

BRAIN FOOD

All students are being encouraged to have water and healthy snacks in class. Children will be able to graze throughout the day on brain food including dried fruit, vegetables such as carrots and celery, seeds and plain wholegrain snacks such as rice crackers (see list for ideas).

Snacks are to be brought to school in a small named container and will be on student's tables for the day. Children will only be eating their own snacks and not sharing with others. The way classes organise their snacks will be decided by the teachers and children of each individual class and therefore may be different from class to class.

Drinking plenty of water is essential for switching on our brains and keeping it hydrated. Students are encouraged to have a water bottle but cordial, juices, lemonade etc. are not allowed.

Brain Food Ideas::

Dried Fruit – apples, peaches, apricots, pears, sultanas

Fresh Fruit – apples, cherries, mandarin segments

Vegetables – carrots, celery, beans, cucumber

Seeds – sunflower kernels, Pepitas (pumpkin seeds)

Dried fruit mix

Wholegrain – plain rice crackers – no baked or fried snack crackers

Puffed corn, puffed rice

Unsalted and unfavoured popped corn

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