

Brain Food Break

Parent Information Sheet



How you can assist the Healthy Eats Brain Food Break during class time.

Provide your children with:

- An extra piece of fruit, salad or easy to eat vegetables
- A small clear water bottle
- Brain Break should not replace the fruit and vegetables normally eaten at recess or lunch

What fruit and vegetables are allowed?

- Fruit
- All fresh fruit (for example, whole or chopped fruits easy to eat in class)
- Fruit canned in water or juice (not syrup)
- Dried fruit (please limit as it contains concentrated sugar and tends to cling to teeth, increasing the risk of tooth decay)
- Vegetables
- All fresh vegetables or salad (for example carrot, celery sticks, cherry tomatoes)
- Water



NB: Messy fruits and veg eg. Whole mangoes or whole oranges, although nutritious are not as practical for a classroom snack.

Simple ideas for your child's brain break snack:

- An apple or pear. Peel and cut into thin slices if your child has trouble eating one whole. Or buy the smaller size fruit which are perfect for kids.
- Berry and melon cup. Mix strawberries, blueberries and some cubed watermelon. The colours look lovely together making them even more enticing to eat.
- Vegetable sticks. Cut up some carrot, cucumber and celery into thin sticks. Peel the celery if you're child has trouble with the stringy bits, or remove the seeds in the cucumber.
- Grapes. If you've got the time, pick them off their stems and pack them into a container making them really easy for kids to eat.
- Cherry tomatoes. Try different colours, like yellow, to keep it interesting.
- Banana. They are great as an energy boost, and even come in their own packaging which makes them quick to pack in the morning. Write your child's name on the skin with a pen if you need.
- Sugar snap peas. They can be eaten pods and all, but some kids like to open them up and just eat the peas inside. Either way, at least they're eating some greens!