

Eating and Learning

the basic facts

You can learn better if your brain works well. Your brain is part of your body. It needs to get fuel from the food you eat, carried in the blood stream. If you eat the wrong food, it can make you tired, confused or even angry.

A change of diet has helped some children to read and write better. It has made some prisoners feel less depressed and less angry. It has made many people behave better.

The people who sell junk food, or food in packets and tins, will argue it is good for you. They spend a lot of money on advertising food that is sometimes bad for you.

We should not have more than 10% of our food as sugar. Some breakfast cereals have 40%.

Sales of sugary drinks went up 64% between 1983 and 1997

Children aged 8-16 spend over £433 million every year buying junk food and cigarettes on the way to school