



## CLASS 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.

### 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/>