

# Brain Food Break

## Letter to Parents



Dear Parents and Carers,

### In-Class Brain Food Break

Our class is committed to improving children's health through education and by supporting the Healthy Eats Brain Food Break initiative.

Research shows that our food habits are formed during childhood and generally stay with us into adulthood.

Fruit and vegetable intake is vital for:

- Growth and development
- Concentration and academic performance
- Mental health and behaviour
- Energy and optimal physical performance
- Preventing the development of lifestyle diseases such as; obesity, diabetes, heart disease and many forms of cancer.

Brain Break is a set break each day for students to eat salad fruit or salad vegetables and drink water in the classroom.

We invite you to support your child to participate in Brain Break by providing a clean water bottle to sit on the desk and extra vegetables or fruit each day for Brain Break.

Research has shown that drinking water and eating fruit and vegetables is essential for good health and can help concentration throughout the day.

Brain Break will start in our class on \_\_\_\_\_ . Please remember to send suitable vegetables or fruit and a small clear plastic water bottle.

See attached information sheet or contact us via phone \_\_\_\_\_ ; email \_\_\_\_\_ , or alternatively speaking with your relevant classroom teacher.

Thank you for your support.