

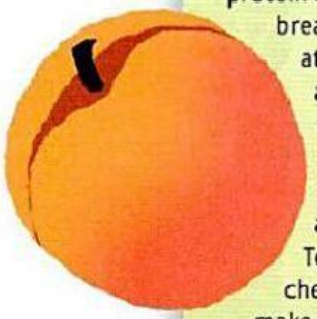
Mood food

We live in a stressful world, and daily life can sometimes make us feel tired, stressed, or depressed. Some people go to the doctor's for help, others try alternative therapies, but the place to find a cure could be somewhere completely different: in the kitchen.

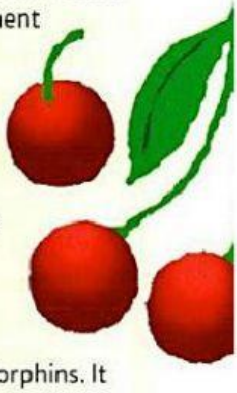
Dr Paul Clayton, a food expert from Middlesex University, says 'The brain is affected by what you eat and drink, just like every other part of your body. Certain types of food contain substances which affect how you think and feel."

For example, food which is high in carbohydrates can make us feel more relaxed. It also makes us feel happy. Research has shown that people on diets often begin to feel a little depressed after two weeks because they are eating fewer carbohydrates.

On the other hand, food which is rich in protein makes us feel awake and focused. Research has shown that schoolchildren who eat a high-protein breakfast often do better at school than children whose breakfast is lower in protein. Also, eating the right kind of meal at lunchtime can make a difference if you have an exam in the afternoon or a business meeting where you need to make some quick decisions. In an experiment for a BBC TV programme two chess players, both former British champions, had different meals before playing each other. Paul had a plate of prosciutto and salad (full of protein from the red meat), and his opponent Terry had pasta with a creamy sauce (full of carbohydrate). In the chess match Terry felt sleepy, and took much longer than Paul to make decisions about what moves to make. The experiment was repeated several times with the same result.



Another powerful mood food could become a secret weapon in the fight against crime. In Bournemouth in the south of England, where late-night violence can be a problem, some nightclub owners have come up with a solution. They give their clients free chocolate at the end of the night. The results have been dramatic, with a 60% reduction in violent incidents.



Why does chocolate make people less aggressive? First, it causes the brain to release feel-good chemicals called endorphins. It also contains a lot of sugar, which gives you energy, and can help stop late-night tiredness turning into aggression. These two things, together with a delicious taste, make chocolate a powerful mood changer.

Mood food – what the experts say

- Blueberries and cocoa can raise concentration levels for up to five hours.
- Food that is high in protein helps your brain to work more efficiently.
- For relaxation and to sleep better, eat carbohydrates.
- Dark green vegetables (e.g. cabbage and spinach) and oily fish (e.g. salmon) eaten regularly can help to fight depression.

Adapted from a British newspaper

LIVEWORKSHEETS

Read the text and select the correct answer.

1. How can daily life make us feel?
   a. Tired
   b. Stressed
   c. Depressed
   d. All of the above

2. Where can we find a cure?
   a. At a hospital
   b. At school
   c. In the kitchen
   d. At a bar

3. What does Dr Paul Clayton say?
   a. The brain is affected by what you eat and drink
   b. Food doesn't affect how you think and feel
   c. The brain is affected by stress
   d. Food can make you happy

4. How can food high in carbohydrates make us feel?
   a. Depressed
   b. Happy and relaxed
   c. Awake and focused
   d. Tired and stressed

5. How can food rich in protein make us feel?
   a. Depressed
   b. Happy and relaxed
   c. Awake and focused
   d. Tired and stressed

6. What was the BBC TV programme experiment?
   a. The influence of prosciutto in chess
   b. The experiment was repeated several times
   c. The effect of food in two chess players
   d. How sleepy you feel after you eat carbohydrates

7. Why does chocolate make people less aggressive?
   a. Because there is late-night violence
   b. Because it causes the brain to release endorphins
   c. Because it doesn't give you energy
   d. Because it was free

8. What does ***mood*** mean?
   a. Emotional state
   b. Mode
   c. Humour
   d. Personality

9. What is a synonym of ***weapon***?
   a. instrument
   b. Wheat
   c. Box
   d. mystery

10. What does ***feel-good*** mean?
    a. that causes satisfaction
    b. dangerous
    c. unusual
    d. new





LIVEWORKSHEETS