

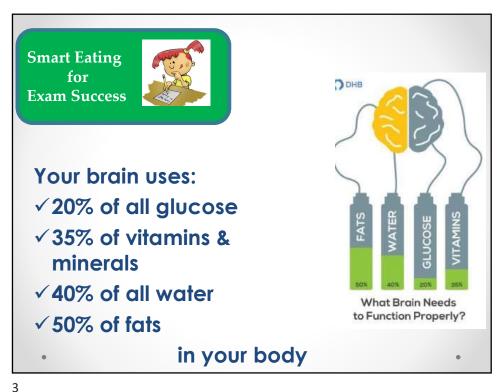
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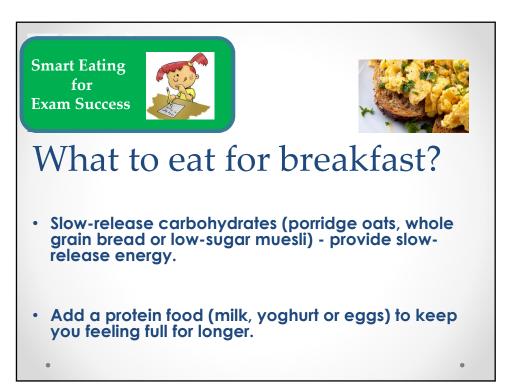




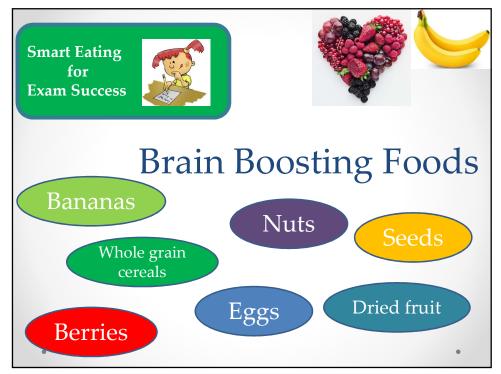
- Make sure to eat!!
- Your brain needs energy from food to work!!
- Your focus should be on your exam paper not on hunger.

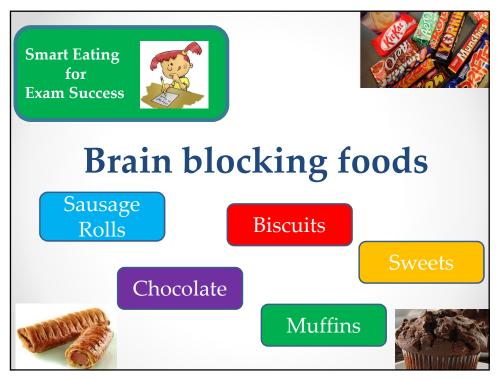




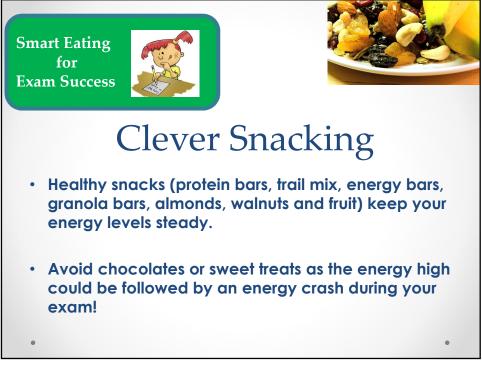


5





7





Eat light meals

- Eat enough to feel satisfied but not so much as to feel full.
- If you eat a big breakfast or lunch before an exam, you will feel drowsy and heavy.
- Your body's energy will be focused on the digestive process rather than on providing your brain with the energy it needs to function efficiently.

9





Drink to boost your brain

- One of the best ways to maximise your focus is to stay hydrated.
- Even mild dehydration can lead to tiredness, headaches, reduced alertness and diminished concentration.
- Make sure you drink enough water before and during your exam.
- Don't wait to feel thirsty your body is already dehydrated at this stage





Brain blocking beverages

- Avoid sugary drinks they create energy peaks and dips.
- · Avoid caffeine- it can increase your nervousness.

11

Smart Eating for Exam Success

Eating to Sleep

 There's evidence that students who sleep for 7+ hours a night do on average 10% better than those who get less sleep



Eating to Sleep

- A heavy meal too close to bedtime can interfere with sleep, so try to have your last meal at least three hours before you go to bed.
- Avoid foods and drinks that contain caffeine, such as tea, coffee, cola and chocolate, for at least 4 hours before going to bed.
- Then if necessary have a small snack such as a bowl of highfibre cereal like porridge just before bedtime.