

# What's your Smart Snack?

YOU'VE BEEN AT THE BOOKS FOR HOURS (OR SO IT SEEMS) AND YOUR STOMACH IS PROTESTING. BUT DON'T REACH FOR THOSE CRISPS JUST YET! TAKE THIS QUIZ TO FIND A HEALTHY & DELICIOUS ALTERNATIVE TO SATISFY YOUR GRAZING HABITS. YOUR BODY AND BRAIN WILL THANK YOU FOR IT!



**start**

..... Hot or Cold? ..... **COLD!** ..... Crunchy or Soft?

**HOT!**



**STUDY TIP:** When it comes to staying awake, apples actually work better than caffeine!

..... Sweet or Savoury? .....

Sweet



Feeling peckish?



Savoury

More than a snack,  
less than a meal



Crunchy



A bit of both!



Soft



**STUDY TIP:** Try eating 1 cup of low-fat yoghurt or 2 tbsps of mixed nuts when stressed. The amino acids will help calm you down.