



Can Food Make Your Children Smarter?

You want your children to be intelligent and use their full potential.

Let me start with the villains that make it harder for your children to study and concentrate. These have been proven to show detrimental effects on learning and behaviour including processed sugars, processed fats and artificial chemicals in our food and drink, found in soft drinks, baked goods and confectionery. They can interfere with cellular processes and how the brain and body functions.

A healthy nutritious diet, on the other hand, promotes optimal growth of brain cells, nerves and tissues, enhancing a child's concentration, memory and intelligence, as well as giving them better quality of sleep. By feeding them healthier food for their brains, they are able to function better. The brain needs a source of fuel and this comes from essential fatty acids, B vitamins from wholegrain foods, zinc from nuts and seeds, and antioxidants from fruit and vegetables. The mineral iodine has been shown to be vital for boosting IQ, which is found in sea vegetables like sushi nori, wakame, kombu and sea weed crisps.

Recipe

Vegan Sushi Bowl (Serves 2)

½ recipe sushi rice (see below). You can use another grain of choice in place of rice too.

1½ inches piece cucumber (cut into matchsticks)

½ medium carrot (cut into matchsticks)

½ avocado (thinly sliced)

½ mango (thinly sliced)

½ cup shelled edamame (frozen, thawed)

3 sheets roasted seaweed snack
(or 1 nori seaweed sheet, cut into strips)

1 green onions (chopped)

1 teaspoons sesame seeds

to taste soy sauce & Sriracha



Sushi rice Ingredients, serves 4

3 cups of sushi rice

3½ cups of water

½ cup of Rice vinegar

2 tablespoons white sugar

2 teaspoons fine salt



- For the seasoning, heat rice vinegar with sugar and salt in a stove pot or microwave. Mix until fully dissolved.
- Cook 3 cups of sushi rice with 3½ cups of water in a thick bottom pot (or rice cooker).
- Once ready, transfer rice to wooden or plastic container. Do not cover.
- Pour seasoning evenly over rice and mix with wooden spoon in a cutting motion.
- Let rice cool down to room temperature by the window or using a fan, but never in the refrigerator.