

FCAT...Be Prepared!

Nutrition Checklist

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



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.

How Important is Sleep?

Certain studies have shown that:

- The lack of one or two hours of sleep can reduce your effectiveness and responsiveness by as much as 25%.
- A sleepless night had an effect not only the day after, but again three days later. So beware if you have multiple tests in one week.
- Sleep is a crucial component in memory, and concepts must be "locked in" by a period of sleep. After a certain time with no sleep, no new information can be retained.

Tips For a Restful Night

- ◆ Study during the daytime so you have more time to sleep at night.
- ◆ Steer clear of caffeine at least four hours before you are ready for bed.
- ◆ Drink a soothing beverage before bed. Decaffeinated teas or warm milk can aid you in falling asleep.
- ◆ Plan to sleep only in the evening hours. Too many naps during the day can mess up your sleep schedule.
- Make a comfortable sleep environment. Reduce the amount of noise and light in your room.

AIM FOR 8 HOURS OF SLEEP



Reducing Stress Before...During...After the Test

- Show up on time for your test
- Stay focused and relaxed
- Sit comfortably
- Expect some stress
- Read directions thoroughly
- Pace yourself...do not rush
- Stay focused on the things you know
- Use all your time
- Once the test is over, try not to think about it for a while



Strive for Success