

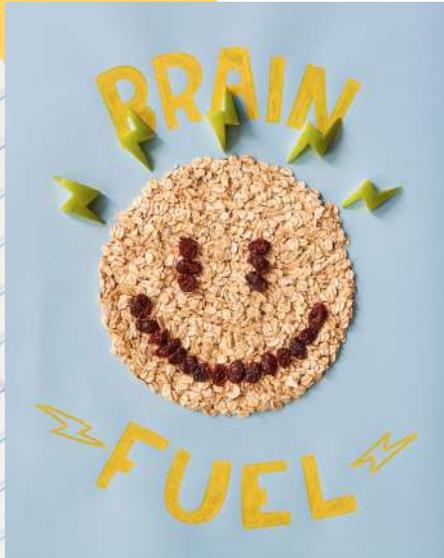


# FOOD IS FUEL

*How to be clever with food*



**FOOD = FUEL**



*OUR BRAIN USES AROUND **20%** OF ALL OUR ENERGY.*

*SO KNOWING WHICH FOODS KEEP US PROPERLY FUELLED IS REALLY IMPORTANT*

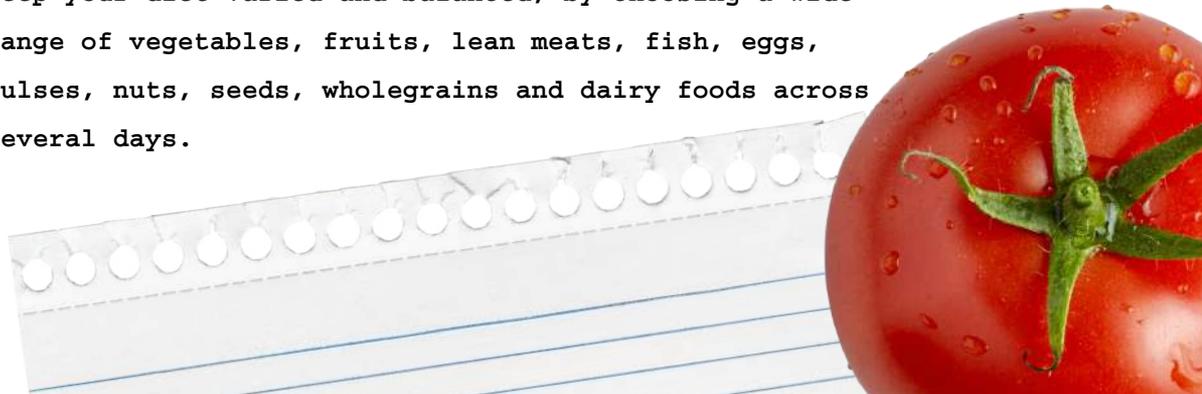
# WHAT'S THE BEST WAY TO FUEL OUR BRAIN FOR EXAMS?



The best way to fuel your brain is to stay hydrated and eat a balance of ingredients across the day, from all the food groups.

Don't skip meals - eating a balanced breakfast sets you up for a productive day ahead.

Keep your diet varied and balanced, by choosing a wide range of vegetables, fruits, lean meats, fish, eggs, pulses, nuts, seeds, wholegrains and dairy foods across several days.



FRESH FRUIT  
TWO SERVINGS

YOGHURT  
LOW-FAT DAIRY



COCONUT  
FAT

OATS  
STARCHY CARBS

FRUIT & YOGHURT BOWL



**BALANCE YOUR PLATE**

*Breakfast*

CHICKEN BREAST  
LEAN PROTEIN

HOUMOUS  
PROTEIN

COUSCOUS  
STARCHY CARBS

DARK GREEN VEG  
HIGH IN IRON

NUTS  
HEALTHY FATS

GRILLED CHICKEN  
WITH HOUMOUS, COUSCOUS & VEG

**BALANCE YOUR PLATE** Lunch



YOGHURT  
LOW-FAT DAIRY

OIL  
HEALTHY FATS

COUSCOUS  
A STARCHY CARB

FRESH VEG

SALMON  
RICH IN OHA

GRILLED SALMON  
WITH COUSCOUS & VEG



**BALANCE YOUR PLATE** *Dinner*

# SNACKS

## DON'T GO HUNGRY

Healthy snacking can help keep energy levels up, maintain our focus, and provide a short break from studying - which is also healthy!

Swap snacks high in added sugar for nutritious foods such as fruit with nut butter, a bowl of yoghurt, a handful of unsalted nuts, or some popcorn.



