



Brain Food - Rationale / Beliefs about Learning

It has been recognised through research that people regularly need food and water to maintain high-level brain function. This has important implications for students in our schools. Research strongly advocates for students being able to nibble on brain food and drink water throughout the school day. "...brains run better on a 'nibbling diet. Some schools have reported significant drops in behaviour problems and increased learning performance since making nibbling food available at various times of the day. For a young developing brain the most important meal of the day is breakfast. Brain cells require fuel (through glucose) to operate effectively, and water to keep them hydrated. Proteins also boost brain alertness while carbohydrates induce calmness or relaxation.

For many students, particularly during periods of growth, the wait until a break time can also cause a decrease in energy and brain function. The brain needs a regular supply of water to keep it in top working order.

Teachers will:

- Provide a flexible morning Brain Food time for students. It is a time when students are encouraged to eat brain-healthy food that helps maintain the glucose supply to the brain.
- Allow students to sip from water bottles throughout the day.
- Ensure students are seated during brain food breaks (this is not a play time)
- Provide milk, through the Milk in Schools programme, three times a week

Children will:

- Develop higher level brain function
- Have more energy to learn
- Be more engaged in their learning thus reducing behaviour concerns
- Experience more success with learning
- Begin to develop lifelong skills around health eating and lifestyles

Parents/Caregivers will:

- Ensure that students have eaten a healthy breakfast
- Support the school's Brain Food policy
- Provide children with a small amount of healthy brain food
- Ensure children have a bottle of water to use in the classroom

Times	Monday	Tuesday	Wednesday	Thursday	Friday
9.00	LEARNING BLOCK 1				
10.30	INTERVAL				
10.50	LEARNING BLOCK 2				
11.50	BRAINFOOD BREAK				
12.00	LEARNING BLOCK 3				
1.00	LUNCH TIME PLAY				
1.45	LUNCH EATING WITH TEACHER SUPERVISION (IN CLASS)				
2.00	LEARNING BLOCK 4				
3.00	HOME TIME				

Acceptable Brain foods include:

- Fresh fruit and vegetables
- Dried fruit (e.g. apricots, prunes, raisins and sultanas)
- Nuts or seeds
- Plain popcorn or crackers
- A hardboiled egg
- Half a sandwich
- Salami
- A water bottle

THIS

NOT THIS

