

Food for Thought - Teacher Resource

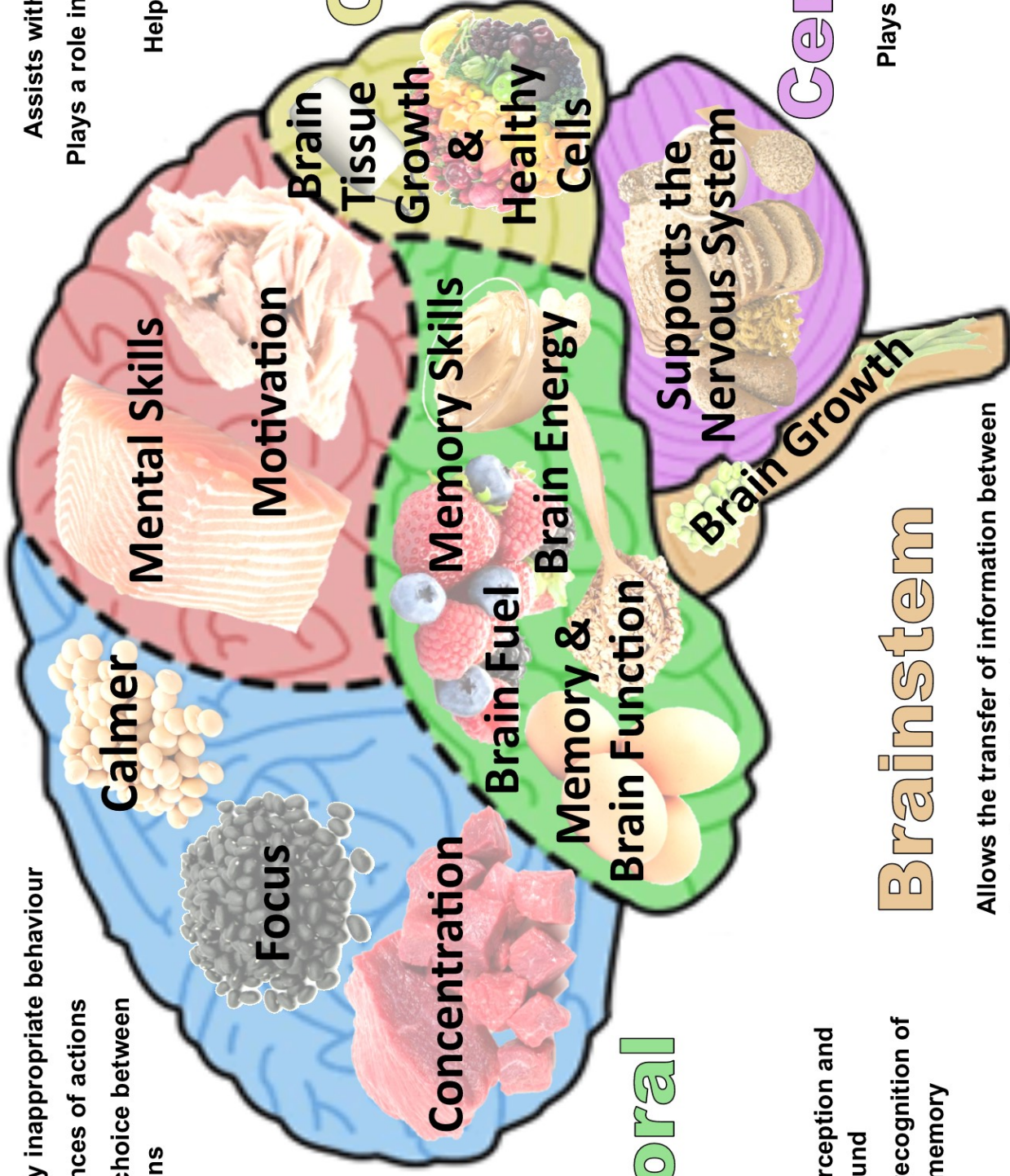
	Food	Benefits	Why
	Salmon/Tuna	Needed for brain growth and function, helping to improve mental skills.	Omega-3 fatty acids
	Eggs	Important nutrients for memory development	Protein & choline
	Peanut Butter	Antioxidants protect nerve membranes Helps brain development and provides energy	Vitamin E, Thiamin & glucose
	Whole Grains	Good for the nervous system and provides energy	B Vitamins & glucose
	Oats/Oatmeal	Provides fuel and keeps you feeling fuller for longer Helps the brain work efficiently	Fibre Vitamin E, B complex & zinc
	Berries	Improves memory and brain function	Vitamin C & Omega-3 fats
	Beans	Keeps energy levels high, supports brain function and growth	Protein, complex carbohydrates, fibre, vitamins and minerals.
	Colourful Veggies	Helps to keep brain cells healthy	Antioxidants
	Milk/Yogurt	Growth of brain tissue, neurotransmitters and enzymes	Vitamin B, vitamin D, protein & carbohydrates
	Lean Beef/Black Beans / Soy	Maintains energy, focus and memory	Iron

Frontal Lobe

Suppresses socially inappropriate behaviour
Predicts consequences of actions
Plays a role in the choice between good and bad actions

Parietal Lobe

Assists with the interpretation of touch
Plays a role in the knowledge of numbers and their relationships
Helps with the understanding of objects, shapes and space



Temporal Lobe

Assists with the perception and interpretation of sound
Plays a role in the recognition of objects and visual memory

Occipital Lobe

Processes and makes sense of visual information

Cerebellum

Plays a major role in balance and voluntary motor skills

Brainstem

Allows the transfer of information between the brain and the body
Plays a role in automatic functions such as heartbeat and breathing