Conversations
Directions: You will hear a conversation between two or more people. Choose the best answer to each question.

How sugar affects the brain

1. What happens first when sugar touches your tongue?

(A) It enters your bloodstream.

(B) It activates your brain's memory.

(C) It triggers sweet-taste receptors.

(D) It raises dopamine levels.

2. What is the brain's reward system mainly responsible for?

(A) Deciding if something should be repeated

(B) Digesting sugar

(C) Producing insulin

(D) Processing bitter tastes

3. Why are some foods, like broccoli, less appealing to children?

(A) They have too much fiber.

(B) They don’t trigger dopamine release.

(C) They digest too quickly.

(D) They cause cravings.

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4. What happens when you eat the same healthy meal repeatedly?

(A) Your cravings increase.

(B) Your body stores more sugar.

(C) Your insulin drops.

(D) Your dopamine response decreases.

5. How is sugar different from other foods in terms of brain response?

(A) It suppresses the reward system.

(B) Its dopamine response doesn't level off.

(C) It only affects taste receptors.

(D) It lowers your tolerance.

6. Why is variety important in our diet, according to the audio?

(A) To get enough nutrients

(B) To avoid overeating

(C) To protect our teeth

(D) To increase insulin

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