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## **Middle School Nutrition - Parent Workshops**

Middle school is a time of rapid growth, increasing independence, and changing eating habits. These nutrition presentations are designed to help parents support their tweens with practical, realistic strategies that fit busy family life.

Programs are available in 30, 45, or 60-minute formats and can be customized for your school community.

### **Power Up: Nutrition for Growing Tweens**

Support growth spurts, puberty, and mood through balanced eating.



- Build a “Power Plate” with macronutrients (protein, carbs, fats)
- Interactive label reading: Spot hidden sugars and nutrient boosters
- Parent discussion on appetite changes, body image, and fueling puberty
- Takeaway: Balanced meal formula + puberty-friendly snack ideas

### **Smart Choices at the Cafeteria & Snack Shack**

Help kids make healthier choices when parents aren’t around

- Snack makeover demo: Turning vending machine items into better swaps
- Talk for parents on fostering independence while still guiding nutrition
- Takeaway: Smart choice cheat sheet + lunchbox inspo for older kids

### **Fuel for Focus: Nutrition & Brain Power**

The role of nutrition in concentration, memory, and academic performance

Activities:

- Create a “Focus Fuel” snack box (trail mix, whole grain + protein pairings)
- Mini experiment: sugary breakfast vs. balanced breakfast and energy crash
- Parent session on sleep, hydration, and after-school eating routines
- Takeaway: Brain food guide + sample weekly breakfast planner

### **Fueling Young Athletes & Active Kids**

Nutrition to support physical activity, sports, and recovery

Activities:



- Build your own sports snack kit
- Hands-on hydration station: Water vs. sports drinks demo
- Parent tips on meal timing for practices and tournaments
- Takeaway: Pre/post-game snack guide + hydration tracker



Find out more  
on my website

