



## Breakfast and Brain Food Suggestions

Busy brains use up a lot of energy, so to maximise concentration Templestowe Park PS are encouraging students to have a small snack during class time in the first learning block of the day. The following is a list of suggestions for snacks that provide the vital nutrients for concentrating in class. Carbohydrates fuel your brain, and slow-release carbohydrates, such as whole grain foods, give a slow-release source of energy to last from 9am to lunch time. Foods that are rich in carbohydrates include breakfast cereals, grains, bread, wraps and rolls. Rice and pasta are also a good source of complex carbohydrate. Fruit and vegetables have less carbohydrates.

A serve of protein at this time can help with feeling more satisfied, more than if just a carbohydrate is consumed, and with feeling settled in the classroom and being able to focus. Examples of protein foods are eggs, dairy foods, legumes and beans, nuts and meat, chicken, and fish.

A good breakfast is especially important in setting students up for the first learning block for the day. A balanced breakfast contains complex carbohydrates, protein and some fruit or vegetables. It is well researched that a balanced breakfast enhances learning and is even more important with the extended class time before lunch break.

### Ideas for a balanced breakfast -

- Weet-Bix, milk served with tinned peaches/pears/apples
- Cheese and tomato toastie with cut up fruit
- Milo and milk, nut butter on toast with sliced banana
- Leftovers from the night before
- Cold boiled eggs sliced on wholegrain toast. Boil and peel some eggs ahead of time and keep in fridge for up to 3 days.
- Stewed or tinned fruit, a generous dollop of vanilla yoghurt, sprinkled with granola or cereal

### Brain food suggestions-

- Sliced vegetables or fruit in a small tub
- Edamame beans can be found in the 'Freezer' section of the supermarket and are available shelled. Placed frozen in a lunch box they will defrost by snack time and are always available from your freezer. They require no preparation and are a great combination of protein and carbohydrates.
- Chickpea snacks. Dried chickpea snacks are a ready to go, healthy snack.
- Cheese and Vegemite sandwich - cut into quarters or rolled up into a scroll

- Rice cakes
- Grapes with cubes of cheese in a small container
- Half a cheese toastie, cut into bite size pieces
- Wholegrain breakfast cereals in bite sized pieces, e.g. Fruity Bix or wholegrain Cheerios + dried fruit (raisins, dried apricots, dried apple)
- Cherry tomatoes and cherry bocconcini
- Bliss balls. These freeze well and are easy to eat for little hands.
- Piece of zucchini slice
- Carrot stick rolled up in a slice of ham and an iceberg lettuce leaf makes colourful finger food.
- Make pikelets with leftover fruit and pancake mix. Keep it in the freezer, separated by baking paper.

Templestowe Park is a 'waste free' school. I encourage using reusable containers. Buy snacks in bulk and decant into individual containers. A small container especially for "brain food time" will minimise disruption in class and food mess in the classroom. Food cut into bite size pieces will be easier for children to manage, so they can focus on their classroom learning.

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