

PROGRAMME OVERVIEW

SESSION NUMBER	TITLE OF SESSION	WHO IS THE SESSION INTENDED FOR?	OPTIONAL PARENTS/ CARERS DISCUSSIONS (RUN IN PARALLEL WITH CHILDREN'S PHYSICAL ACTIVITY SESSIONS)
1.	Meet the leaders and measurements (Pre-programme)	Parents/carers and children	
2.	Introduction	Parents/carers and children	
3.	Nutrition 1 - It's Cool to be Healthy and Active!	Parents/carers and children	Nutrition
4.	Mind 1 - Goals and Rewards	Parents/carers only	
5.	Nutrition 2 - Refined versus Unrefined	Parents/carers and children	
6.	Mind 2 - Goals and Rewards	Parents/carers and children	Goals and Rewards
7.	Nutrition 3 - Fats and Sugars	Parents/carers and children	Sleep
8.	Mind 3 - External Triggers	Parents/carers only	
9.	Nutrition 4 - How to be a MEND Detective	Parents/carers and children	
10.	Mind 4 - Modelling	Parents/carers only	
11.	Nutrition 5 - Ready Steady Eat ...the MEND way	Parents/carers and children	Label Reading
12.	Mind 5 - Internal Triggers	Parents/carers only	
13.	Nutrition 6 - Supermarket Tour	Parents/carers and children	
14.	Mind 6 - Who wants to be a Healthionaire?	Parents/carers and children	Is Wally Hungry?
15.	Nutrition 7 - The MEND Fabulous Food Fest	Parents/carers and children	Fussy Eating
16.	Mind 7 - Problem Solving	Parents/carers only	
17.	Nutrition 8 - The MEND Survival Guide to Parties, Eating Out and other Tempting Occasions	Parents/carers and children	
18.	Mind 8 - Improving Self-esteem and Confidence	Parents/carers and children	Bullying
19.	Post-programme measurements	Parents/carers and children	
20.	Farewell	Parents/carers and children	



REMEMBER

The children's physical activity sessions occur at every session!