

Conversations

Directions: You will hear a conversation between two or more people. Choose the best answer to each question.

How sugar affects the brain

1. What happens first when sugar touches your tongue?

- (A) It enters your bloodstream.
- (B) It activates your brain's memory.
- (C) It triggers sweet-taste receptors.
- (D) It raises dopamine levels.

2. What is the brain's reward system mainly responsible for?

- (A) Deciding if something should be repeated
- (B) Digesting sugar
- (C) Producing insulin
- (D) Processing bitter tastes

3. Why are some foods, like broccoli, less appealing to children?

- (A) They have too much fiber.
- (B) They don't trigger dopamine release.
- (C) They digest too quickly.
- (D) They cause cravings.

4. What happens when you eat the same healthy meal repeatedly?

- (A) Your cravings increase.
- (B) Your body stores more sugar.
- (C) Your insulin drops.
- (D) Your dopamine response decreases.

5. How is sugar different from other foods in terms of brain response?

- (A) It suppresses the reward system.
- (B) Its dopamine response doesn't level off.
- (C) It only affects taste receptors.
- (D) It lowers your tolerance.

6. Why is variety important in our diet, according to the audio?

- (A) To get enough nutrients
- (B) To avoid overeating
- (C) To protect our teeth
- (D) To increase insulin