



FEED for Adolescents 13-18 years

The FEED program for adolescents involves participation from young people aged 13-18 only. This program accommodates a maximum of eight young people and focuses on building interoception including internal awareness of appetite, hunger and feelings.

What the participant can expect:

- Teens will attend eight weekly face-to-face group sessions. Each session will run for approximately 90 mins.
- Sessions will be co-facilitated by an Accredited Practising Dietitian (APD) and Occupational Therapist (OT)/Play Therapist. The APD will attend each session whilst the OT/Play Therapist will attend the initial session and final session to encourage positive engagement with food using game play, expressive art and role play.
- During the sessions, participants will engage in hands-on food literacy activities involving the planning and preparation of meals to increase knowledge of healthy meal balance in association with internal awareness of appetite, hunger and emotions.
- Using game play, expressive art and role play, participants will be asked to create their own recorded experience via film or photography to celebrate their food creations and allow positive personal reflection.
- Each participant will be provided with a kit of resources including basic utensils, apron and an information booklet with recipes, food ideas and home strategies, that will incentivise ongoing participation and home-based meal preparation.
- Prior to commencing this program, participants will be invited to complete a pre-program survey that will collect information on their interest in food, eating behaviors, current food intake, and barriers to food exposure. We'll also gather information about confidence in food preparation skills. Following the final session, a similar post-survey will be undertaken with opportunities to provide valuable feedback on the program. The surveys are estimated to take around 5 minutes to complete.

**Sessions take place at the Chifley Health and Wellbeing Hub,
5/70 Maclaurin Cres, Chifley.**