

Get Your Brain Ready For School

Your kid's brain may be starving. A recent research article notes that "serving breakfast" is one of the eight most important things parents can do to promote their children's school success. It was found that students who come to school without breakfast are at a major disadvantage, and perform less well academically than their better-fed classmates.

As teenagers grow older, you will have less control over their nutrition. They eat away from home more often and are increasingly exposed to the different eating habits and attitudes of their friends. However, you can still ensure that they get good nutrition at home. For example, orange juice is rich in glucose. Glucose is what the brain uses when it is thinking. A glass of orange juice in the morning is a great breakfast supplement. Fruit, yogurt and any kind of nut have been shown to be great foods to eat right before an exam.

Research also indicates that meals have an impact on study effectiveness. Study sessions should be scheduled when energy levels peak. Digestion takes blood away from the brain and uses it to break down the food that has been consumed. Therefore, your teenager should eat far enough in advance of study to ensure that digestion does not affect the study process. Large meals, or hard-to-digest foods, are especially to be avoided before an intensive study session.

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