

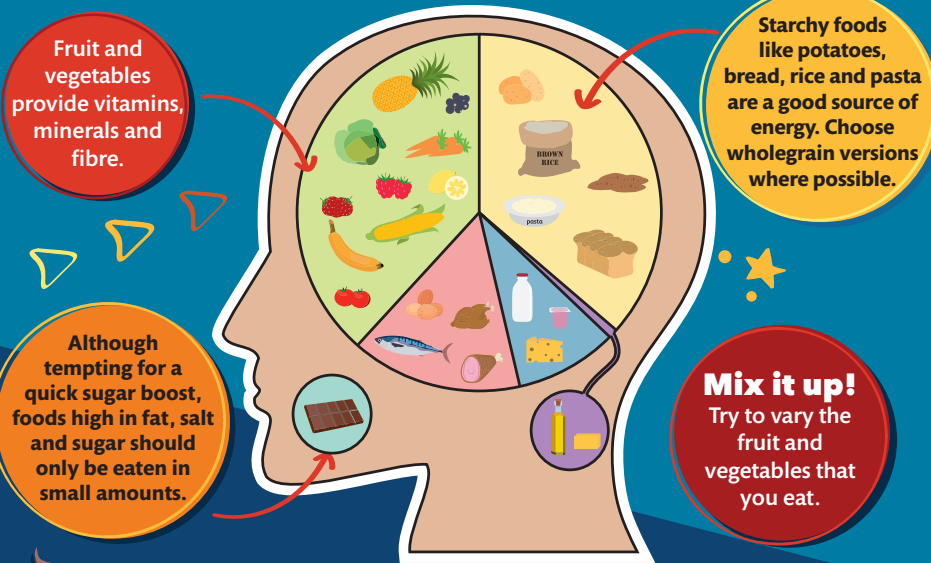
Stay healthy

During your revision and exam period it is vital to stay hydrated, eat and sleep regularly and maintain a balanced diet.



TIP Fit your revision schedule around your meals, not the other way around.

Your ability to concentrate will be directly affected by your diet. Food that releases energy slowly will keep you alert for longer. Food that is high in sugar will cause your energy to spike and then crash down.



The fatty acids in fish are important for healthy brain function. It is also thought that these fatty acids can help you to manage stress and boost your serotonin (the brain chemical that keeps you in a good mood!).



Dark greens such as kale, spinach and broccoli are high in vitamin K, which helps to build pathways in the brain. They are associated with improvements in alertness and memory.



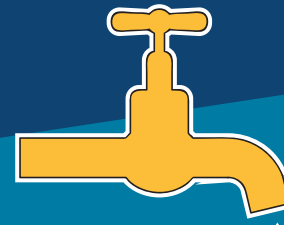
Bananas are rich in potassium, which raises energy levels and can ward off a mid-morning or afternoon slump.

Save your favourite foods to have as treats and rewards.

For a healthy alternative to junk food, try snacking on nuts, seeds, fruit and vegetables.



TIP Keep a piece of fruit near your desk.

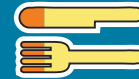


Water is essential to keep your body and mind working properly.

It carries nutrients to cells.

It helps to control your body temperature.

It helps to remove waste products from your major organs.



About 20% of our fluid intake comes from food.

Signs of dehydration:
feeling thirsty
headaches
tiredness.



Water makes up 75% of your brain.

Low-fat milks and low-sugar drinks all count towards your daily intake of water. Fruit juices can too, but should be limited because of their high sugar levels.

You should aim for 6-8 glasses per day.



TIP Keep a glass of water on your desk when you are revising and remember to take regular sips throughout the day.

60%

Up to 60% of an adult's body weight is made up of water.



TIP Eat more fruit and vegetables - their high water content helps to keep you hydrated.

People can survive for up to 50 days without food but only a few days without drinking water.

BBC

Bitesize