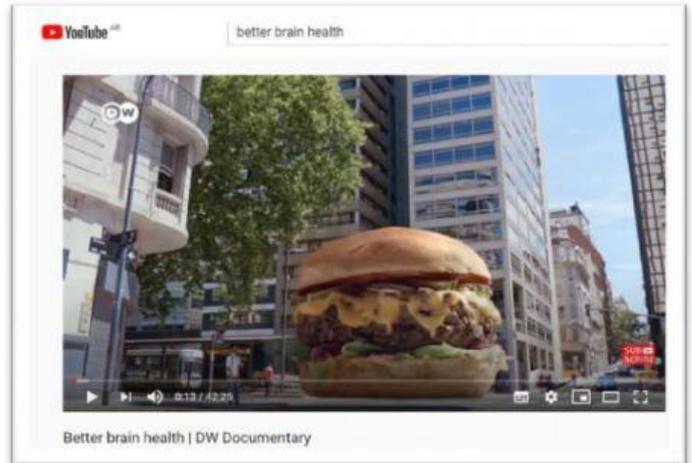


## BETTER BRAIN HEALTH: WE ARE WHAT WE EAT

### 1. Watch and listen. Answer T or F.

- The documentary is about eating habits and the brain.
- Memory is not affected by the type of food we eat.
- Our brain is affected by the intake of junk food even before birth.
- When we eat junk, processed food, we feel relaxed.
- Omega-3 is produced by our brain.



### 2. Complete the words used in the video to describe food. The first letter of each word has been given.

- P
- J
- F
- S
- SW

### 3. Fill in the blanks with the right form of the verbs.

\_\_\_\_\_our mental health, our moods, and our brain abilities \_\_\_\_\_ (suffer) from the wrong kind of nutrition? We \_\_\_\_\_ (know) that junk food is making us fat, but science is telling us now that it might also be shrinking our brains.

Habitual intake of foods high in fat and sugar \_\_\_\_\_(result) in a reprogramming of the brain. In short, our brain is affected by what's on our plates.

[...]

This disquieting correlation \_\_\_\_\_ (suggest) that the mother's diet \_\_\_\_\_ (impact) the mental development of the baby, though the link remains to be demonstrated on the biological level.

Junk food is often low on essential nutrients, so it \_\_\_\_\_ (leave) the body, and especially the nerve cells, lacking.

### 4. Analyse the previous sentences and answer T or F.

- All the previous verb phrases are in the Simple Present.
- We use the simple present for gradual changes.
- We use the simple present for scientific information and facts.
- We use the simple present with verbs of understanding.
- We use the simple present to talk about regular habits.
- DID is the auxiliary for the simple present.
- DO and DOES are the auxiliaries of the simple present we use to make a question or a negative sentence.
- Verbs in the simple present always carry an "S" or "ES".