



ACTIVITY 5 | FOOD FOR THOUGHTS

Worksheets

- **TBH Brain-Healthy Foods List.** This worksheet lists foods that are part of a brain-healthy diet. Use this worksheet to foster class discussion about brain-healthy eating. You can also use this list as a resource for choosing brain-healthy foods to bring to class for your participants to try, and as a class handout.
- **TBH Recipe Challenge Game.** This game offers class participants the chance to practice putting together a brain-healthy recipe.

Directions:

- *Print out and assemble copies of the **TBH Recipe Challenge Game**. The game is designed to print in color. You should have enough copies for your class to play in groups of two or three persons per group.*
- *Distribute copies of the game, along with recipe or index cards (enough for each group to have at least 2-3 cards) and pencils or pens.*
- *Have each group work together to “build” brain-healthy recipes by combining ingredients using the **TBH Recipe Challenge Game Cards**. The recipes can be for snacks, appetizers, main courses, side dishes, salads or desserts.*
- *Next, have the group write down their “Brain-Healthy Recipe” on the index card.*
- *Have each group play for as long as time allows.*
- *At the end of the game, have each group present to the class their favorite recipe. If you would like, the class can vote and choose a “best” recipe. You can award the winning group with appropriate prizes such as brain-healthy ingredients, a package of recipe cards, etc.*

Resources

Choose My Plate. This USDA website offers handouts, materials and other educational tools promoting healthy eating in a manner that follows their current guidelines.

<http://www.choosemyplate.gov/>

Center for Science in the Public Interest. This non-profit organization is a well-regarded, reliable source of information on nutrition and food. <http://www.cspinet.org/>