them takeaway and fast foods out of convenience
- Parents giving nutritionally uneducated kids tuck-shop money to choose whatever they feel like at school

This has been the driving force to develop a camp based on educating children to make a change.

Lisa says: "If we can stop the cycle of restrictive eating followed by periods of bingeing we know we will improve long term nutrition outcome, weight management and reduction of adolescent onset eating disorders. Our passion for adolescent health education comes from years of seeing obese children struggling with social, emotional and physical reduction of quality of life. We want children to feel good about their bodies and reduce their chances of chronic disease long term without dieting a day in their lives."

Lisa's motivation is to inform and expose children to delicious, every day, nutritious foods in a fun and interactive way to give them their own motivation and knowledge to choose what they eat. Lisa wants to see children packing their own lunches, contributing to the grocery list at home and teaching their siblings, peers, parents and guardians about nutrition and health.

Lisa's special interests include:

- Eating disorders
- Weight management
- Gastrointestinal issues
- Diabetes
- Heart disease
- Food allergies and intolerances

Lisa has also worked very closely with a multinational food chains to complete menu analysis and menu development. Lisa believes that through implementing a holistic health approach all people will experience increased productivity, group cohesion and happiness long term. Lisa's passion and drive for helping others improve their quality of life, in whatever that may be, has seen many success' stories come from her clients.

OUR TEAM



Dietitian & Nutritionist - Desi Carlos

Mother of three, Desi Carlos is a non-stop whirlwind of energy and enthusiasm and an endless fountain of information when it comes to practical advice on incorporating healthy eating habits into your everyday life. As a fully-qualified Dietitian and the founder of the flourishing Tree of Life International network of nutritional health practices, Desi can be regularly heard and seen sharing her expertise on Brisbane radio stations (resident dietitian for 97.3FM, 96.5 Family radio, on television (regular guest spots on a Current Affair and Channel 10 news), in a host of journals, magazines and at seminars, on a range of topics from general health to obesity, diabetes and heart disease.

During her twenty-five years of industry experience Desi has risen to the top of her profession and been involved in a number of government projects both in Australia, winning acclaim for her work in developing weight loss and lifestyle modification programs, with a special focus on people diagnosed with diabetes. Desi had also acquired the title of QLD representative dietitian for The Queensland Coeliac Society lending her experience as an expert dietitian and acting as media spokesperson for the organisation for over 15 years.

Desi's motivation to develop the Tree of Life Nutrition concept was to help her clients achieve good health and well-being, through a whole-of-life lifestyle modification strategy. To do this, Desi has assembled a team of health experts across a range of fields incorporating the specialist advice and guidance of many health professionals from dietitians, through to exercise physiotherapists and psychologists.

Desi's simple message of "eat well, feel good, look great!" has helped thousands of people rediscover themselves as a result of an increased confidence and self-esteem, and in 2007, her long standing commitment to assisting the Australian population reach their goals to feel great and look great without deprivation saw her commit to yet another project—Tree of Life Fine Foods.

Through Tree of Life Fine Foods, Desi had built a product range of healthy and convenient take home gourmet meals, offering Australian families, individuals and couples a delicious quick-and-easy alternative to tasteless frozen, or high-in-fat takeaway meals. With all meals low in fat, low GI and dietitian endorsed, the Tree of Life Nutritious Frozen meal range also caters to those with specific dietary requirements offers a variety of options including gluten and lactose free, low sodium and low carb meals. Tree of Life Fine Food also offers a low Gi, high fibre and high antioxidant muesli in their range of food products.

Throughout all of her projects, from one-on-one consultations to seminars and the Tree of Life Fine Food concept, Desi's mission is to share her passion for healthy living and take the Tree of Life Nutrition message to the masses—to help them create a healthy lifestyle that is permanent and achievable for all Australian families.

Desi's motto is 'eat well, feel great and be inspired.... Tree of Life Nutrition is a new generation of nutrition!!'

TESTIMONIALS

"I enjoyed the nutrition session because all the information was relevant to my age group. I could relate to what was being said and will take on board the information about a balanced diet"

Year 12 Student, Loreto College Coorparoo

"The nutrition session was useful and fun as we got to eat different food and it was relevant to school students. I have since been to the shops and have bought the muesli that Lisa recommended. I play sport in the morning and this has helped me to keep active by having something more to eat than toast. I would like to do more sessions with the Nutritionist on how to eat properly when rushing in the morning."

Elise Gallagher, Lourdes Hill College

"The session on healthy eating was informative and made me think about the choices I was making with food. I like to keep healthy and we were shown some quick ways to get the nutrients we need."

Year 10 Student, Lourdes Hill College

"Lisa Peterson, from Tree of Life, visited our college as part of our Wellness initiative. She spoke to our staff about healthy food choices and the benefits of good nutrition. Her presentation was thoughtfully prepared and presented with confidence and enthusiasm. The audience members were very well engaged throughout the seminar and their further questions were answered with understanding. Lisa concluded her presentation by sharing healthy and delicious muffins with our staff. They were enjoyed by all. I would happily and confidently recommend Lisa Peterson and the team from Tree of Life, for any corporate or individual, health and dietary requirements."

Head of English, Cannon Hill Anglican College

PRICING & RATES

Nutrition Seminar \$300 + GST

If food demonstrations are provided, cost of groceries are billed in addition to this fee.

CITATIONS

- (1) Australian National Children's Nutrition and Physical Activity Survey
- (2) Promoting Healthy Weight. About Overweight and Obesity. www.health.gov.au
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- (6) Garfinkel, PE, Lin, E, et al. **Bulimia nervosa in a Canadian community sample: prevalence and comparison of subgroups.** Am J Psychiatry. 1995 Jul;152(7):1052-8.
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- (9) Woodside, DB, Garfinkel, PE, et al. **Comparisons of men with full or partial eating disorders, men without eating disorders, and women with eating disorders in the community.** Am J Psychiatry. 2001 Apr;158(4):570-4.
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- (11) Fosson, A, Knibbs, J, et al. **Early onset anorexia nervosa.** Arch Dis Child. 1987 Feb;62(2):114-8.