

Nomcast – The Good Mood Food Special Part 1

Reflection Questions

These questions can be used and adapted for class discussion, or provided to students to engage with after watching or listening to the podcast episode. Some simple activity ideas are included to engage students.

The questions may seem vague – that is precisely the point! There is absolutely NO ‘right answer’ and students can respond in writing, drawing, to a friend or to the class. Or just... think for themselves!

The Good Mood Food Special

For the entire special suite of resources on food and mood, including springboard animated webisode and parts 2 and 3 of Nomcast, 4 curriculum-aligned PDF lesson plans and more reflection questions, visit:

<https://phenomenom.com.au>

– or –

Visit:

<https://thegoodmoodfood.com.au>

And for The Good Mood Food Moves digital wheel, visit: <https://go.phenomenom.com.au>

Ph!

Mixed Nut Macarena

Ayy Macarena!

1. Hands out face down, then face up
2. Tap shoulders
3. Tap head
4. Tap hips
5. Tap backside, shake, jump and clap (4x)

Full sequence [here](#)

[Download Poster ->](#)

Factastical!
Eating nuts releases feel-good chemicals in your brain, called endorphins



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Have you ever heard of a 'gut brain' before?

What does it make you think of?

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It's pretty new science – what do you think scientists should try to find out about the gut-brain link?

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If you had a 'movement style' what would it be?

Describe it in 5 words or less. Anything goes!

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How would you describe the movement style of bees?

Name something else that moves in a similar way.

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