



SCHOOL

EDUCATION

ABOUT US:

Break the Body Shaming Cycle!

Kim Doyle, Registered Dietitian, shares her Intuitive Eating knowledge through fun and interactive presentations, in-person or virtually, with the school community to reduce the students' risk of developing an eating disorder.

OPTIONS:

Class Presentation.....	\$500
Learning Series; 2-6 sessions.....	\$950+
Assemblies (>50 students).....	\$1000
Staff or Parent Workshops.....	\$1500+

TOPICS:

- Body Diversity & Diet Culture
- Harms of Dieting
- Intuitive Eating & Exercise
- Meal Planning & Prep Skills

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To learn more, visit
www.brantnutrition.com.

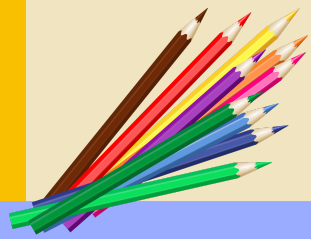


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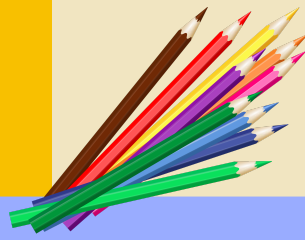
Audience	Options	Topics	Healthy Living Specific Expectations
Kindergarten Grade 1	Class Presentation	Body Diversity Hunger & Thirst Cues Categorization of Food	A1.4, A1.5 A1.1, D2.2, D1.4 D1.1, D2.1
	Hands-on Activity	Food Scientist - Trying New Foods	A1.1, A1.2, A1.6, D1.1, D1.2, D1.3, D1.4, D2.5
Grade 2	Class Presentation	Body Diversity & Bullying Food Allergies vs Sensitivities Building a Balanced Plate (CFG)	A1.4, A1.5, D1.5 D1.2 D1.4, D2.1, D2.2,
	Hands-on Activity	Food Scientist - Discover the Satisfaction Factor	A1.1, A1.2, A1.6, D1.1, D1.2, D2.1, D2.3, D3.1
Grade 3	Class Presentation	Body Diversity & Bullying Balancing Processed foods Building a Balanced Plate and Snacks	A1.4, D1.4, D3.3 D1.1, D2.1 D1.1, D1.6, D2.1, D3.1
	Hands-on Activity	Food Scientist - Exploring Cultural Foods Together	A1.1, A1.2, D1.1, D2.1, D3.1
Kindergarten - Grade 3	Assembly	Body Diversity & Bullying Hunger, Thirst, and Fullness cues Taking Breaks from Fun Food	A1.4 A1.1, A1.2, D2, D3 A1.6, D1, D2

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Grade 4	Class Presentation	Body Diversity & Bullying Macro- vs Micronutrients Why and How to Make Changes to My Eating Habits	A1.2, A1.4, D1.3 D1.1, D2.1 A1.1, A1.2, A1.6, D1.1, D1.5, D2.1, D2.2, D2.5, D3.1
	Hands-on Activity	Food Scientist - Feeling Your Fullness	A1.1, A1.2, A1.6, D1.1, D1.5, D2.1, D2.2, D2.5
Grade 5	Class Presentation	Body Diversity & Weight Stigma Reading Nutrition Labels & Nutrition Facts Table. Media Influences - Harm of Restriction and Bingeing	A1.4, A1.5, A1.6, D3.4 A1.6, D2.1 A1.6 D1.3, D1.4, D3.1
	Hands-on Activity	Media Madness - Scavenger Hunt for health influences in different media sources.	A1.3, A1.5, A1.6, D2.1, D3.1, D3.4
Grade 6	Class Presentation	Body Diversity & Active Living Influences on Eating Habits Hunger Cues vs Emotional Eating How Much and How Often do I need to eat during Puberty?	A1.4, 5 & 6, D1.1, D3.1, D3.3 A1.1, 2 & 6, D2.1, D2.5, D3.3 A1.1, A1.2, A1.6, D1.4, D2.2, D2.5, D3.3 D2.1, D2.2, D3.1, D3.3
	Hands-on Activity	Let's Practice! Making a Quick, Easy, & Balanced Breakfast.	A1.1, A1.2, A1.3, A1.5, D2.1, D2.2
Grades 4-6	Assembly	Body Diversity & Weight Stigma Hunger, Thirst, and Fullness Cues Influences of Food Choices Recommended Eating & Activity Pattern	A1.4, A1.5, A1.6, D3 D1, D2 A1.6, D1, D2 D1, D2

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Audience	Options	Topics	Healthy Living Specific Expectations
Grade 7	Class Presentation	<p>Body Diversity & Impact of Weight Stigma Harms of Dieting & Why people Do It. Defining Eating Disorders & how to get help Hierarchy of Nutrition Needs for Disease Prevention. Anti-inflammatory Diet & Disease Prevention</p>	<p>A1.1-6, D2.2, D2.3 D2.1, D2.3, D3.1 D1.6 D1.6, D2.1 D2.1</p>
	Hands-on Activity	<p>Let's Practice! Making Supper That Tastes & Feels Good</p>	<p>A1.1, A1.2, A1.3, A1.5, D1.6, D2.1</p>
Grade 8	Class Presentation	<p>Body Diversity & Weight-Inclusive Health Promotion Health Risks Associated with Eating Disorders & Prevention. Daily Routines and Coping Strategies for Mindful Eating. Food Safety</p>	<p>A1.1-6, D3.1, D3.4 D1.2, D2.1, D2.2 D2.1, D2.4 D1.2, D2.2</p>
	Hands-on Activity	<p>Putting It All Together - Food Recall, Evaluation, and Planning for Change</p>	<p>A1.2, A1.3, A1.5, A1.6, D1.2, D2.1, D2.2, D3.1, D3.4</p>
Grades 6-8	Assembly	<p>Body Diversity & Impact of Weight Stigma Influences on Food Choices Harms of Dieting Signs of Eating Disorders & how to get help Healthy Eating & Activity Patterns for optimizing physical and mental health Strategies to implement healthy eating & Activity patterns</p>	<p>A1.4, A1.5, A1.6, D3 A1.6, D1, D2 D1, D2, D3 A1.6, D1, D2, D3 D1, D2 A1.6, D1, D2</p>



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Audience	Options	Topics
Grades 9-12	Class Presentation	Body Diversity, Diet Culture & Weight Stigma Weight-Inclusive Health Promotion Harms of Dieting & Why People Do It. Eating Disorders, Associated Health Risks, Treatment Options & Prevention Strategies Curbing Emotional Eating Building Self Confidence Intuitive Exercise for Happiness Anti-inflammatory Diet & Disease Prevention Food Safety
	Assembly	Body Diversity, Diet Culture & Weight Stigma Eating Disorders, Associated Health Risks, Treatment Options & Prevention Strategies Curbing Emotional Eating Intuitive Exercise for Happiness
Parents	Workshops	Body Talk with Your Children How to Handle Disordered Eating Habits How to Reduce "Sugar Addiction" Picky Eaters Anonymous Role Modeling Healthy Lifestyle Habits
Teachers	Workshops	Creating a Weight-Inclusive Health Lesson Teaching Hunger and Fullness Eating for Self-Regulation Lunch Monitoring Tips & Tricks

HOW IT WORKS

Elementary Presentations include 3 topics OR 1 topic AND the hands-on activity

High School Presentations include 2 topics

Parent and Teacher Workshops include 1 topic per hour

