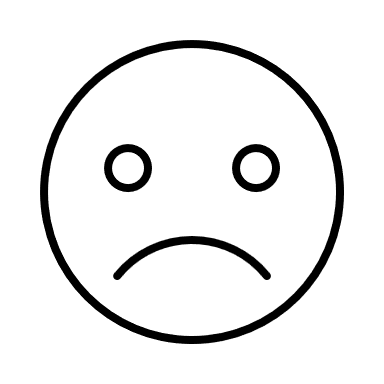
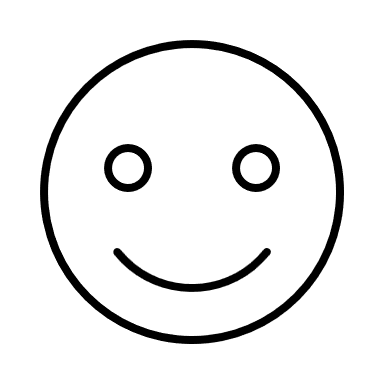
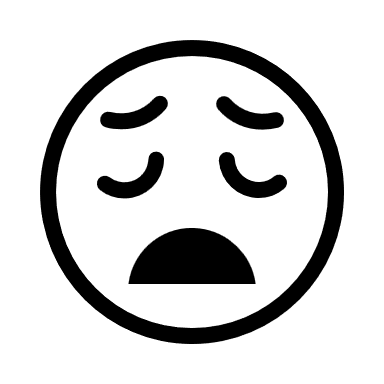
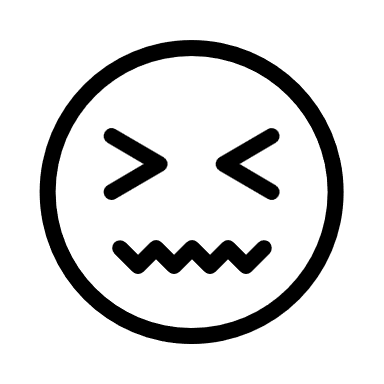
**Food & Mood Student Resource:**

**Emotion cut-outs (if required):**

🡪Sad

🡪Happy

🡪Tired

🡪Stressed

**Picture cut-outs:**

















| **Picture** | **Food** | **Why** | **What** |
| --- | --- | --- | --- |
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**Food:**

1. Protein
2. Fermented Food
3. Banana
4. Fruit & Vegetables
5. Red meat
6. Carbohydrates
7. Crabs
8. Almonds
9. Brazil nuts
10. Fish
11. Healthy Fats & Fibre
12. Water
13. Dairy
14. Anti-inflammatory food
15. Green vegetables

**Why:**

1. High in vitamins minerals & antioxidants
2. High levels of Dopamine & Norepinephrine
3. Stabilise blood sugar
4. Support growth of healthy bacteria in the gut. The gut produces serotonin
5. Vitamin B6 which synthesises dopamine & serotonin
6. Iron
7. All B vitamins
8. Folic Acid
9. Glucose
10. Lower Cortisol
11. Zinc
12. Omega 3
13. Selenium
14. Melatonin
15. Hydration

**What:**

1. Happiness
2. Happiness
3. Happiness
4. Lifts mood and reduction in anxiety
5. Concentration, Pleasure and mood regulation
6. Less likely to be depressed
7. Less likely to feel weak and tired
8. Less likely to feel irritable
9. Improved immune system
10. Brain power (concentration)
11. Stress reduction
12. Concentration and can help prevent constipation
13. Reduce depression
14. Help internal body clock (improves sleep)
15. Reduces likelihood of low mood and depression