

Studying Food Tricks

Resource by Scriptical

Examples of how what you eat can affect your grades!

1. Eat healthy. The sugars from foods such as cookies and sodas provide short bursts of energy. Later, however, you will feel tired and may not be able to study. Carbohydrates such as breads are ideal for long-lasting energy.
2. The infamous gummy bear trick! On an open textbook, put a candy on each reading section. Eat the candy when you finish reading as a reward. It may work, but it's also slightly unsanitary.
3. Taste memory: Your mouth might help you remember important facts during tests. If you eat a mint while studying the American Revolution, and you eat a mint of the same flavor during the History quiz, you may perform better.
4. Likewise, you can try different flavors for different subjects, and eat the same thing every day as you study for an important exam.
5. Keep hydrated!
6. Be sparing. Don't bring too much food near your desk, because you may get distracted.