

Eating For Success

Additive Free in the Classroom

Research has found that the behaviour of nearly 60% of children improves on an additive free diet, and that IQ can increase by 15%. The positive effects of Eating for Success can help to improve educational and social outcomes for your students and make your job as their teacher much easier.

Additive Free Rewards

Food is frequently used as a reward for "good" behaviour, both at home and at school, and the type of foods that are commonly used as rewards are often laden with harmful food additives. There are simple alternatives available. Our handout "Easy First Steps Toward Additive Free" highlights some products.

Non-Food Rewards – Where possible, use rewards other than food. Make the rewards age appropriate and tailored to the students' likes and interests.

No-Cost Rewards

- Read outdoors
- Sit with friends
- Free time
- Extra art activities
- Play an educational computer game
- Play a game or puzzle
- Be a helper
- Watch an educational video
- Spend time in another classroom

Low-Cost Rewards

- A sticker, pencil, rubber, pen set etc
- A set of flash cards, puzzles mazes, etc printed from the computer
- Earn points towards a larger prize such as a book, DVD hire or movie voucher
- Pick a lucky dip prize
- Receive a mystery pack prize
- Raffle ticket system – in yard or in class – once a week draw, in class or at assembly

Managing Birthday Party Food at School

Consider sending home some additive free guidelines for class parties, based on the information in "Easy First Steps Toward Additive Free" and "Avoid these Additives". Some very simple changes can greatly improve health, behaviour and performance.

Additive Free Ingredients for Classroom Cooking

When cooking or preparing food in the classroom, use additive free ingredients. For additive free recipes and shopping lists, download a free 28-page booklet from the Food Intolerance Network website at www.fedupwithfoodadditives.info/extras/Failsafebooklet.pdf. Note – this booklet also contains information on low natural chemical recipes.