



The Hungry Brain: The Nutrition/Cognition Connection (In A Nutshell Series)

Susan Augustine

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Feed the brain first to make the nutrition/cognition connection!

Focusing on nutrition's role in promoting learning, the author calls on educators to model good food choices for their students. Building on a simple three-part framework of plant foods, animal foods, and junk foods, and incorporating exercise, the text shows educators how:

- Healthy eating provides a powerful link to learning
- Childhood obesity, food allergies, and other disorders may be related to eating habits
- Breakfast is still the most important meal of the day
- Brain-jogging exercises enhance brain activity, improve physical health, increase clarity, and reduce stress

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