

Can diet improve memory?

Instructions: Listen to the audio clip from BBC News Review. You will hear it twice. Answer the questions below based on what you hear.

Part 1: Comprehension (Multiple Choice)

Choose the best answer, a, b, or c.

1. What is the main topic of the news report?

- a) The price of dark chocolate and berries.
- b) How exercise can improve brain health.
- c) How certain foods might help prevent memory loss.

2. Flavanols, the substance discussed, can be found in:

- a) Only dark chocolate and cacao.
- b) Tea, berries, apples, and cacao.
- c) Meat, dairy, and grains.

3. According to the report, all scientists:

- a) agree that everyone should eat more chocolate.
- b) say that more research on this topic is needed.
- c) believe that flavanols are definitely the key to memory.

4. The expression "keep something at bay" means:

- a) to attract something good.
- b) to stop something bad from affecting you.
- c) to hide from something.

5. The word "drive" in the headline "Diet low in flavanols drives memory loss" means:

- a) to operate a vehicle towards something.
- b) to force something to go in a certain direction.
- c) to ignore something completely.

Part 2: Vocabulary in Context (Gap Fill)

Complete the sentences using the correct form of the phrases from the box. You will not need to use all the phrases.

keep (something) at bay stave off drive

Washing your hands frequently can help _____ infections and illnesses.

The government's new policies are designed to _____ economic growth in a positive direction.

She always carries an umbrella to _____ the rain _____.

Some people believe that eating vitamin C can help _____ a common cold.

The company's aggressive strategy could _____ smaller competitors out of the market.

Part 3: Grammar Focus (Sentence Transformation)

Complete the second sentence so that it has a similar meaning to the first, using the word given. Do not change the word given. You must use between two and five words.

1. "Perhaps eating well can prevent memory loss." (BAY)

-> Eating well can perhaps _____ memory loss.

2. "I hope I can avoid getting a cold this winter." (STAVE)

-> I hope I can _____ a cold this winter.

3. "His criticism forced me to work harder." (DROVE)

-> His criticism _____ work harder.

4. "They continued to research the topic for many years." (ON)

-> They _____ the topic for many years.

5. "I regret not eating more healthily when I was younger." (WISH)

-> I _____ more healthily when I was younger.