

## FOOD CHOICES & TEST PREPARATION

Ms. Hebert & Ms. Wade-Baker – SPS Family & Consumer Sciences Faculty

### The Evening Before A Test –

(1) The family dinner should be high in protein and low in fat. A tasty and teenage favorite meal would be tacos. Be sure to use ground turkey or a low fat ground beef. Add lots of dark green lettuce, green peppers, tomatoes and onions. Use low fat cheese and whole grain taco shells. Be sure to add a glass of milk.

- The dark green veggies contain B vitamins which are lost during times of stress. Vitamins and minerals are essential for growth and functioning of the brain.

(2) Another student favorite dinner is pizza. Make it a “smart pizza”. A whole grain crust, tomatoes, low fat cheese and smart toppings. Top with low fat cheese, onions, green peppers, pineapple, chicken, and mushrooms. Avoid the high fat toppings like hamburger, pepperoni and sausage.

- Note – High fat foods are hard to digest and may disrupt sleep.

“**Breakfast**” means just that: break the overnight fast. Eating breakfast allows you to restock the energy stores that have been used over night. You want to begin the day with a full tank of the right fuel. A breakfast with the right balance of foods starts a student off with a brain that is ready to learn and emotions prepared to behave. It has been proven that breakfast skippers are more likely to be sluggish, and make lower grades.

✓ *Here are some healthy fun breakfast suggestions:*

1. Granola cereal, low fat yogurt, a sliced apple.
2. French toast topped with fruit, orange juice or milk.
3. Low-fat cheese melted on whole-grain toast with a piece of fruit.
4. Low-fat cream cheese on a whole grain bagel, orange juice
5. Peanut butter and banana slices on an English muffin, milk.
6. A whole-grain cereal bar, low-fat yogurt and a piece of fresh fruit.
7. For breakfast on the run try a Fruit smoothie, just put yogurt, juice or milk and some sliced fruit in the blender.
8. Have that left over slice of pizza.

**Snacks** should be low in fat, low in sugar and made with a whole grain. Students are more likely to choose a healthy snack if they are readily available and are easy to transport to school.

✓ *Here is a list of healthy snacks to pack in your child’s back pack:* Baked chips, Whole grain pretzels, Fresh fruit, 100% Fruit juice, Goldfish, Granola bar, Snack size yogurt, String cheese, Dry cereal, Raisins, peanuts or trail mix, Vegetable sticks ...

**Water** makes up 83% of the blood and acts as a transport system, delivering nutrients to the brain and eliminating toxins. Your brain needs to be fully hydrated so that the circuitry works well and it functions at optimum levels. Water is essential for concentration and mental alertness.

Studies have shown that most people are permanently partially dehydrated. This means that their brain is working below its capacity and potential. (Source: Bill Lucas, Power Up Your Mind, 2001)

## FOODS FOR THOUGHT: FOODS THAT BUILD AND FOODS THAT DRAIN THE BRAIN

Some foods help the brain work better, some foods drag down brain performance. Be smart and feed your children foods that will make them smart (and also eat these foods yourself, too).

Adapted from: <http://askdrsears.com/html/4/t040400.asp#T040405>

BRAIN BUILDERS	BRAIN DRAINERS
<ul style="list-style-type: none"><li><input type="checkbox"/> Avocados</li><li><input type="checkbox"/> Bananas</li><li><input type="checkbox"/> Beef, lean</li><li><input type="checkbox"/> Brewer's yeast</li><li><input type="checkbox"/> Broccoli</li><li><input type="checkbox"/> Brown rice</li><li><input type="checkbox"/> Brussel sprouts</li><li><input type="checkbox"/> Cantaloupe</li><li><input type="checkbox"/> Cheese</li><li><input type="checkbox"/> Chicken</li><li><input type="checkbox"/> Collard greens</li><li><input type="checkbox"/> Eggs</li><li><input type="checkbox"/> Flaxseed oil</li><li><input type="checkbox"/> Legumes</li><li><input type="checkbox"/> Milk</li><li><input type="checkbox"/> Oatmeal</li><li><input type="checkbox"/> Oranges</li><li><input type="checkbox"/> Peanut butter</li><li><input type="checkbox"/> Peas</li><li><input type="checkbox"/> Potatoes</li><li><input type="checkbox"/> Romaine lettuce</li><li><input type="checkbox"/> Salmon</li><li><input type="checkbox"/> Soybeans</li><li><input type="checkbox"/> Spinach</li><li><input type="checkbox"/> Tuna</li><li><input type="checkbox"/> Turkey</li><li><input type="checkbox"/> Wheat germ</li><li><input type="checkbox"/> Yogurt</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Artificial food colorings</li><li><input type="checkbox"/> Artificial sweeteners</li><li><input type="checkbox"/> Colas</li><li><input type="checkbox"/> Corn syrup</li><li><input type="checkbox"/> Frostings</li><li><input type="checkbox"/> High-sugar "drinks"</li><li><input type="checkbox"/> Hydrogenated fats</li><li><input type="checkbox"/> Junk sugars</li><li><input type="checkbox"/> Overeating</li><li><input type="checkbox"/> White bread</li></ul>