

COOKING HACKS

Student eating hacks can make preparing food cheap, easy and healthy. Here are a few tips to help you in this process:

- Tip 1:** Invest in a microwave steamer, items such as vegetables and pasta can be cooked using this utensil.
- Tip 2:** Flavour your ramen or two minute noodles with soy sauce and garlic powder rather than the included flavour sachet.
- Tip 3:** Invest in a sandwich press, there are amazing recipes online which can help you cook not only toasties but also grilled vegetables, homemade hash browns and grilled chicken.
- Tip 4:** Invest in a rice cooker, you can not only cook rice using this device but also fried rice, pasta, potatoes and vegetables.
- Tip 5:** Create a healthy breakfast by adding frozen fruit (cheaper than fresh fruit) to your boring porridge or Weetbix.
- Tip 6:** Your microwave is your best friend, it can save you time reheating already cooked meals or help you create tasty new meals with the touch of a button.

EATING FOR EXAMS

Exam period is a stressful time for all students and can result in eating foods that are high in saturated fat, sodium and added sugar. To help boost memory, improve concentration and achieve top results, the type and timing of your meals play a crucial role in success. Good nutrition leading up to exams will boost mental alertness during long hours of study. Don't be tempted to reach for chocolate and sugary snacks. Here are a few tips which will assist you in maintaining good nutrition during exam period.

- Tip 1:** Eat meals regularly. Don't skip meals (especially breakfast).
- Tip 2:** Stop for small snack to maintain energy levels. Try eating nutritious snacks such as nuts, fruit or a glass of milk.
- Tip 3:** Eat foods rich in iron and zinc to improve memory and concentration. Try eating lean meats, seafood and wholegrains such as, wholegrain pasta, bread and cereals.
- Tip 4:** Eat foods rich in B vitamins to help the brain and nervous system. Try eating vegetables, Vegemite and pulses such as lentils or baked beans.
- Tip 5:** Eat plenty of complex carbohydrates to ensure blood sugar levels remain stable. Try eating wholegrain bread or pasta, vegetables and legumes.
- Tip 6:** Make sure you drink plenty of water to stay hydrated and prevent fatigue.
- Tip 7:** Avoid consuming too many caffeinated drinks. They may make you restless and jittery.
- Tip 8:** Avoid drinking alcohol, as it may affect brain function and concentration.
- Tip 9:** A small treat may be useful to reward yourself for the hard work you are putting in.

(Saxelby 2010)