



CLASS 14 | BRAIN HEALTHY SNACK ATTACK

TBH Brain Healthy Snack Attack Exercise

FOOD ALLERGY ALERT: THIS EXERCISE INCLUDES NUTS. IF YOU HAVE ATTENDEES WITH NUT ALLERGIES, SUBSTITUTE NUT-FREE INGREDIENTS FOR THIS EXERCISE.

DIRECTIONS:

1. Prior to your TBH Brain Healthy Snack Attack class, have available the following items:
 - A variety of brain healthy snack attack ingredients from the “Grab N’ Go” section of the “TBH Brain Health Snack Attack Foods List”. Focus on small-sized ingredients that can be easily assembled together
 - Several medium to large bowls in which you can put each of the ingredients separately
 - Large serving spoons, one for each bowl
 - Small closable plastic bags, snack or sandwich sized
 - Copies of the second page of this worksheet, one for each participant
 - Pens or pencils
2. Before the class, assemble the needed components for the exercise by placing the ingredients in the bowls on a large table or flat surface. Have a separate serving spoon for each bowl. Cover with paper towel or plastic wrap to protect the ingredients until you begin the exercise.
3. When you are ready to begin, instruct the attendees as follows:

“Today you will be making your own brain healthy snack, one that you can try now and also take home and enjoy over the course of the day. Over here we have a variety of items that are great for your brain health, in addition to being easy to snack on and assemble as a snack mix. I will be giving you a small plastic bag. All you need to do is add any of the ingredients you think would be great together to create your own totally brain healthy snack. When you are done putting your snack together, you can use the page I’ve given you to write down your snack recipe, so you can recreate it later if you like it.”

Any questions?”
4. After answering any questions, let the class assemble their own brain healthy snacks from the available ingredients.
5. When the attendees are done assembling their snacks, provide them with the worksheet for recording their recipe.
6. If time allows, have each attendee talk about their brain healthy snack attack recipes.



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MY BRAIN HEALTHY SNACK RECIPE

INGREDIENTS:
