

Brain Health Lesson Plan	
Subject	Appropriate age group
Nutrition for a healthy brain	8-11 yrs.
Learning Objectives	Resources
<ol style="list-style-type: none">1.) Learn what the brain is.2.) Describe what foods can support brain health.3.) Explore using problem-solving skills.4.) Develop cooking skills.	PowerPoint presentation One activity Sheets. Recipe Card
Teaching Input	
<ul style="list-style-type: none">• When going over the nuts and seeds slide, please emphasise to the children that they should not eat nuts and seeds if they are allergic, please speak to their doctor and family/guardian. <p>Key messages</p> <ul style="list-style-type: none">• Food is meant to be enjoyed and following a healthy and balanced diet that fits into our lifestyle is a sustainable way to eat for long term enjoyment and health. <p>LESSON ACTIVITY</p> <ul style="list-style-type: none">• Maths sheet. Count up all the different foods and write the answer into the box.• Salmon Patties recipe card. – Be careful if using hot oil in the frying pan.	