

A Healthy Mind Reader

The brain is the most amazing part of our body and despite all medical research nobody really understands about it. But just like our bodies, it needs to be cared for in ways that can be quite simple. Getting a good night's sleep, eating a balanced diet and taking deep breaths are all important methods of looking after both your body and your brain.

Many people think their brain will slow down with age and their memory will get worse as a result. The truth is, just like your body, you can also improve your mind. I've found I can improve my memory by imaging what I need to remember. For example, if I'm going shopping and I need bread, milk and a birthday card for brother, I imagine a loaf bread, a carton of milk with a cow on the front and a birthday card with a football on it.

The same kind of method can be used with important dates. If you have a picture in your mind of a particular event it's much easier to remember than just a number on a calendar.

Another way of improving your mind is to make sure you regularly visit new places and have new experiences. Personally I find learning Spanish is a great way to keep the brain working, but communication in any language is important. Having a conversation is so much better for your brain than staring at a computer screen or at other people talking on TV.

1 What is the writer's main aim in writing the text?

- A to explain how the brain works
- B to talk about problems with the brain
- C to describe how clever she has become
- D to suggest the brain needs attention.

2 What does the reader learn about the writer from the text?

- A She has a computer
- B she is learning another language
- C She likes shopping
- D She enjoys travelling

3 What does the writer say about the brain?

- A It should be treated in a similar way to our bodies.
- B Not enough medical research is being done on it.
- C It definitely becomes less quick when we are older.
- D It ages faster than our bodies.

4 What does the writer say about her own memory?

- A It has been possible to make it better.
- B She finds objects more difficult to remember than numbers.
- C It has got worse over the years.
- D She often forgets birthdays.

5 What would be another title for the text?

- A Easy ways to develop your mind
- B The latest research into the brain.
- C The amazing power of memory
- D How to remember things you thought you'd forgotten.

