

# How Food Effects Children's Mood and Behaviour

**A child's brain uses up to 50% of their daily energy intake—double that of adults—highlighting the critical role of proper nutrition during growth.**

## 1. Importance of Breakfast.

When children don't eat breakfast, it can be harder for them to concentrate, feel happy, and do well in school. Studies show that skipping breakfast can make children feel sad and not do their best in class.



## 2. Ultra-Processed Foods (UPFs)

Eating lots of packaged and processed foods can make it harder for children to know when they're full, which might lead to eating too much and gaining weight. These foods can also make children feel more upset or act out more often.

- 1 in 5 people in the UK consume diets made up of 80% UPFs.
- 64% of children and 68% of teens get over half their daily calories from UPFs.

## 3. Key Nutrients That Support Mood and Behaviour

Some vitamins and minerals help your brain work well and keep your mood steady. If kids don't get enough of these, they might feel tired, worried, grumpy, or have trouble paying attention.

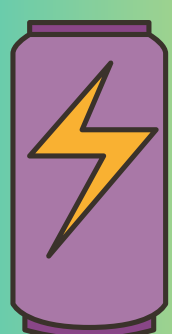


## 4. Foods to Limit

Some ingredients in junk food, like fake colours and lots of sugar or bad fats, can make kids feel extra jumpy, moody, or have trouble paying attention.

## 5. Gut Health and Mood

Your tummy has tiny helpers called good bacteria that help you feel calm and happy. Eating foods like yogurt, fruit, and vegetables helps keep your tummy healthy, which can also help your mood and behaviour.



## 6. Energy Drinks

Energy drinks can make children feel anxious, sad, too hyper, or even angry. They can also make it hard to sleep. Children who drink them a lot might have more trouble with their feelings and behaviour, especially if they don't eat breakfast or get enough sleep.

## 8. Hydration and Mood

Water helps your brain and body work properly.

When children don't drink enough water, they might feel tired, grumpy, or have trouble concentrating. Staying hydrated helps kids feel better, think clearly, and stay calm.

