



# NUTRITION FACT SHEET



## Eating to ace your exams!

Whilst studying for your exams it can be far too easy to skip meals, snack on junk food and drink caffeine laden drinks. Coupled with extra stress and sleepless nights, this has the potential to lead to poor performance during exams. Good nutrition is vital for revision and evidence suggests students who eat better perform better.

Our top tips for eating to ace your exams are:

### **Start the day with a healthy breakfast**

We've all done it, you snooze your alarm for the millionth time and realise you're now late and there's no time for breakfast! Maybe you're just one of those people that doesn't like to eat as soon as you wake up. Try and prepare something the night before that can be eaten on the way to school or

take advantage of the breakfast provision in the school dining room. Choose low sugar breakfast cereals or wholegrain toast and bagels. Whole grains contain folate and B vitamins which help to improve memory function.

### **Stay hydrated**

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. Many drinks popular with students are full of sugar and sometimes caffeine too which can send you on an energy rollercoaster, affect your concentration and your sleep. Stick to water and sugar free drinks to stay hydrated and aid concentration. Aim for 6-8 glasses per day.

### **Don't skip meals**

Skipping meals can lead to a loss of energy and affect your concentration. Aim to eat three balanced meals and 2 healthy snacks throughout the day. Ensure meals contain plenty of starchy carbohydrates such as bread, rice, potatoes or pasta and whenever possible, choose wholegrain varieties. Add some protein like eggs, meat or fish to keep you fuller for longer and, of course, don't forget to include some fruit or vegetables to help boost your immune system.

Mellors school menus provide a healthy balanced meal at lunchtime and plenty of healthy snacks and drinks throughout the day. Pop in to see what exam specials we have on the menu this month.

