Reading Unit 1

Read the text and choose the correct options.

1 When you eat dark chocolate, ☐
- A it's important to take care with the amount.
- B you immediately feel happier and calmer.
- C it causes problems with your blood sugar.

2 When you don't drink enough water, ☐
- A your mood will be much worse.
- B it will not change your memory.
- C you will find it more difficult to concentrate.

3 If you don't get enough B vitamins, you ☐
- A are often likely to feel hungry between meals.
- B will have low energy, but will be happy.
- C should eat more foods like beans and fish.

4 According to the text, nuts ☐
- A deliver energy slowly.
- B can make you feel more cheerful.
- C are better than proteins or wholegrains.

5 You should eat eggs and bananas ☐
- A because they contain a lot of serotonin.
- B only four times a week.
- C to help your body produce serotonin.

Mind what you eat!

Everyone knows that a healthy diet is good for both your body and your mind. Eating the right foods, especially superfoods, is important for the way you feel and think. You don't have to make many changes to make a difference! Here are some suggestions – look online for other ideas.

Feeling stressed?
Foods that are high in magnesium (Mg) can make you feel calmer. Dark chocolate is good, but don't eat more than fifty grams at a time. When you eat lots, your blood sugar goes up quickly and then falls. A few almonds (around twelve) will give you about twenty percent of the magnesium your body needs every day. Mangos are a great fruit to help you calm down because they contain a chemical that reduces stress. You should also reduce fast food and sugary snacks.

You've got a test and you need to concentrate?
Blueberries can help to improve your brain function. One study showed that students did tasks ten percent faster and better after drinking blueberry juice. Also, remember to drink enough water – around two litres a day. Drinking too little water can cause low energy and mood changes, and then it's harder to study or remember information.

No energy?
The body can't get or make energy without B vitamins. You will find them in beans and peas, fish and seafood, wholegrains and green vegetables. Low blood sugar can also make you feel tired, so you must eat regularly to keep your blood sugar at a good level. Don't skip any meals, and choose foods that give you energy slowly, like nuts – try thirty grams of nuts a day.

You want to improve your mood?
Serotonin is the 'happiness hormone', so eat foods that help the body to make it, such as eggs and bananas. Studies show that just a few bananas a week can cheer you up! Also, make sure you're eating enough protein. The chemicals in protein are necessary for the brain. You will find a lot of protein in foods such as fish and eggs, and vegetables such as peas, beans and lentils.

GLOSSARY
blood sugar – poziom cukru we krwi
chemical – substancja chemiczna
protein – białko

Look at the highlighted words and phrases in the text. Use their correct forms to complete the sentences below.

1 A few almonds or a piece of mango every day can help you _____ stress _____ and you _____ before exams.

2 Some people eat sugary snacks to _____ them _____ when they feel sad, but I prefer bananas.

3 I never _____, even if I'm very busy. I try to eat regularly.

4 Nuts are an example of a snack that _____ slowly.

5 When you don't drink enough water, you may have _____, from happiness to sadness.

LIVEWORKSHEETS