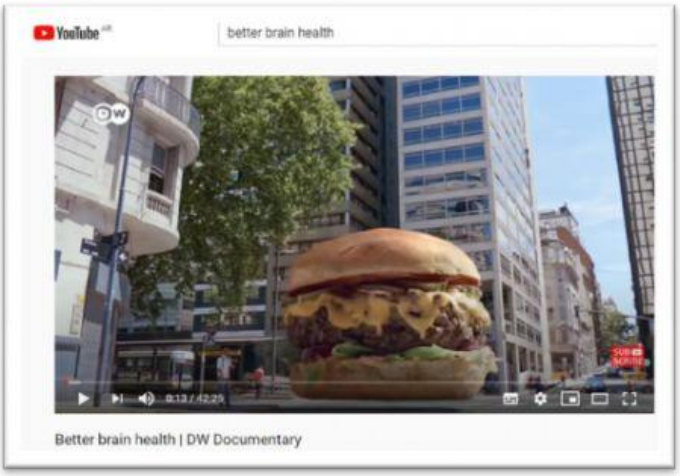
BETTER BRAIN HEALTH: WE ARE WHAT WE EAT

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



a. The documentary is about eating habits and the brain.
b. Memory is not affected by the type of food we eat.
c. Our brain is affected by the intake of junk food even before birth.
d. When we eat junk, processed food, we feel relaxed.
e. 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.**

a. P
b. J
c. F
d. S
e. 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 aswer T or F.**

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