



Brain Food

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 affect their concentration in the classroom. At approximately 10am, we eat brain food in Level 2. We don't stop our class program to eat. The children will snack on their healthy brain food as they continue to work. Therefore, it is important that brain food is not in their lunchbox, but wrapped separately or in an individual, named 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
- Dried apple

Raw vegetables for example:

- Carrots – cut up into sticks
- Cherry tomatoes
- Cucumber – cut up into sticks
- Capsicum – cut up into strips
- Mushrooms
- Celery – cut up into sticks



Please no!

- Fruit bars and straps – they are high in sugar and low in fibre
- Messy foods –juicy fruits, fruit cups and yoghurt
- Large quantities – brain food should only be a 5 minute snack

NO NUTS – THERE ARE STUDENTS IN LEVEL 2 WITH ALLERGIES.....