

Eating before Exams

It is essential that your body has the fuel it needs to keep you focused and energised during an exam. Here are some tips to help you be in the best shape possible.

BREAKFAST

Eat a well-balanced breakfast on the day of the exam. Include protein rich foods like eggs, nuts, yoghurt, sardines or cheese. This will give you energy for hours after breakfast.

LIGHT MEALS

Keep each meal light, as heavy meals will make you lethargic and cause you to be drowsy. This is because your stomach is working hard on digesting the food.

REDUCE CAFFEINE

Try not to drink caffeine-filled drinks like coffee, cola or commercial energy drinks as a boost before exams. Too much caffeine will make you jittery and may cause you to crash.

PROTEIN SHAKES

Drink a protein shake, smoothie or other healthy energy drink as an alternative to a meal.

HEALTHY SNACKS

Keep healthy snacks like protein bars, fruit and nuts in your bag to snack on between tests. Try to avoid sweet sugary foods like cake, biscuits and chocolate. They play havoc with your energy levels, giving you a quick burst before you crash.

MULTI-VITAMINS

Take a multivitamin every day that is designed specifically for teenagers. Omega-3s and B Vitamins increase brain functionality, but you also need to make sure you get all the essential minerals and vitamins that are often lacking in today's foods.

WATER

Drink plenty of water to keep hydrated before and during an exam. Dehydration may cause you to lose focus or feel sick during the exam. Sugar-filled drinks or cordial ARE NOT a substitute for plain water.