



## MIND YOUR FOOD

### SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, processing speed, nimbleness and other cognitive skills, as well as group connection.
- Offer the name of a food that fits into the Mediterranean pattern of diet (Fruits, vegetables, lean proteins, veggies, olives, nuts, honey, etc.). The next person will take the last letter of that name and say a food from the Mediterranean diet that begins with that letter. If a student cannot think of a word, they can “pass” their turn. Keep going as time allows. No repeats.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, begin with a different food.
- Encourage distance learners to join in from home.

**Hello! I’m glad we are all here for our Total Brain Health “Brain Play.” These fast-paced workouts are an important way we can keep our thinking focused, quick, and nimble.**

**Today’s “Brain Play” is “Mind Your Food.” I’m going to start by saying the name of a food that fits into the Mediterranean pattern of eating. This diet consists of fruits, vegetables, lean proteins, olives, nuts, beans, spreads such as hummus, etc. The next person will take the last letter of whatever food I say and name a food that starts with that letter. For example, if I say “tomato,” the next person would say a food that starts with the letter “O.” We will keep going around like that as long as time allows. If you can’t think of a word, you can “pass” your turn. Let’s (clap/snap fingers) to set a good pace. Ready?**



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## TAKE-HOME WORKSHEET

### TOTAL BRAIN HEALTH BRAIN PLAYS

Studies show that the best brain foods are the same ones that protect your heart and blood vessels, including leafy greens, fatty fish, berries, nuts and lean meats.

### BUILD YOUR BRAIN

Make a list of “Eat This, Not That” foods that you can refer back to at times when you’re feeling “hangry” (slang for hunger so strong that you start to feel angry or grumpy). Look back to this list when you need to make quick, healthy decisions about what to eat when you’re in a rush. It’s a great way to keep your body in mind.

#### “MIND YOUR FOOD” LIST

##### EAT THIS

- Ex. Black Bean Burger
- Ex. Cut Apples
- Ex. Fresh Berries

##### NOT THIS

- Cheese Burger
- Apple Pie
- Chocolate Cake

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