

~ BRILLIANT FOOD IDEAS FOR EXAM AND REVISION TIME ~
Fuel your brain and body and feel GREAT

Just ideas and starting points – mix and adapt as you wish

EASY TO EAT Ideal before exam – you’re nervous but need to eat. Follow personal taste – we’re all different!	REVISION FUEL Before revision or snacks between tasks. Vary these – try not to repeat in same day	MEALS To nourish brain and body. Add at least one portion of salad/veg to main course and fruit afterwards
Handful dried fruit and nuts	Anything you haven’t already had from column 1	Eggs on toast; add baked beans if you like
Rice cake + peanut butter	Avocado dip with carrot + pepper batons + breadsticks	Tuna or beans + baked potato; add cheese if you like
Brain car or brain cake – see my recipes	Peanut butter or marmite on toast, bread or bagel	Pasta bake with chicken/ sardines/ mushroom+toms
Banana or any other fruit	Wrap spread with avo + grated or cream cheese	Salmon or tuna + rice
Greek yogurt + blueberries/ raspberries	Cheese + grapes/ apple/ cherry tomatoes	Couscous + roast veg + chicken or tofu
Oatcakes + cheese + hummus	Porridge with a dash of honey or chopped banana	Nut roast/ lentil bake/ veg burger
Homemade granola	Wholemeal currant bun	Fish pie including parsley
Weetabix or any non-sugary cereal + any milk	Dip made from leftover veg blended with lentils/ chickpeas	Roast veg + tom sauce + mozzarella
Homemade smoothie – ideally including oats/ seeds	Hummus with carrot + pepper batons + breadsticks	Roast cauliflower + cheese sauce – add tuna if liked
Hard or soft-boiled egg and toast	Homemade tuna paté on toast/ oatcakes or as a dip	Soup – cook chopped potato + any veg + stock/ tom juice/ tin toms. Blend + season.
Anything from column 2!	Glass of milk or mug of cocoa	Curried chicken/ fish/ veg + flatbreads + yogurt

TIPS:

1. Don’t go hungry – your brain won’t work at its best.
2. Aim for variety; avoid too much repetition within same day. (But don’t over-think!)
3. Homemade is almost always better (and cheaper). If buying, go for simple, natural-sounding ingredients rather than chemical-sounding names.
4. Pick wholegrain/ wholemeal when choosing bread, rice, pasta.
5. Find my recipes for brain bars and brain cake on the *Exam Attack* page of my website.
6. If you avoid certain foods (eg meat), make sure you have good advice to get the necessary nutrients. Ask a knowledgeable adult.
7. Seeds, nuts, berries and oats are brilliant bread foods – add to anything!
8. Experiment with homemade dips: see chicpfod on Instagram for inspo.
9. And homemade smoothies: think oats, berries, banana and spinach.

Loads of useful advice about exam preparation in my book, *Exam Attack*

