**Food & Mood Teaching Resources:**

|  | **Food** | **Why** | **What** |
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|  | Protein | High levels of Dopamine & Norepinephrine | Concentration, Pleasure and mood regulation |
|  | Fruits & Vegetables | High in vitamins, minerals & antioxidants | Happiness |
|  | Healthy Fat & Fibre | Stabilise blood sugar | Lifts mood and reduction in anxiety |
|  | Fermented food | Support growth of healthy bacteria in the gut. The gut produces serotonin | Happiness |
|  | Bananas | Vitamin B6 which synthesises dopamine & serotonin | Happiness |
|  | Red meat | Iron | Less likely to feel weak and tired |
|  | Dairy | All B vitamins | Less likely to feel irritable |
|  | Green vegetables | Folic Acid | Less likely to be depressed |
|  | Carbohydrate | Glucose | Brain power (concentration) |
|  | Anti-inflammatory foods (Avocados) | Lower Cortisol | Stress reduction |
|  | Seafood (Crabs) | Zinc | Improved immune system |
|  | Water | Hydration | Concentration and can help prevent constipation |
|  | Fish | Omega 3 | Reduce depression |
|  | Brazil nuts | Selenium | Reduces likelihood of low mood and depression |
|  | Almonds | Melatonin | Help internal body clock (improves sleep) |

Glossary:

* Antioxidants - A substance that aids us through protecting our cells from harmful molecules such as radiation.
* Cortisol - A hormone that directly impacts the stress cycle. (Our primary hormone responsible for stress)
* Dopamine - A neurotransmitter responsible for the reward centre, so allows individuals to feel pleasure and makes them feel good.
* Folic acid - A vitamin responsible for maintaining a healthy nervous system. It also helps create healthy red blood cells.
* Glucose - A sugar that is the main source of energy / fuel for the body and the cells within the body. It is also blood sugar.
* Iron - A mineral that helps create healthy red blood cells.
* Melatonin - A hormone that aids in sleep regulation. (Fall asleep quicker)
* Norepinephrine - A neurotransmitter as well as a hormone that is responsible for both arousal and alertness.
* Omega 3 - A fatty acid that helps build and maintain a healthy body
* Selenium - An element that helps the immune system
* Serotonin - A neurotransmitter that aids the regulation of mood. (happiness).
* Vitamins - Nutrients that help the body function and maintain healthy.
* Zinc - A nutrient that helps cells grow, keep the body healthy and helps the immune system.