

Mark the statements True or False

1. Scientists are not interested in improving our memory. **True** **False**
2. Memories are not important for remembering who people are. **True** **False**
3. Eating the right food can help improve our memory. **True** **False**
4. Spinach is the only food that supports good memory function. **True** **False**
5. Writing things down is the only way to remember facts. **True** **False**
6. There are three different learning styles: visual, auditory, and kinaesthetic. **True** **False**
7. Drawing something leads to decreased contextual representation of the object. **True** **False**
8. Encoding is not important for storing and later recalling information. **True** **False**
9. Crossword puzzles and Sudoku cannot help improve memory. **True** **False**
10. Alzheimer's patients can encode information easily. **True** **False**