



FEED MY BRAIN

EATING YOUR WAY TO EXAM SUCCESS

What you eat and drink at exam time can make a big difference to your energy, how well you learn, how you handle stress and how you perform on the day. So here are a few ideas to help you out.



Protein is your best friend. It helps your brain cells communicate better, which helps learning. Eat chicken, fish, nuts and eggs.



Get your sugar fix from fruit. It will give you a brain boost before an exam and vitamins to keep you alert.



Carbohydrates will give you energy and stamina. Stick with BROWN bread, pasta and rice, they will keep you going all day.



Blueberries are full of antioxidants that keep us healthy and they can improve concentration and memory.



Our brains are thirsty machines, keep drinking plenty of water. It will keep you alert and stop headaches.



Avoid energy drinks. It's a false boost. You will end up crashing quickly and feeling more anxious.

BRAIN BOOSTING MEALS



BREAKFAST

Blueberry, banana, oats and almond milk smoothie.

Scrambled egg and brown toast.

Porridge and banana.

LUNCH

Tuna pasta bake and salad.

Jacket potato, cheese and beans.

Omelette with salad.

Chicken fajita with avocado.



SNACKS



Nuts and dried fruit.

Flapjack.

Berries or banana.

Carrot sticks with hummus.

Oat cakes and cheese.

Bagel with peanut butter.

Dark chocolate (80% cocoa)