Strategic eating and drinking on exam day

If your exam is in the morning

1. Don’t drink loads of caffeine.
2. Have a good breakfast, with carbohydrates in. Beans on toast, fruit, eggs on toast will all work well.
3. If you’re feeling nervous try a healthy shake or a smoothie.
4. Bring a bottle of water with you.

If your exam is in the afternoon

1. Don’t drink loads of caffeine
2. Have a light lunch – try a sandwich, without loads of heavy dressing. Avoid fatty foods, or overeating – this will slow you down, and reduce your energy levels at just the wrong time.
3. Bring a bottle of water with you.

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