

Good Exam Nutrition

When you're busy revising and thinking about your exams, it's easy to forget about eating healthily and to just reach for the nearest piece of food.

Eating properly is just as important as revising properly. It can actually help you to revise better.

Like revision, eating healthily should start well before your exam but – also like revision – it's never too late to start!!

Here are 10 tips to help you.

1 Cael y cydbwysedd cywir – get the balance right

Follow the directives of the eat-well plate and have a variety of different foods – but certainly 5 portions of fruit and vegetables a day.



2. Seilia dy brydau ar fwyd â starts – eat plenty of starchy foods to keep your energy levels up.

Try to eat wholegrain foods as they make you feel fuller for longer. Have a portion of starchy food at each meal and especially at breakfast.

3. Paid â methu prydau, yn arbennig brechwast – don't skip meals especially breakfast

Breakfast IS the most important meal of the day; it gives your body the fuel to get moving and your brain the energy to function. Even some toast, cereal or fruit will help. And remember a drink. Dehydrated brains do not work, concentration levels dip, results could founder.

4. Dewisa fyrbrydau iachach – eat healthier snacks

Whilst a chocolate bar or a bag of crisps might seem like a good idea, they contain little nutritional value and will not sustain you for long. Try some nuts, fruit or even toast instead, and don't forget that drink again.

5. Cofia yfed digon – drink plenty of fluids

If you feel lethargic and tired, especially whilst revising, you could be dehydrated, remember to keep your fluid levels up. Even take a bottle of water into the exam with you. Try to avoid excess tea coffee and cola as these can be diuretics (make you go to the loo more).



6. Cofia fwyta mwy o fwyd llawn haearn – eat iron rich foods

These have the benefit of improving concentration and helping you stay awake – red meat, green leafy vegetables and dried fruit are all good sources

7. Ceisia fwyta mwy o bysgod – eat more fish

An excellent source of protein vitamins and minerals, oily fish also has essential omega 3 fatty acids. Try to eat at least two portions of fish per week.

8. Cysga'n dawel- get some sleep

Don't push yourself too hard, plan your revision so that you have time to relax before bed, get an early night, so that you wake refreshed and ready to go in the morning

9. Cer ati i wneud ymarfer corf – get active!!

Even if it's just a walk to the end of road or a dance around the room, you'll be surprised how some exercise can raise your energy levels.

10. Ac yn olaf – think about your food on exam day

Don't miss breakfast and take a bottle of water and some healthy snacks with you. Plan your meals and when you can eat and drink. Don't skip them.

