

[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) _____

(2) _____

(3) _____

(4) _____

(5) _____

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

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

(1) _____

(2) _____

(3) _____

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

(1) _____

(2) _____

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

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

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

(1) _____

(2) _____

8. What percentage of our body weight does our brain make up? _____

What percentage of our energy resources does our brain use? _____

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

(1) _____

(2) _____

(3) _____

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