



HOW THE FOOD YOU EAT AFFECTS YOUR BRAIN



What is one thing that makes essential fatty acids so unique?

- ☐ A Essential fatty acids are man-made
- ☐ B Essential fatty acids must come from our diets
- ☐ C Essential fatty acids make you lose weight
- ☐ D Essential fatty acids come from saturated fats

**Amino acids contain the precursors to neurotransmitters.
Which of the following is a neurotransmitter?**

- ☐ A Dopamine
- ☐ B Norepinephrine
- ☐ C Serotonin
- ☐ D All of the above

What do antioxidants do?

- ☐ A Work as a natural pesticide for nutrient-rich fruits and vegetables
- ☐ B Shorten attention span
- ☐ C Activate neurotransmitters
- ☐ D Fight off free radicals that destroy brain cells

Most of the energy that your brain uses comes from:

- ☐ A Antioxidants
- ☐ B Carbohydrates

- ☐ **C** Amino Acids
- ☐ **D** Micronutrients

Which of the following foods has slow glucose release?

- ☐ **A** Legumes
- ☐ **B** Fruit
- ☐ **C** Dessert
- ☐ **D** Carbonated drinks

Why is glucose important for brain health?

How do proteins and amino acids affect how we think and behave?