# GOOD MORNING, SUNSHINE!

HAVE YOURSELF A BETTER BREAKFAST

SWAP THIS



SUGARY  
CHOCOLATE CEREAL

FOR THIS



PORRIDGE  
WITH FRUIT & NUTS

- ✓ HEALTHY CARBS
- ✓ IRON
- ✓ PROTEIN
- ✓ PART OF YOUR 5-A-DAY

SWAP THIS



WHITE BREAD  
& JAM

FOR THIS



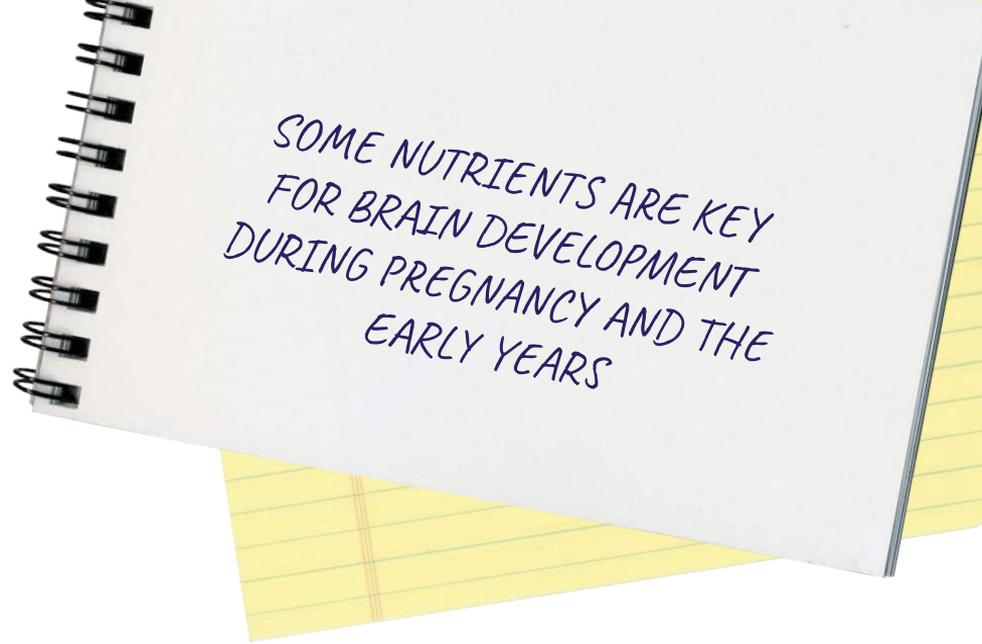
WHOLEGRAIN BREAD,  
NUT BUTTER & BANANA

- ✓ HEALTHY CARBS
- ✓ HEALTHY FATS
- ✓ PROTEIN
- ✓ PART OF YOUR 5-A-DAY

# WANT TO KNOW MORE ABOUT HOW FOOD IMPACTS THE BRAIN?

We know that there are certain nutrients in food are key to brain development and help to maintain cognitive and brain function.

But what are they?



Brain activities that lead to knowledge, including all means and mechanisms of acquiring information - memory, attention, language, attainment of information...

**WHAT NUTRIENTS  
PLAY A ROLE  
IN BRAIN  
DEVELOPMENT  
AND COGNITIVE  
FUNCTION?**

**IRON**

**ZINC**

**IODINE**

**DHA**

(aka omega-3)

**CARBOHYDRATES**

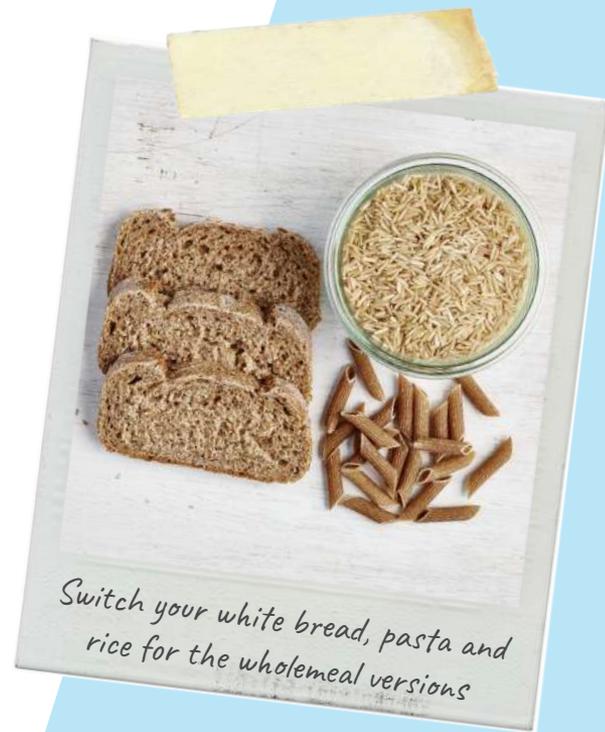
**WATER**

# CARBS

Starchy carbs are the body's main source of energy. All of the cells in our bodies need energy to function, and our brain cells are no exception.

Opt for wholegrain varieties - the body's preferred source of energy - for more fibre and nutrients. Go for wholemeal pasta, wholemeal bread and oats, as these also contain iron and zinc, which are important nutrients for cognitive function.

**INCLUDE STARCHY CARBS IN YOUR BREAKFAST  
(PREFERABLY WHOLEGRAIN) SO YOU WON'T GET  
AS MUCH OF A DIP IN BLOOD SUGAR, HELPING  
YOU TO CONCENTRATE FOR LONGER!**



*Switch your white bread, pasta and rice for the wholemeal versions*

# IRON

We need iron to make haemoglobin, which is the oxygen-carrying component of red blood cells.

