



## NAME THAT SNACK

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.
- Have students call out the names of foods that typically would be considered snacks, working quickly to name as many as they can in 3 minutes.
- Write down the foods they name on the whiteboard or flip chart.
- 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 "Name That Snack." Everyone will work together to name foods that might be considered a snack, calling out as many as we can. This could include different fruits or nuts – as well as beef jerky or potato chips! Here's the catch – we will have just 3 minutes to name those snacks, so everyone will have to work quickly! Ready?**

**Fast thinking together, class! That's a lot of snacks. Give yourselves a big round of congrats!**



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## TAKE-HOME WORKSHEET

### TOTAL BRAIN HEALTH BRAIN PLAYS

Science shows that some foods are better for our brain than others. Several studies have found that eating “like a Greek” in a traditional Mediterranean culinary style may significantly reduce dementia risk.

### BUILD YOUR BRAIN

Using a timer, take 3 minutes to list all the vegetables you can think of that you might enjoy as a brain healthy snack. Want to make it more challenging? Try making your list in pairs of healthy foods that start with the same first letter such as CARROT and CAULIFLOWER. Ready? Go!

#### SNACK LIST

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