



# Test Taking Tips

Test taking takes mental and physical preparation. Remember to keep yourself healthy and to do your best.

- Get enough **sleep**- Most children need 10-11 hours of sleep
- Get up and go- Do jumping jacks when you get out of bed to help you wake up
  - Take **physical activity** breaks by stretching and jumping between tests
- Start your day the **whole grain** way- Protein and fiber help you stay full and focused
  - Try oatmeal, whole-grain cereal, or whole grain toast
- Keep your cool
  - Take a deep **breath**-Being nervous makes it hard to concentrate
  - Try **Low-fat dairy**- Tryptophan in milk promotes calmness
- **Fruits and Vegetables**- Shield yourself from disease and boost your brain power with a variety of colorful fruits and vegetables
  - Try fresh, frozen, canned, dried or 100% juice
- “Here fishy, fishy, fishy”- **Omega-3** helps concentration and brain power
  - Try salmon, tuna, or sardines
- H2 Oh Yea-Stay hydrated.
  - Drink plenty of **water** and eat water filled fruits and vegetables
- Limit sugar to prevent your body and brain from a quick crash and burn.



## Super Test Taker Menu

(\*see back for recipes)

The day before a test		The day of a test	
After School Snack	Dinner	Breakfast	Lunch
Fruits with low-fat yogurt <b>Or</b> Vegetables with hummus <b>Or</b> Whole grain crackers with cottage cheese  <b>With</b> Water	*Tuna Melt <b>Or</b> *Salmon patties  <b>With</b> Salad Fruit of choice Milk	School made <b>Or</b> *Cinnamon apple oatmeal <b>Or</b> Whole grain toast with *egg  <b>With</b> Fruit or juice Milk	School made <b>Or</b> Sandwich with whole-grain bread, turkey and cheese  <b>With</b> Fruits Vegetables Milk

# Recipes

## Tuna Melt

1 can tuna (6 ounce)

2 celery (medium stalks, chopped) or frozen peas (thawed)

1/2 cup cheese diced or shredded

1/4 cup mayonnaise (light)

1 tablespoon instant minced onion

salt and pepper to taste

Drain tuna and combine all ingredients.

Spread tuna mixture on a slice of whole wheat bread or tortilla.

Microwave or broil in oven or toaster oven until heated through.

## Salmon Patties

1 can salmon

1 egg

1/4 cup chopped onion

1/2 cup seasoned dry bread crumbs

salt and pepper to taste

Drain and reserve liquid from salmon. Mix egg, onion, bread crumbs and salmon together.

Make into patties. If mixture is too dry to form into patties, add reserved liquid from salmon.

In a frying pan, heat 1 tablespoon olive oil. Place patties in pan. Brown on each side, turning gently. Drain on paper towels and serve.

## Apple Cinnamon Oatmeal

1/2 cup oatmeal instant or old fashioned

1/2 cup water

1/2 cup unsweetened applesauce

Combine ingredients in microwave safe bowl.

Microwave for 1 minute for instant or 2 minutes for old fashioned oats. Sprinkle with cinnamon and 1 tablespoon milk or yogurt.

## Egg for one

1 egg

Spray a microwave safe bowl or cup with olive oil. Break egg in to cup and scramble. Be sure to break up yellow yolk.

Place paper towel over bowl or cup and microwave for 1-2 minutes until egg is cooked through.

This is also great with veggies (pepper, spinach, onion) and cheese on top.