Haemoglobin transports oxygen from our lungs to every cell in our body. If we aren't getting enough oxygen then our bodies become fatigued and exhausted and this impacts everything, including brain function and concentration.

Vitamin C can enhance absorption, so try and eat with foods high in Vitamin C, like oranges, tomatoes and sweet potatoes.

OK, so which foods contain iron?

## BEEF & LAMB

## EGGS

## OATS

## SEEDS

pumpkin seeds  
sunflower seeds

## WHOLEMEAL FLOUR

breads  
pasta

## NUTS

almonds  
cashews  
walnuts  
hazelnuts

## DRIED FRUIT

apricots  
raisins  
prunes

## GREENS

spinach  
kale  
broccoli

## BEANS & PULSES

haricot beans  
kidney beans  
black-eyed beans  
broad beans  
soy beans  
lentils



# IODINE



Iodine is essential in the production of metabolic hormones in the thyroid gland. These hormones are responsible for taking the food we eat and turning it into energy that our cells can use. They are key for the development of a baby's brain during pregnancy and early life.

If your brain cells aren't getting enough energy to respire and function, you aren't going to be working as efficiently as you could be. This is why eating in the first place is so important.

**FORTIFICATION OF PLANT-BASED DRINKS ISN'T MANDATORY, AND IT'S COMPLETELY UP TO THE BRAND OR MANUFACTURER WHAT THEY FORTIFY WITH. SOME DON'T FORTIFY WITH ANYTHING, THOUGH MOST ADD CALCIUM AND B-VITAMINS. IODINE, HOWEVER, IS ONE OF THE KEY NUTRIENTS IN ANIMAL MILKS THAT NEARLY ALL PLANT-BASED DRINKS MISS OUT ON, SO VEGANS MIGHT NEED TO TAKE A SUPPLEMENT.**



What's high in zinc?



cheese



oats



seafood

# ZING

Similarly to iodine, zinc plays a key role in the metabolism, helping convert the nutrients in the food we eat so that our bodies can properly utilise them.

This includes the metabolism of carbohydrates, which our brains need to function properly. Zinc also plays a key role in the growth and division of cells, including our brain cells.

# DHA

(AKA OMEGA-3S)

DHA is the dominant component of several fats in the brain, research is also showing that intake is associated with the protection of these cells to damage.

Because of this it is also essential for brain development, i.e. important during pregnancy and early years.

**HIGH INTAKES OF DHA HAVE BEEN SHOWN TO ENHANCE LEARNING, READING ABILITY, SPELLING, BEHAVIOUR AND ATTENTION**

*Oily fish (like mackerel and salmon), eggs, and cod liver oil are sources of DHA*



# THE IMPORTANCE OF BREAKS & EXERCISE

ZOE WILLIAMS





THE IMPORTANCE OF SLEEP

→ JASON ELLIS ←



# ALL ABOUT SLEEP

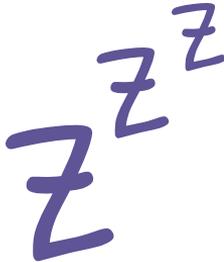


**SLEEP IS IMPORTANT  
FOR THE BRAIN TO  
STORE & MANAGE  
WHAT WE HAVE  
LEARNT IN THE DAY**



During sleep we produce hormones that help us keep fit and healthy, our bodies fight infections, and we regenerate any lost or damaged cells.

We also produce growth hormones while asleep, which is why sleep is especially important for children and young people. Sleep is essential for the brain, as this is the main time for us to store and process what we have learnt during the day.



# ALL ABOUT SLEEP

Young people need 8-10 hours sleep each night.

If you are hard to wake in the morning, consistently sleep for longer periods at weekends, feel sleepy during the daytime and find yourself becoming moody and irritable in the late afternoon and early evening, it's likely you aren't getting enough sleep.

Good sleep is associated with increased strength, stamina and endurance - both physically and mentally - and is also associated with an increased ability to learn, remember, organise and manage stress.



Aim for 8-10 hours: you shouldn't be tired when you wake up!



Good sleep helps you learn, remember, and manage stress!

# HOW CAN WE GET BETTER SLEEP?

Set a regular sleep and wake-up time. This helps to regulate the body clock and sleep drive.

Keep the bedroom cool, dark, quiet and comfortable.

Light and noise stop the production of melatonin and can disrupt the sleep we get, even if it doesn't wake us up.

Keep daytime napping short (10-20 minutes), and avoid napping late in the afternoon

Try and avoid substances like caffeine and alcohol.

Exercise is very beneficial for sleep, The ideal times are either in the morning, or approximately 4 hours before bedtime.

Get natural daylight as soon as possible in the morning, this will help tell the body to wake up

Avoid eating a heavy meal, drinking lots of liquids or exercising for at least 2 hours before bedtime.



A\*

THE END!!

For information on the nutrition data used please go to  
<https://www.jamieoliver.com/nutrition/disclaimer/>

