



The secret to increasing your energy and your grades

PURPOSE



List 3 key takeaways from this video



STORY

YOU ARE WHAT YOU EAT

"GET OFF THE BUS, FAT ASS!"

I will never forget those awful words. The packed bus started laughing. It was late at night.

I was so embarrassed. I was also hurt. Getting off the bus I vowed that no one would laugh at me again for being too heavy.

I was 95kg. The way things were going it wouldn't be long before I reached 100kg. At the time I was doing my 1st-year college exams. My way of coping with exam stress was food. I loved to eat. I also loved to snack. My favourite snack was a Starbar, a packet of crisps and a can of Coke. But that fateful night, I decided things were going to change. From now on I was going to eat properly, get healthy and nail my exams.

What I did not realise back then is how important food actually is. What you eat and drink has a massive impact on your anxiety and energy levels. Some food gives us energy and other foods take our energy away. Some food can help us be more productive and mentally sharp. Other foods make us lazy and our brain can get stodgy.

Your level of anxiety is massively impacted by what you eat and drink. Some food and

Story

- drinks have a chemical makeup that cause you to feel more anxious. Other foods lower our anxiety levels. Substances that raise our anxiety levels include caffeine (coffee, tea, chocolate, fizzy drinks), refined white-sugar (sweets, cakes, ice-cream, deserts, sugar-coated cereals), refined white flour (white bread, bread rolls, hamburger buns, white pasta and spaghetti), alcohol (beer, wine, liquor) and artificial sweeteners.
- Substances that can lower your anxiety include B-complex vitamins such niacin (chicken, turkey, brown rice, tuna), riboflavin (milk, yoghurt, avocados, mushrooms), thiamine (oats, wheat, tuna), vitamin B-6 (bananas, mango, sunflower seeds, sweet potatoes), vitamin B-12 (yoghurt, tuna), biotin (eggs, cheese, cauliflower), calcium (milk, yoghurt, cheese, broccoli, spinach), folic acid (oranges, peas, avocado, cabbage, broccoli), magnesium (spinach, almonds, brazil nuts), omega-3 fatty acids (tuna, salmon, walnuts, leafy green vegetables, soy beans and complex carbohydrates (whole-grain cereals, bread and pasta, brown rice).
- 70% of the planet is covered with water. 70% of your body is made up of water. So what do you think your diet should contain? Yes you've guessed it! You should make sure that 70% of your food is made up of foods that are rich in water.

Game 1

FOOD DIARY



List down what you had to eat yesterday (Fill in column A).

A MEAL	B Anxiety Level (low/medium/high)
Breakfast	
Morning	
Lunch	
Afternoon	
Dinner-time	
Evening	
Snacks	
Water-rich Food	



PURPOSE

Game 2

RATE YOUR ANXIETY

Go back into Game 1 and rate your anxiety (column B) and notice if there is any link between what you are eating and your level of anxiety. Discuss with your buddy.

Game 3

EAT YOUR WAY TO EXAM SUCCESS

Have a look at the list below and circle the ones you think would be best to eat on the day of an exam. Which foods and beverages might lower your exam stress. Discuss with your buddy.

Porridge Corn Flakes Brown bread toast

Orange juice Tea Breakfast roll Crisps Strawberries Mango

Bar of chocolate Chicken goujons Brownies Apple Can of coke

Spaghetti carbonara Hamburger Tuna sandwich on brown bread Salad



Yesterday I was clever, so I wanted to change the world.
Today, I am wise, so I am changing myself. - Rumi



Reflect and Connect

Rate each of the learning intentions below by shading each section. Read each statement and shade in the area to get a visual on how today's lesson was for you.

1 = Lowest level

5 = Highest level

6. I did my best and didn't give up

5. I worked well with others

1. I enjoyed today's story

