



## Read about Lisa and Minky below

Lisa Warman – Nutritionist



Lisa has a deep interest in nutrition education, with a background that includes teaching it to sport and fitness students and volunteering for organisations such as Nutrition Australia and Meals on Wheels.

She founded nutrition company, Nutrition Force, in 2014 where she ran five dietetic clinics as well as facilitating engaging and interactive nutrition workshops to every corner of society. These included speaking with those living below the poverty line about food dollars and budgeting, stress and nutrition to the government and corporate sectors and general health, cooking and nutrition to many other groups.

However Lisa's passion is childhood nutrition and she has been in demand talking to students, staff and parents of schools around Western Australia about fussy eating habits, food marketing and nutrition on a regular basis. She has now focused her knowledge to incorporate music as an effective tool to help educate children, parents and caregivers about healthy eating whilst providing resources for schools and teachers to support their music and health curriculums.

In 2021 she was invited to be an advisor for STEM4Innovation. This program is designed to support Western Australian students via their teachers, schools, and collaborative interaction with industry, government, and the broader community to showcase their innovation and creative potential in addressing some of the most challenging problems facing our society, locally, nationally, and internationally. The challenge statement for the 2021 project was:

***”How might we better engage our students to make more empowered decisions about their health & mental wellbeing?”***



## Lisa Warman – Nutritionist



### Key Objectives:

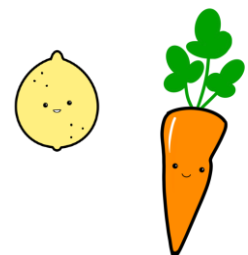
- **Connecting our learning eco-systems** (*curriculum collaboration between learning areas, school partnerships...*)
- **Student led inquiry** (*greater input from our student body – involved directly in curriculum decision making*)
- **Industry Currency** (*connect with Industry experts to ensure information is relevant and correct – cooperative learning models that constantly scrutinise the curriculum*)
- **Authenticated Learning** (*bringing real-life, contextual community challenges into the curriculum to replace standardised models. Collaborative, whole-school projects with a common theme mapped directly to the curriculum structure*)
- **Development of an Organic Change Management System** (*above objectives lead to sustainable & permanent change to the way we all learn through ongoing scrutiny*)

To read more about STEM4 Innovation click the [link here](#)

Lisa's knowledge is a valuable resource that is now available to everyone through

Go Bananas with Lisa and Minky

She hopes to have your family shopping, cooking and eating your way to good health in no time.





## Minky Gardner – Musician



Minky is an award winning Western Australian singer/songwriter, who is passionate about writing fun and interesting songs for kids and big kids alike.

She has performed around the world on Viking Ocean Cruises, been played on Triple J, jammed with Beyoncé's band (and taken them surfing!) and has been the support act for UK folk artist Passenger on his very first Australian visit.

In between this, she helps out Western Australian Music as a judge with their annual Song of The Year song writing competition, and has given guest lectures on song writing to students at the Western Australian Academy of Performing Arts, where she has previously studied Jazz guitar.

Minky is passionate about sharing the joy of music with everyone, and teaches guitar, piano, ukulele and singing (her students range from 5 to 91 years old!). She's a staunch advocate in passing music knowledge along and encouraging the next generation of WA musicians to fly the music flag high!

***"What a little ray of sunshine! Minky is a songbird we love to hear." – Guitar virtuoso Tommy Emmanuel, August 2018***

***"Minky delivers brilliant song writing and her bubbly and energetic guitar playing complements her. Fans of Frank Sinatra, Norah Jones and Jack Johnson should check her out." – Fasterlouder.com***

