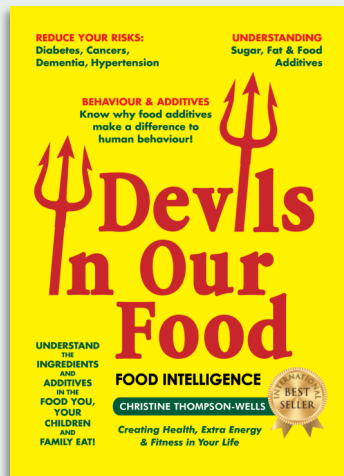


We help families through the information we share
We are an Australian –based company working within NSW

Mobile:
0412390956

Email:
admin@fullpotentialtraining.com.au



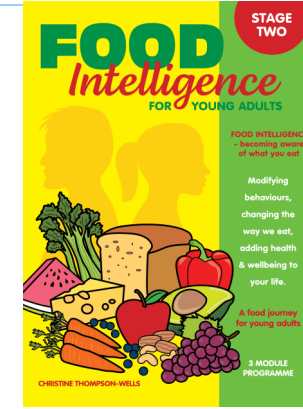
IT'S ALL ABOUT THE FOOD MOLECULES...

Online Education—
Providing Quality Learning -

FOOD INTELLIGENCE
FOR 6-12 & 12-18 years



Full Potential Education and Training
Providing Life Skill Education to our world students.



SCHOOLS' ONLINE FOOD INTELLIGENCE PROGRAMME—Proactive Education 2023

Meeting Curriculum Objectives **NUTRITION FOOD INTELLIGENCE – FOR AUSTRALIA**

Our Schools Food Intelligence programmes have been developed after extensive research into the food ingredients now put into many everyday bought foods. When research for our book publication, 'Devils In Our Food' was undertaken, we were shocked at the volume of additives going into so many children and adult foods. The book took four years of research and a year to develop.

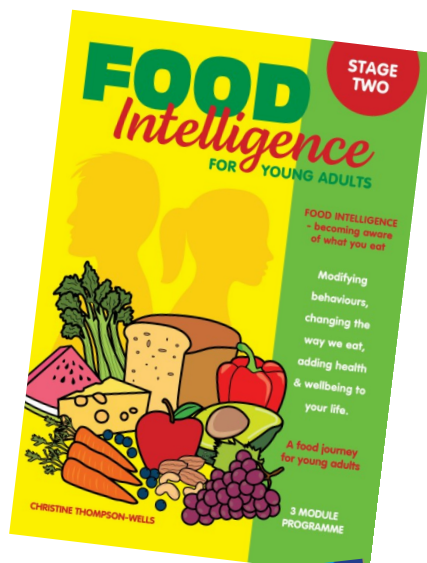
As educators and publishers, we have now extended that research and have developed the Food Intelligence Programmes, seen in the above book covers, to our schools' programmes

For 2023, we are offering two Online Food Intelligence Programmes for Schools.

In the 6-12 Years Package we offer 2 x 1 hour sessions identifying many of the benefits of eating a healthy diet; we also introduce the students to how molecules work in their food and body.

In the 12-18 Years Package we offer 3 x 1 hour sessions identifying, not only how molecules work but how different molecules interact differently in the human body and brain. We talk to the student about modified molecules, and the negative effects on academic performance and the lack of sporting achievement when food eaten does not provide the food quality it is claimed to provide by the food manufacturer.





Understanding The Quality of The Food We Eat...

MEETING CURRICULUM OBJECTIVES

NUTRITION FOOD INTELLIGENCE – FOR AUSTRALIA

Overview The Australian Curriculum addresses learning about food and wellbeing in two ways: • in content descriptions as in Health and Physical Education (HPE), • Science and Technologies, noting that in HPE there is a food and nutrition focus area and in Design and Technologies there is a technologies context (food specialisations). The scope of learning in food and wellbeing reflects relevant content from across the Australian Curriculum. The Australian Curriculum Connection: Food and wellbeing provides a framework for all young Australians to understand and value the importance of good nutrition for health and wellbeing, both across learning areas, and specifically within the Technologies. Within the learning area as in the technology’s context in the core learning across Foundation to Year 8 and as additional learning opportunities offered by states and territories in Years 9–10. The food and wellbeing connection is presented in bands of schooling. In Foundation – Year 6, the connection is described as nutrition, health, and wellbeing. In Years 7–10, it is described as home economics.



ACADEMIC PERFORMANCE & THE FOOD EATEN

As technology grows, so too, does the food technology used by food manufacturers. In many brands of food production, including breakfast cereals, and other everyday eaten foods; many have more chemical ingredients than at any other time in human history!

Whilst, many foods are consumed daily, it is not the objective of the sessions to frighten our students, but to raise their awareness about the quality of the food they eat.

WHAT THE STUDENT WILL ACHIEVE:

By the end of the sessions, the student will be able to understand the roles molecules play in the food they eat or the drink they swallow. They will be able to confidently ask:

1. What are the ingredients in this food?
2. How is this food produced?
3. Is this good for me?

Many food additives are now shown to contribute to:

- Depression
- Irritability
- Dangerous thoughts, and
- Other negative ideas that can lead to serious health and wellbeing issues and poor academic performance.

The emphasis of the Food Intelligence programmes is to allow our teens to become aware of the importance of eating a good and balanced diet.

Not often included in education, is the role of food molecules and it is these molecules that make the difference to eating a healthy or unhealthy diet; this is the life skill information we give to our students—‘food molecules make the difference!’

FOR OUR TEACHERS—HOW IT WORKS

- 1) Initially, once a school has made contact with Full Potential Training & Education, we return to the contact person identifying the school’s requirements.
- 2) Prior to booking a package, we send a booking form. The payment, upon booking, is made, once this is done, we then order the books, ‘Food Intelligence.’ We do need to know the age range with each order: 6-12 or Young Adults
- 3) The books are delivered, by courier, directly from the printer to the school.
- 4) A few days before the booking and class date, we send a secure download link which can be accessed at any time during the next 30 days. If a teacher wants to repeat the class, they have the availability to do so. However, there are only enough books for the class numbers ordered.
- 5) Once the 30 days have expired, the link becomes unusable.
- 6) The course is presented in Power Point slides, with a voice over and description for each slide. Our teacher appears in a small window at the base of the slide. Throughout the books we encourage comments, areas for debate, and further enquiry about food and drink daily consumed. For 6-12 years, a Certificate is incorporated within their workbook. If a Certificate is required for Young Adults, that can be supplied.

The importance of understanding food molecules