

EXAM BOOSTS Eat before exam?	REVISION FUEL Eat before revising?	REVISION FUEL Eat before revising?	MEALS Add a yogurt or glass of milk to fuel your brain well
dried berries	yogurt	hummus	eggs + toast
mixed seeds/nuts	fruit smoothie	cream cheese s'wich	tuna s'wich + salad
Brazil nuts	cheese+ tomato s'wich	Soup – eg lentil, veg	chicken s'wich + salad
brain bar (my recipe!)	avocado dip + carrots	porridge	cheese salad
brain cake (my recipe!)	peanut butter	cereal	chicken + pasta+salad
banana	filled wholegrain roll / bagel	cereal bar (quality)	quiche + salad
raisins + peanuts	banana cake	wholewheat pancakes+ banana	baked potato+chse or beans
mixed dried fruit	bagel + crm cheese	milk – hot or cold	Salmon or tuna + rice
oatcakes+ cheese	wholegrain currant bun	homemade milkshake	beans on toast
dried apricots	raisins	oatcakes+ cheese+apple	egg s'wich
homemade granola	breadsticks + dip	cottage cheese	chicken curry+rice
	fish paté	flapjack	couscous
	grapes + cheese	Marmite or vegemite	nut roast or lentil bake