

How the food you eat affects your brain

Before you listen:

How do you think food affects the brain?

While you listen

Write this table on a piece of paper so you can take notes as you listen. Then, come back to the table and type your answers,

Nutrients my brain needs	Food that give me the nutrient	How it helps my brain
Fats		
Protein/Amino Acids		
Micronutrients		
Carbohydrates/Glucose		

After you listen:

What did you learn?

What questions do you have?