

Brain Research Reinforces Accepted Wisdom

The ever growing findings of research into brain development have quite exciting implications for education.

David Sousa's book *How the Brain Learns* links this research to practical suggestions for ensuring the brain is ready to learn. Here are a few of them:

Eat breakfast and lunch: Brain cells use glucose - the more complex the task, the greater the amount of glucose consumed. As long as it is medically safe to do so, eating a breakfast that is high in protein, combined with snacks that contain glucose, such as fruit, will increase working memory, attention and motor function.

Drink plenty of water: Water helps neuron signals move through the brain. The recommendation is to drink 230mL of water for each 11.3 kilograms of body weight each day.

Get plenty of sleep: During sleep the brain processes the events of the day, and stores information in the long term memory. Having enough sleep is essential to this process - because of the amount of brain development that occurs during the teenage years, it is recommended that teenagers have at least nine hours sleep each night.

While many of these suggestions may seem like they repeat the accepted wisdom of generations, there is now scientific research explaining why they work.

