

Lesson	Food for Thought – Food for the Brain	50-minute session
Learning Outcomes	<ul style="list-style-type: none"> To be able to understand that what we eat affects our brain To be able to make links between our actions and food To be able to make better decisions to increase our own brain power <i>(Potential links to Science & Maths)</i>	
Resources Needed	<ul style="list-style-type: none"> Coloured Pens & Paper Drink Cards Cubes/Sugar Cubes/Beads/Dice/Post it Notes etc (For each team, if required) Brain Food Cards & Function Map or Brain Jigsaw 	

Adaption maybe required for need and age. Consideration must be given to any allergy or dietary requirements.

	Outline	Resources
Introduction 10mins	<p>We eat food for a number of different reasons –</p> <ul style="list-style-type: none"> Socialising Special Occasion We need to or want to <p>We all know about the different effects food can have on our bodies, but have you ever considered what food does for our brains?</p> <p>Our brains use more energy than any other organ in our bodies. Can anyone guess how too much sugar might affect us?</p> <ul style="list-style-type: none"> Our bodies overheat Poor memory formation Finding learning new things difficult Affects our mood Processes information slower <p>Activity</p> <p>Brain Gym Exercises – to do these you need to be able to use both sides of your brain at once. This is not something we normally do, for example when we write we are only using one hand and so our concentration is only on one area.</p> <p>Cool Fact – did you know that the left side of your brain operates the right side of your body and vice a versa!</p> <p>Choose 2 different coloured pens have one in each hand, on a piece of paper and at the same time try to draw –</p> <ul style="list-style-type: none"> Square Triangle Circle Write your name <p><i>You can change these to suit the needs and level of your class</i></p> <p>Now change pens into the other hand – choose a shape and try to colour both at the same time? How did you find this?</p> <p>What brain skills were you using? Class Discussion</p>	<p>Paper</p> <p>Coloured Pens</p>
Activity 1 – Sugar in Drinks 10mins	<p>Step Up</p> <p>You will need to decide which drinks cards you want to use or are most relevant in advance and ensure that each group has the same cards. (You can use the cubes to add a maths element to the activity if you wish, you will need enough cubes to represent the total amount of sugar contained in all of the drinks shown on the cards and for each group)</p>	<p>Drinks Cards</p> <p>Cubes/beads/dice/ post it notes</p> <p>Teacher Resource</p>

	<p>Activity Using the Drink Cards in the selected groups (<i>size dependent upon your class/student needs</i>) discuss and decide how much sugar is in each drink. You could use post it notes to ask the students how many cubes they think would be in each or get them to place the cards in order of most to least sugar. (If using cubes ask the students to divide them among the cards)</p> <p>Share group conclusions with the rest of the class and find out who was right! Discuss any drinks they thought were very different from what they expected and how this might affect their choices in the future.</p>	
<p>Activity 2 – What is good for our brain? 25mins</p>	<p>If too much sugar affects our brains in a negative way how can we make sure we are eating the right things to affect it in a positive way?</p> <p>Activity (<i>there are different resources to support this activity depending on the needs/abilities of the class</i>)</p> <ol style="list-style-type: none"> 1- In groups try to piece together the brain jigsaw and identify the foods shown 2- In groups try to match the food to the part of the brain and the function it would affect <p>Whole class discussion about thoughts and ideas on what they have agreed within their groups and why</p> <p>Do you eat any of these foods? Are there any you have never tried before?</p>	<p>Brain Jigsaw (<i>you will need to cut these into sections in advance</i>) Or Brain Food Cards Brain Function Map Teacher Resource</p>
<p>Plenary 5mins</p>	<p>There is one thing we need for our brains which we haven't mentioned – does anyone know what this is?</p> <p>Water, this is important as without water our brains cannot work efficiently. Water helps us –</p> <ul style="list-style-type: none"> • Think Faster • Focus • Concentrate • Be Creative • Be Calmer • Think Clearer <p>Are these all things we need to be able to learn more? Do you think you could eat more brain food or drink more water to help?</p>	