

Smart Eating for Exam Success



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I'm HANGRY!



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

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DHB

What Brain Needs to Function Properly?

Your brain uses:

- ✓ 20% of all glucose
- ✓ 35% of vitamins & minerals
- ✓ 40% of all water
- ✓ 50% of fats

in your body

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Breakfast



- **Make sure to eat breakfast**
- **Even if you normally skip breakfast or avoid eating when you are nervous, you should try to eat something.**

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What to eat for breakfast?

- **Slow-release carbohydrates (porridge oats, whole grain bread or low-sugar muesli) - provide slow-release energy.**
- **Add a protein food (milk, yoghurt or eggs) to keep you feeling full for longer.**

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Brain Boosting Foods

- Bananas
- Whole grain cereals
- Berries
- Nuts
- Eggs
- Seeds
- Dried fruit

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Brain blocking foods



Sausage
Rolls

Biscuits

Sweets

Chocolate

Muffins

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Clever Snacking

- **Healthy snacks (protein bars, trail mix, energy bars, granola bars, almonds, walnuts and fruit) keep your energy levels steady.**
- **Avoid chocolates or sweet treats as the energy high could be followed by an energy crash during your exam!**

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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.

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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

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Brain blocking beverages

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


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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



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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 high-fibre cereal like porridge just before bedtime.