

Video activity

Why being bilingual is good for your brain

Level: Pre-Intermediate



1. According to the video, what was the previous belief about being bilingual?

- a. It was thought to be beneficial for brain development
- b. It was thought to have no effect on the brain
- c. It was thought to confuse or hold people back
- d. It was thought to enhance creativity

2. What did the 2007 study by Ellen Bialystok suggest about bilingual people?

- a. They develop dementia earlier than monolinguals
- b. They have better problem-solving skills
- c. They develop dementia 4-4.5 years later than monolinguals
- d. They have better memory recall.

3. What is "cognitive reserve" as described in the video?

- a. The ability to learn new languages quickly
- b. The development of thinking abilities against age-related decline
- c. The connection between the brain's neural networks
- d. The difference in brain activity between monolinguals and bilinguals

4. According to the video, what is one lesser-known behavioral effect of bilingualism?

- a. Increased emotional reactivity
- b. The ability to see other people's perspectives
- c. Improved abstract thinking
- d. Stronger brain connectivity at rest

5. What is one benefit of learning new languages mentioned in the video?

- a. It opens doors to new cultural experiences and life opportunities
- b. It improves problem-solving skills
- c. It delays the onset of dementia
- d. All of the above

Article: The amazing benefits of being bilingual



1- How many languages do most people around the world speak, according to estimates mentioned in the text?

2- What are some advantages of being multilingual, as discussed in the text?

3- How does speaking more than one language impact the brain's executive function, according to the text?

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