

Did you know?



A DIFFERENT FISH FINGER SANDWICH

A DIFFERENT FISH FINGER SANDWICH. OR FISH BURGER.
SERVES 4 AS A DIFFERENT KIND OF BUTTIE.

8 slices bread or 4 of your favourite buns
2 whole haddock fillets, weighing about 300g in total, skinned
1 small bag spiced or salted nachos, crushed to the size of breadcrumbs
50g plain flour
2 eggs, beaten

A pan of vegetable oil for shallow frying or a fryer, set to 175°C.

METHOD:

Blitz or crush the nachos and pour into a bowl.
Pour the beaten egg into a separate bowl.
Place the flour into a third bowl and arrange them in the following order; flour, egg then crushed nachos.
Cut fish fillets into finger sized pieces, resembling fish fingers.

Place each piece of fish into the flour, then the egg and finally the nacho 'crumbs'.

Once all the fish has been crumbed, carefully lower into the oil and cook for 4 to 5 minutes, until golden brown.

Now the bun is up to you; I like mine toasted with lettuce, tomatoes, gherkins and mayonnaise, maybe even keep a few of those nachos for on the side.

EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Helps improve mood, regulates blood pressure and stabilises blood sugars.

The best time to eat this dish: At lunchtime before an exam or afternoon of revision.

Reason: Haddock is high in protein, low in fat and packed full of essential B vitamins. All the nutrients in this dish are useful for helping our bodies stay energised and motivated. Omega 3s stimulate brain function and increase your concentration. Wholemeal bread or buns will maintain your energy levels for longer and enhance your memory function.



This dish has been specially created by celebrity chef, Mark Lloyd.

Research shows that pupils who eat breakfast perform better in exams. Even mild dehydration can lead to tiredness, headaches, reduced alertness and diminished concentration. One of the best ways for pupils to maximise focus is to stay hydrated and to eat healthy foods.

Your brain needs energy from food to work efficiently. Eating and drinking the wrong foods like fizzy drinks, fatty and sugary foods will cause peaks in blood sugar which can lead to anxiety, fatigue and poor memory recall. Eating a balanced and nutritious diet can help pupils maintain energy levels, sleep better and avoid illness.

Research shows that eating the right foods at the right times can benefit mood and motivation, lower anxiety and even strengthen memory formation. The wrong food choices could cause pupils to feel sluggish, making learning more difficult.



What can you do?



- Work with your child to create a healthy meal plan each week. Include wholegrain carbohydrates, such as porridge oats, pasta, rice, wholemeal wraps or bread, which are important for the brain and slowly release energy. Include protein-rich foods such as eggs, meat, fish, nuts and yoghurt for greater alertness and foods high in good fats such as avocado, nuts and oily fish for brain development. Fruit and vegetables have many benefits and will provide key nutrients to support the immune system.
- Watch the videos from chef Mark Lloyd and use the recipe cards to try cooking some of the meals as a family. These recipes are designed to help your

child perform in exams and have lasting energy. Each recipe outlines the benefits and when the best time to eat each one is - e.g. before the exam, the night before the exam, prior to revision etc.

- Help your child to snack on the right foods such as fruit, vegetables, nuts, healthy protein bars or homemade snacks. Buy a range of healthy snacks and drinks each week to support your child rather than chocolate, sweets and energy drinks. Make sure your child doesn't try new foods out before an exam as you don't know how their body will respond to them, so it isn't worth the risk near exams.