

[Answers] How the food you eat affects your brain by Mia Nacamulli

1. If you could get all the water out of your brain and break it down to its constituent nutritional content, what would be the 5 components you would have?

(1) fats (lipids)

(2) proteins

(3) amino acids

(4) micronutrients

(5) glucose

2. According to the speaker, what could be the cause of post-lunch apathy or late-night alertness you might be feeling?

food on our brain

3. List 3 omega-rich foods that were introduced in the speech.

(1) nuts

(2) seeds

(3) fatty fish

4. List 2 types of fats that may compromise your brain health.

(1) trans fats

(2) saturated fats

5. Which nutritional contents of our brain manipulate how we feel and behave?

proteins and amino acids

6. In order to obtain antioxidants to fight against free radicals that destroy our brain cells, what kinds of foods should we eat?

fruit and vegetables

7. List 2 micronutrients that will prevent brain disease and mental decline?

(1) vitamin B6

(2) vitamin B12

(another possible answer) folic acid

8. What percentage of our body weight does our brain make up? (about) 2 %

What percentage of our energy resources does our brain use? (up to) 20 %

9. When we eat or drink carbohydrates, they come in three forms. What are they?

(1) starch

(2) sugar

(3) fiber

10. According to the speaker, what is the most powerful organ in our body?

the brain