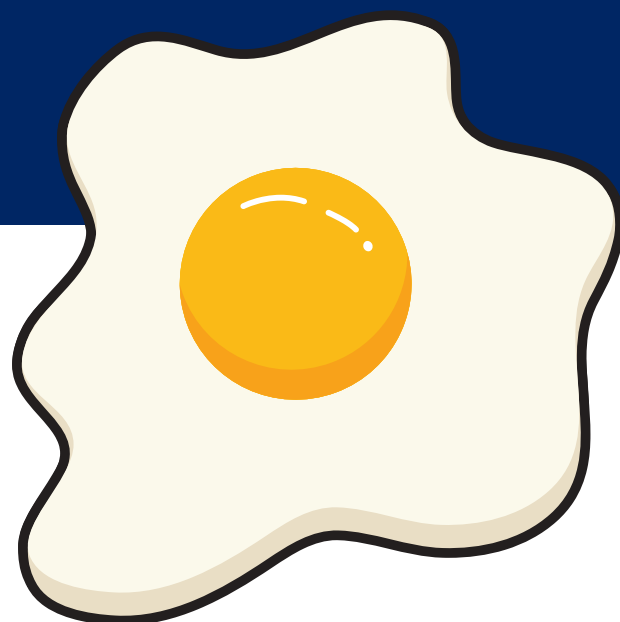


Academic performance and classroom behaviour

The impact of nutrition and physical activity



Students concentrate on tasks better immediately after physical activity

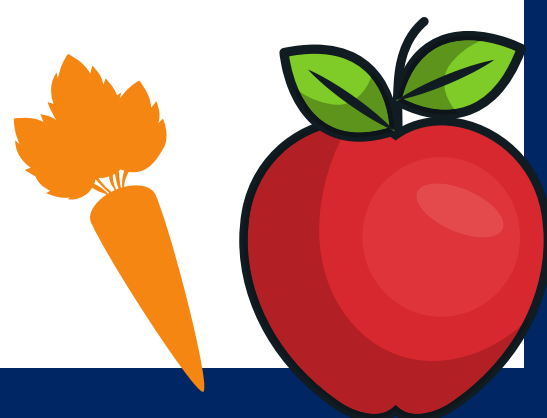


Regular breakfast is linked with improved behaviour, memory and concentration

Improved exam results are associated with high intensity physical activity



75% of students who eat 2 fruit and 5 vegetables daily achieve good school performance



Students learning and memory is enhanced after physical activity

Excess refined sugar intake increases off-task and aggressive behaviour in susceptible children



Good nutrition and physical activity at school is a win-win for students and teachers.

