

# Eating and Learning

## Introduction - level 1

Learning is easier if your brain works properly. Your brain is part of your body. It needs to get fuel from the food you eat. If you eat the wrong food, it can make you tired, confused or aggressive.

When scientists changed the diet of some young children, the children got better at reading and maths. They felt less restless and could concentrate more. When prisoners were given more vitamins and minerals they became less violent and less depressed.

How our body uses food is a complicated matter, but it can be made simple. The next pages explain some of the basic ideas. They help you to make choices. It is not difficult or costly to eat a healthy diet. You just need to know what to avoid, and to eat a wide variety of fresh food.