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**Healthy Body, Healthy Mind for Exam Success**

Good choices with food and drink make a big difference to how well students can concentrate in class and when revising, how much energy they have and their mood.

The following guidelines will help students to ensure their diet is giving them the best possible chance of working effectively and maintaining sufficient energy for revision and exam performance:

**Yes:**

* **Have breakfast** (e.g Wholegrain cereal with milk and a glass of fruit juice, porridge, wholegrain toast, a banana or fruit on your cereal,)
* **Eat healthy snacks at break** (e.g. Fruit, cereal bar, nuts)
* **Eat lunch** (e.g school lunch, sandwich, yoghurt, cheese,

fruit, carrot sticks, cucumber)

* **Drink water, fruit juice or milk** (you need 8 glasses of water a day so bring a water bottle in to school and drink it throughout the day)
* **Eat 5 or more** **fruit and vegetables** **every day** (try to have a variety of types and colours over the week, including green vegetables, like peas or broccoli)
* **Exercise regularly** (walk to school or part of the way, play sport, dance,

swim, walk the dog, go to the gym)

**No:**

X Fizzy drinks, energy drinks, caffeine drinks

 (Do not bring these to school)

X Sweets and chocolate-keep sugary snacks to a minimum as they make you feel tired once the initial effect has worn off