

# EAT YOUR WAY.....



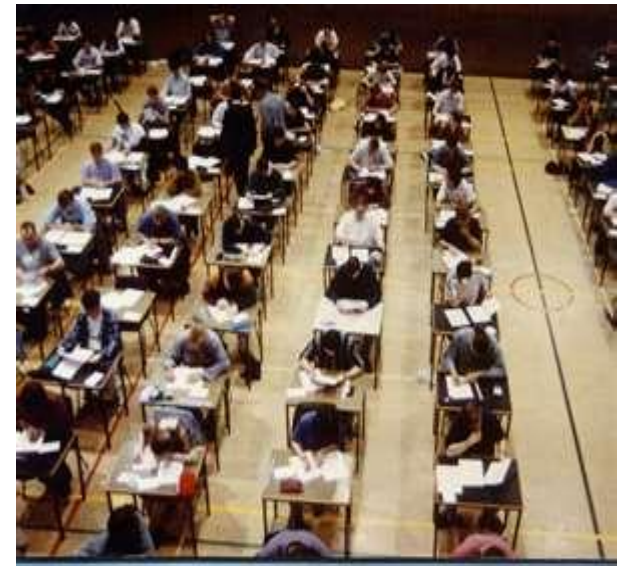
# TO EXAM SUCCESS



- Do you find it hard to remain focused for an exam?
- Feel tired?
- Feel drained?
- Stressed ?
- Anxious ?



- Although weighing only 2% of total body weight, the brain uses approximately 20% of the body's energy at rest. This is why regular, nutritious meals are important during exam time.





**Is breakfast really  
that important?**



# Breakfast!



- It's a cliché, but breakfast really is **the most important meal of the day**. Your body has been starved of food all night while you sleep and you need to refuel to prepare for the school day ahead.
- Cereal or toast, but make sure you choose a low sugar/salt cereal and try to go for whole meal bread.
- Get a fruit portion in the morning by having a glass of pure fruit juice.
- Porridge –try with natural honey and chopped banana.

# EAT YOUR WAY... TO EXAM SUCCESS

- You can prepare all you want for that exam, but if your brain is out of fuel you won't reach your grades.
- Eating properly before a test is equally as important as learning the content.
- Hours of studying can be lost if you can't properly recall what you learned, so be sure to eat light protein, drink water and get a healthy dose of omega 3s before your next tests.

# Eat **balanced** meals...

- It's important to eat a balanced meal before your exam.
- If your exam is in the morning, eat a healthy dinner the night before and wake up early enough to have a light, protein packed breakfast.





# High protein...

- Eggs, nuts, yogurt and cottage cheese are all high in protein without being too heavy on your stomach. Filling yourself with protein-rich foods throughout the day of the exam will give you lasting benefits all day long.



- Afternoon exams
- Keep it light



- Don't eat too much.. It will make you **drowsy** and skip dessert if possible. If you stay on the light side with fruits and vegetables, you'll be more alert by the time your test rolls around. If you have a sweet tooth, satisfy it with some yogurt.

# Too nervous to eat?

- If you're too nervous to eat, try making a smoothie or protein shake. This gives you the calories and **brain power** you'll need to **sustain** yourself through your exam..



# Exam Snacks

- Keep healthy snacks like protein bars and fruit in your bag to munch on between tests.
- Sweets and chocolate might be tempting, but these will only give you **quick bursts of energy**, which inevitably lead to a crash.



# Vitamin B= Brain Power

- Take a multivitamin every day.
- Omega-3s and B vitamins increase brain functionality.



Keep hydrated!!!!!!

Drink plenty of water to keep **hydrated** before and during an exam. If you're dehydrated during an exam, you could feel faint or sick and **lose focus**.

**Eat your way to  
exam success...**



**Good Luck!  
Miss O'Callaghan**