



Feed Your Brain – Eat Well, Drink Well, Learn Well

We believe that our ability to think and learn is affected by what we eat and drink. There seems to be plenty of evidence to support this.

To some extent you are today what you ate yesterday!

Key messages:

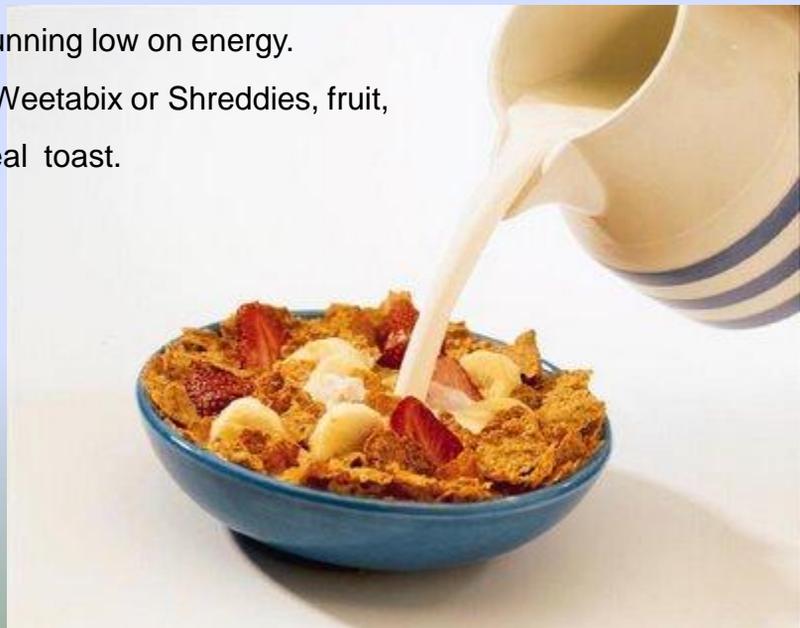
- 1: Enjoy your food!
2. Have regular meals
3. Make sure you have a varied, balanced diet
4. Aim to eat at least five portions of fruit and vegetables a day.
5. Have a glass of water with each meal, aim to drink two litres of fluid a day and remember that you are encouraged to sip from your bottle of water in most lessons

Is breakfast important?

Don't skip breakfast – you risk running low on energy.

Recommended are cereals like Weetabix or Shreddies, fruit, the odd boiled egg and wholemeal toast.

Drink water or fruit juice.



What about lunchtime?

Aim for variety

- Include a portion of fruit or vegetables
- Avoid foods that are high in fat or sugar
- Save chips for the odd treat, not as a frequent part of your diet

Please don't have these very often:

- Crisps
- Chips
- Processed food
- Junk food
- Sugary and fizzy drinks
- Sugar-rich foods
- Artificial colourings and preservatives



What is 'brain food' (and drink)?

There might be different views in some of this, but the following may well help you to learn:

- Plenty of water
- Omega 3 – found in oily fish, such as tuna, mackerel, salmon, and recommended four times a week (can also be bought as a supplement in health food shops)
- Bananas
- Porridge
- Leafy green vegetable such as broccoli, cabbage or spinach
- Berries such as blackberries, raspberries and blueberries
- Wholegrain food such as wholemeal bread and brown rice



YOU ARE WHAT YOU EAT: your diet can improve or hinder your success

TOP TEN BRAIN BOOSTERS

1. Porridge, Weetabix or Ready Brek: Slow-releasing energy at breakfast.
2. Extra-lean grilled beef burgers: rich in concentration-boosting iron.
3. Grilled salmon: rich in omega-3 oils for making brain cells.
4. Boiled or scrambled eggs: contain phospholipids for enhancing memory.
5. Bananas: bursting with potassium needed for memory.
6. Water: being dehydrated reduces concentration.
7. Milk: rich in protein which helps to increase alertness.
8. Multigrain bread: good for B vitamins, needed for concentration.
9. Apples and pears: great slow-releasing energy snacks to help fuel the brain between meals.
10. Eat breakfast – breakfast is the fuel which tops up the blood sugar after a night's fast. This is important to provide energy which boost brain power and helps to get you kick started!

TOP 10 BRAIN DRAINERS

1. Sugar-coated breakfast cereals e.g. Frosties or Sugar Puffs: - these cause a rapid rise in blood-sugar levels, followed by a short, sharp energy low.
2. White toast with jam: also cause a rapid rise in blood-sugar levels, followed by a short sharp energy low which can make you sluggish.
3. Crisps: contain lots of salt, which can be dehydrating and disrupt concentration.
4. Orange squashes: these contain E102 (tartrazine), which can make some people hyperactive.
5. Cola drinks/fruit drinks: rich in sugar and caffeine, can trigger the sugar rollercoaster which can over stimulate and hamper concentration.
6. Cheap, fatty burgers: little meat content, so little brain-boosting iron.
7. Meat pies, cakes, biscuits: contain trans fats, which hinder brain development and function.
8. Boiled sweets, gums and Smartie-like confectionary containing E104 and/or E110. Both can trigger hyperactivity and disrupt concentration.
9. Iced cakes or buns: packed with fat and sugar, which, when combined in large amounts, can make you sluggish.
10. Energy drinks: they may be called energy drinks, but they are packed with sugar, which again, sets you on the rollercoaster of distracting sugar highs and lows.