



Mighty BITES



inspiring children
from Years 3-6

TO CHOOSE HEALTHY FOOD

Delivered by our Accredited Practising Dietitians to improve student knowledge of the Five Food Groups, The Australian Dietary Guidelines and making healthy food choices

- ✓ Aligned with NSW Health's Healthy, Safe and Well Strategic Plan
- ✓ Aligned with PDHPE Syllabus Content Outcomes for Healthy, Safe and Active Lifestyles for Stage 2 and 3



Engaging

Includes fun activities like "Who am I?" and a hands-on creative task



Age-tailored

Activities are adjusted to ensure stage PDHPE content outcomes are met



Inspiring

Encourages students to think creatively and question their food habits



Practical

Students provided with resources to practice what they learned at home





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BONUS FREE SERVICE

With 10+ years of experience delivering school programs, NANSW is the go-to organisation for school food and nutrition services.

Pair Mighty Bites with a **FREE** school service:

Reclaim the Lunchbox

A free NSW Health funded program for parents of primary school children to learn about how to build a healthy lunchbox.

PROGRAM ADD-ONS

We offer the option to purchase additional activities:

Understanding Food Labels

We take the students through examples of food products to help them understand what the products are and what they contain.

Mindful Bites

A guided session that aids students in understanding their hunger cues and the importance of eating mindfully. Includes a mindful eating worksheet for each student.

Recipe Reading

Students learn how to understand recipes, and steps in the cooking process. Each student is provided with their own recipe book to take home to their families.