The right food for the right mood

Have you ever had a week when you felt tired or sad and didn't know why? It might have been the foods you ate. Apparently, there's a connection between what we eat and how we feel. This is because foods affect the **brain chemicals** that are responsible for the changes in our mood. Choosing appropriate foods will help you eat your way to happiness!

BRAINY FOODS

Some foods help your brain work better. If you want to improve your memory and school performance, your diet should include a lot of nuts and green **leafy** vegetables, a lot of milk, seafood and liver as well as some oranges and cereals. There are also certain foods you can eat to give your brain a buzz when you need to **keep awake** or study, but you have to be careful! A cup of coffee may give you a **mental boost**, but too much coffee can make you restless and **irritable.**

ENERGY FOODS

The best way to feel energetic is to have meals that contain a lot of protein but not much fat such as fish, shellfish, poultry without skin, low fat milk or cheese and dried peas and beans. Also, oranges, apples and yoghurt can supply a steady source of fuel to your body.

HAPPY FOODS

Milk, chicken, bananas and leafy green vegetables may produce pleasant feelings. The reason is that they stimulate a chemical in the brain called **dopamine.** Chocolate can also make us feel happier as it raises the sugar levels in our body. Again, you shouldn't overdo it. A meal that contains too much sugar or fat can make you feel sad after a while.

RELAXING FOODS

Eating **carbohydrates** without protein has a **calming effect**. Brown or **whole grain** rice, sweet potatoes and wheat pasta increase levels of **serotonin** in the brain, which makes you feel calm and relaxed.



a) Replace the pronouns in italics with words from the text.

1 *They* are responsible for the changes in our mood.

2 *They* can help your brain work better.

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3 *It* can make you restless.

4 You need *it* to feel energetic.

5 *It* is a brain chemical that makes you feel happy.

6 *They* can make you feel sad after you eat them.

7 *They* can calm you.

LIVEWORKSHEETS