

Good Luck in your exams from all of us at Mellors Catering Services. Here's some advice that might help you.



Whilst studying for your exams it can be far too easy to skip meals, snack on junk food and drink caffeine laden drinks. Good nutrition is vital for revision and evidence suggests students who eat better perform better.

1

Eat Breakfast



Having a good nutritionally balanced breakfast will kick start your morning and wake up your body and brain ready for the long day ahead. Try to eat wholegrain cereals—they will keep you feeling fuller for longer and release energy slowly. Whole grains contain folate and B vitamins which help to improve memory function.

2

Don't Skip Meals



Skipping meals can lead to a loss of concentration and fatigue, it is important to ensure the body is fully fuelled and you eat regular meals throughout the day. Aim to eat 5-6 smaller meals over the course of the day, this will help to maintain your energy levels. Ensure meals contain plenty of starchy carbohydrates such as bread, rice potatoes or pasta and whenever possible, always choose wholegrain varieties

3

Energy Boosting Snacks



Confectionery, cakes and biscuits give an instant energy boost however, this boost is very short lived and can often leave you feeling less energised than before you consumed them. Instead, try healthy options such as a banana, vegetable sticks, unsalted nuts or fruit bread. These will give you a slower release of energy and help to maintain your concentration levels.

4

Stay Hydrated



Hydration is the key! If you start to feel tired and lethargic whilst revising it may well be you haven't consumed enough water. Our bodies need water and other fluids to work effectively. Swap fizzy drinks for water and avoid energy drinks! They are packed full of sugar and caffeine and contrary to popular belief will not aid concentration. The majority will send your body into an energy rollercoaster and often do more harm than good.

5

Get Plenty of Rest



Revising day and night will starve your body of sleep. It's important you plan your time effectively and allow your body to recover. Decide what time you are going to stop revising in the evening and allow yourself time to relax before getting a good night's sleep. That way you'll feel fully refreshed for the new day of revision ahead.