

CHOOSE THE BEST ANSWER FOR EACH QUESTION

1. What type of memory is most easily remembered?

- a. Memories from a long time ago
- b. Memories of things we've done before
- c. Memories of recent experiences
- d. Memories of numbers and dates

2. What happens to our brain cells as we get older?

- a. They grow bigger
- b. They start to shrink
- c. They stay the same size
- d. They multiply quickly

3. What helps us form new memories?

- a. Being stressed and worried
- b. Spending time alone
- c. Paying close attention and being engaged
- d. Forgetting things easily

4. How can social interaction help our memory?

- a. It makes our brain work harder
- b. It reduces feelings of sadness
- c. It increases the production of chemicals
- d. It strengthens the connections in our brain

5. What is one way to keep our memories strong as we get older?

- a. Avoid learning new things
- b. Eat an unhealthy diet
- c. Exercise regularly
- d. Spend more time resting

ARE THESE STATEMENTS T (TRUE) OR F (FALSE)?

1. Memories are stored in the brain through a process called long-term potentiation.
2. Older people with high levels of social interaction have faster memory decline.
3. Chronic stress can lead to a loss of brain cells.
4. Depression can make it harder to remember new information.
5. Eating well does not affect brain function.

FILL IN THE GAPS

Memories are formed through a process of _____ (1)

Information first goes to _____ (2) then transferred to _____ (3)

_____ (4) is a process that helps store memories long-term

Age-related factors like _____ (5) can affect memory retrieval

Mental and physical health problems can interfere with _____ (6)

Chronic stress can lead to a loss of brain cells and affect retention of _____ (7)

Depression can cause memory problems due to low _____ (8) and lack of attention