

FCAT

Good nutrition is critical to a child's ability to learn and has been linked to improve concentration, memory, and the ability to think quicker! As FCAT season begins make sure your students have the best tools needed to succeed!

E
A
T
I
N
G
F
A
C
T
O
R
S
F
O
R
S
U
C
C
E
S
S

Nutrition Checklist

- ✓ Well Balanced Dinner
- ✓ BREAKFAST
- ✓ Healthy Snacks
- ✓ Hydration



Make sure to eat a balanced breakfast every morning, especially on test days, to be at your best!

On test days it is important to think clearly and for long periods of time.



The dinner you eat the day before a big test may impact your test taking abilities. Be sure to include one source of carbohydrate, a protein, a fruit, a vegetable and a beverage such as low-fat milk or 100% fruit juice the night before a big test!

By eating healthy snacks before and after the test you help to keep the brain fueled and increase concentration levels.



Breakfast Options

Option 1: Cheese Omelet with Red and Green Peppers, Whole Wheat Toast, Orange Quarters, and Low-fat Milk

Option 2: Whole Grain Cereal with Fresh Blueberries, and Low-fat Milk

Snack Options

Granola Bar or Trail Mix
1/2 Sandwich
Fresh Fruits and Veggies
Low-fat Yogurt
Walnuts or Almonds

Dinner Options

Entrée 1: Spaghetti Meat Sauce with Whole Wheat Pasta, Fresh Green Beans, Strawberries, and Low-fat Milk

Entrée 2: Grilled Chicken Breast, Broccoli, Whole Wheat roll, Fruit Salad, and Low-fat Milk.

It is important to stay hydrated for optimal concentration and mental alertness.