Research shows that children’s behaviour often deteriorates late morning or three to four hours after breakfast. Children simply run out of fuel which can effect their concentration in the classroom. At approximately 10am the 1/2 area eat brain food. We don’t stop our literacy/numeracy program to eat. The children will snack on their healthy food as they continue their work. Therefore it’s important that brain food is not in their lunch box, but wrapped separately or in an individual container or bag and can be eaten in about 5 minutes.

**BRAIN FOOD IDEAS ~**

Fresh or Dried fruit for example:
* Apple - cut into quarters.
* Cherries.
* Dried Banana.
* Peaches - cut into quarters.
* Grapes.
* Banana – cut into pieces.
* Sultanas.
* Dried Apricots.
* Pear - cut into quarters.
* Dried Apple.

Raw vegetables for example:
* Carrots - cut up in sticks.
* Cherry Tomatoes.
* Cucumber - cut up in sticks.
* Capsicum - cut up in strips.
* Mushrooms.
* Celery - cut up in sticks.

**Please No!**
* Fruit bars and ‘straps’ – they are high in sugar and low in fibre.
* Messy foods – juicy fruits or vegetables, fruit cups and yoghurt.
* Large quantities – Brain food should only be a 5 minute snack.

**NO NUTS, EGG, OR DAIRY - THERE ARE STUDENTS WITH ALLERGIES IN THE 1/2 AREA.**