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Titolo	The hungry brain : the nutrition/cognition connection / / Susan Archibald Marcus
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ISBN	1-4522-9469-0 1-4522-9786-X
Descrizione fisica	1 online resource (168 p.)
Collana	In A Nutshell collection
Disciplina	372.3730440941
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Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	""Cover""; ""Contents""; ""Preface""; ""Introduction""; ""Chapter 1 a€? Wherea€?s the Food?""; ""Chapter 2 a€? Malnutrition of the Brain""; ""Chapter 3 a€? Not all Fats are Bad""; ""Chapter 4 a€? Sugar""; ""Chapter 5 a€? Not all Foods are Good: Food Allergies""; ""Chapter 6 a€? Exercise and the Brain""; ""Appendices""; ""Glossary of Terms""; ""Resources""; ""References""
Sommario/riassunto	Feed the brain first to make the nutrition/cognition connection! Focusing on nutrition's role in promoting learning, the author calls on educators to model good food choices for their students. Building on a simple three-part framework of plant foods, animal foods, and junk foods, and incorporating exercise, the text shows educators how: Healthy eating provides a powerful link to learningChildhood obesity, food allergies, and other disorders may be related to eating habitsBreakfast is still the most important meal of the dayBrain-jogging exercises enhance brain activity, improve physical hea