

Brain Food Break

School Tip Sheet



Healthy Eats

2 & 5 to help you thrive!

Ensuring your brain food break run smoothly

1. Encourage quick, easy foods for Brain Food Breaks (no messy foods).
2. Encourage students to adopt Brain Food Breaks as a daily routine.
3. Have a set time each day. Make a note of this on the classroom wall, so for example, kids know that 9:30am is brain break time.
4. Get kids in the habit of bringing their brain break food into class and having it on their desk. This means they don't have to go back to their bag and they are ready when it's time for this brain break.

What are brain break foods?

- All fresh fruit such as bananas, apples, berries or watermelon. These can be whole or chopped up.
- All fresh vegetables such as carrots, celery and cherry tomatoes.
- Fruit canned in water or juice (not syrup)
- Dried fruit in small amounts due to its concentrated sugar that can increase tooth decay.
- Water.



What to ask parents to do for brain food break?

- Provide an extra piece of fruit or salad vegetables that is clean and easy to eat in class.
- Provide a small clear water bottle.

It is important to communicate that Brain Food Break should not replace the fruit and vegetables eaten at recess or lunch. This healthy snack is in addition to the healthy foods already packed.