



FEED YOUR BRAIN FOR EXAM SUCCESS

BREAKFAST:

Breakfast IS the most important meal of the day!

- Cereal or toast, but make sure you choose a low sugar/salt cereal and try to go for wholemeal bread
- Get a fruit portion in the morning by having a glass of pure fruit juice
- Porridge - it's surprisingly tasty, and can be made in the microwave. Try it with natural honey and a chopped banana

LUNCH:

To renew mental energy for the afternoon...

- Salads can be a good choice, but make sure you go easy on dressings
- Jacket potatoes can be very healthy, but try not to have cheese as a topping all the time
- You should be eating five portions of fruit and vegetables every day, so stock up at lunchtime

AFTERNOON SNACK:

Use the midday snack to supply your brain with carbohydrates. Choose fresh fruit or low-fat crackers and six ounces of fruit juice or yoghurt

DINNER:

If you're not cooking your own tea, try to get whoever is to steer clear of fatty, fried food. A proper evening meal will help your brain to tackle homework

BEDTIME SNACK:

Relax your brain and prepare for a good night's sleep with a warm milky drink, honey and banana and peanut butter on brown toast

WHAT ARE YOU DRINKING?

By far the best liquid to go for is WATER. Dehydration is a real brain-stopper, so make sure you keep your cerebral muscles at peace by ingesting plenty of water. It will also help you relax, as the going gets tough.

If you're after something hot, opt for green tea over your usual Yorkshire Tea, as it's got loads of antioxidants as well as other qualities which will help you keep an (ironically) cool head.



SUPER FOODS: Oranges, blueberries, kiwi fruits, bananas
BENEFITS: Immune boost, improve memory, increases energy
TOP TIP: You could add fruit to your meal instead of chocolate or crisps



SUPER FOODS: Carrots, brocolli and leafy greens
BENEFITS: High in fibre, slow releasing energy prevents crashing
TOP TIP: The Salad Box is a great, tasty way to boost your veg intake at lunch



SUPER FOODS: Whole grain bread & pasta, sweet potatoes, porridge
BENEFITS: Slow releasing energy, zinc helps your memory
TOP TIP: Simple food swaps help boost brain power e.g. Plain white pasta to brown pasta



SUPER FOODS: Fish (salmon), seafood, eggs, milk, nuts and seeds
BENEFITS: Improves memory, concentration & helps you keep full
TOP TIP: Get a protein-packed breakfast from the school canteen (eggs, porridge, peanut butter, milk)



BENEFITS: Drinking 1.2-1.5 litres a day helps boost brain function
TOP TIPS: Ditch the energy drinks, carry a bottle of water with you, filling up from the water stations around school. Make sure your water packs a flavour punch by adding lemon, lime, mint, ginger or cucumber!