

EXAM NUTRITION TOOLKIT

MAY 2026

This pack contains **downloadable tools to help support students throughout exam season**, with a focus on how nutrition can help them feel focused, energised and ready to do their best.

Please download the assets and share them across your school channels, including your website, newsletters, social media and tutor groups.

If you have any problems accessing the files, or have any questions, please contact marketing@impactfood.co.uk

MATERIALS INCLUDED:

- Exam Nutrition Guide Booklet
- Fuelling for Exam Success Poster
- Fuelling for Exam Success Video
- Fuelling for Exam Success Slide Deck
- Fuelling for Exam Success Social Media Post

FUELLING FOR EXAM SUCCESS TOOLS

A Exam Nutrition Guide

Our nutritionists have created a guide to share top tips to help students understand how to fuel their bodies ahead of studying and sitting exams.

Please click the link or image below to view/download the guide. You can also share the link directly with students and parents. If you would like printed copies, please get in touch.

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1 Page Fuelling for Exam Success Poster

Download and display this poster around your school to encourage students to fuel themselves well during exam season.

B



FUELLING FOR EXAM SUCCESS TOOLS

C [Fuelling For Exam Success Landscape Screen Video](#)

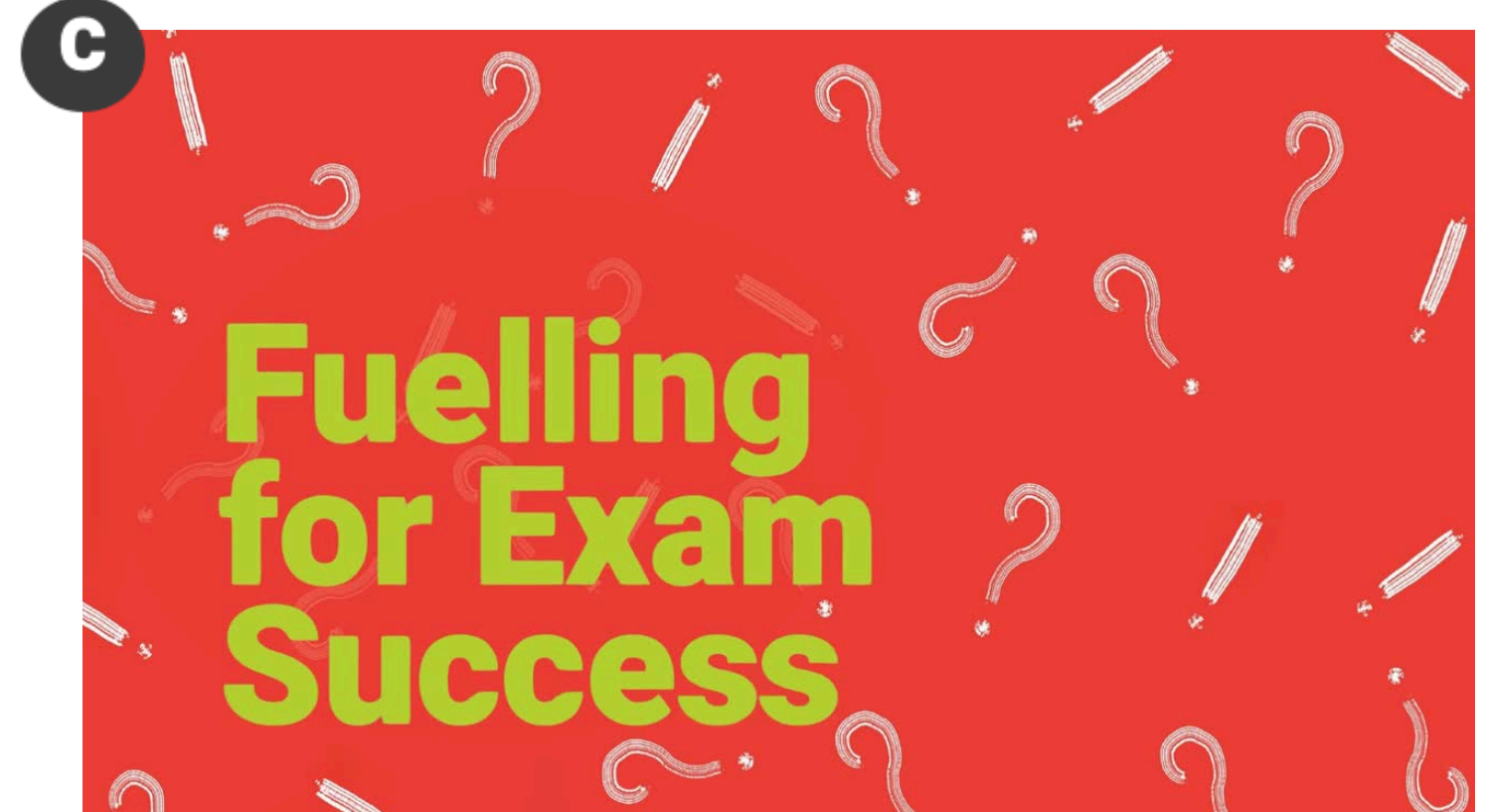
Share this video on your TV/digital screens around the school or restaurant to share top tips with students.

Click the link above to download the video.

D [Fuelling For Exam Success PowerPoint Slides](#)

The same content as the above video but shared as a PowerPoint slide deck; these can be used in tutor groups, assemblies or on screens around on your school.

Download the powerpoint slides via the link above or by clicking on any image.



FUELLING FOR EXAM SUCCESS TOOLS

E Fuelling For Exam Success Social Post

Click on the image below to view and download the jpeg image file. Upload the jpeg (to your chosen social platform) and copy and paste the text below into the body copy.

Suggested Social Media Caption:

As exam season approaches, it is important to support revision with the right nutrition. 🧠📖

Foods such as yoghurt, fish, bananas, eggs and porridge can help to provide steady energy and support concentration, while drinking plenty of water is essential for staying hydrated and maintaining focus. 💧🍌



Choosing balanced, nourishing foods can help you feel more prepared, focused and ready to perform at your best throughout the exam period.

#ExamSeason #HealthyHabits #StudentWellbeing #RevisionSupport

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BRAIN BOOSTING FOODS FOR EXAM SEASON

FISH Omega-3s for Brain Power! 

YOGHURT Steady Energy, Sharp Thinking 

BANANAS Natural Serotonin! 

EGGS For Memory & Focus 

DRINK UP Brain Boosting Hydration 

DON'T FORGET TO GET YOUR FREE PORRIDGE FROM THE SCHOOL RESTAURANT Fibre Powered Brain Fuel! 