



CLASS 14 | BRAIN HEALTHY SNACK ATTACK

Worksheets

- **TBH Brain Healthy Snack Attack Foods List.** This worksheet provides a list of brain boosting foods that can be eaten alone or combined for a quick snack. Use this list as a guide for purchasing items for the Brain Healthy Snack Attack Exercise. It can also be given to your participants as a hand-out to take home.
- **TBH Snack Attack Exercise.** Use this worksheet to run the TBH Snack Attack Exercise, in which participants put together their own brain healthy snack using ingredients you provide.
- **TBH Brain Healthy Snack Attack Recipes.** This handout offers recipes attendees can take home and make for brain healthy snacking.

Resources

[Center for Science in the Public Interest](#). This not-for-profit organization has long been a TBH favorite for sane, scientifically accurate information on nutrition. View their website for additional information to share, and consider signing up for their “Nutrition Action Newsletter,” a great and inexpensive monthly resource on the nutrition science.

[New York Times | Cooking | “Healthy Snacks”](#). The New York Times’ website offers a searchable Cooking section, with links to a variety of recipes and articles featured in the newspaper. This link will take you to the results of a search for “healthy snacks” where you will find a selection of great snack recipes to try and share with your attendees.