



Healthy body, healthy mind



What food do you eat when you're revising?

- Is this healthy food?
- Does it help you to concentrate?
- Does it make you feel sleepy?
- Would you recommend this food?
- Do you think you drink enough water?

<http://www.youtube.com/watch?v=I9KaZ7eViF0>

Food and drink recommendations

- Eat plenty of fresh fruit and vegetables
- Try not to eat too much junk food
- Drink plenty of water to remain hydrated
- Eat breakfast

What time do you go to bed when you have exams that week, or the next day?

- What time?
- How many hours sleep do you get?
- Is this enough?
- Would you recommend this to someone else?

Sleep recommendations

- 8 hours of sleep per night
- Refrain from using mobile phone, watching television and using the computer immediately before you go to sleep
- Don't be tired and don't over-sleep!

Do you think that you rest enough?

- How many breaks do you take when you are revising?
- How long are these breaks?
- How long will you spend on revision before you take a break?
- Would you recommend this?

Rest recommendations

- 20 minutes of concentrated revision
- 5-10 minute breaks
- Do some exercise
- Drink water