

Part 1 — Choose the correct answer

1. What is the video mainly about?

- A. How to cook sweet food
- B. How sugar affects the brain
- C. How to grow sugar
- D. How to exercise

2. What kind of food contains a lot of sugar?

- A. Some sweet foods and drinks
- B. Fresh vegetables
- C. Plain rice
- D. Water

3. What happens in the brain when we eat something sweet?

- A. The brain can feel happy or rewarded.
- B. The brain stops working.
- C. We immediately become tired.
- D. We cannot think.

4. Why can people want more sugar?

- A. Because sugar can make the brain want it again.
- B. Because sugar makes people taller.
- C. Because sugar gives us more sleep.
- D. Because sugar is always healthy.

5. What is one good idea mentioned in the video?

- A. Eat sugar all day.
 - B. Eat a balanced diet.
 - C. Never eat any food.
 - D. Drink only sweet drinks.
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Part 2 — True or False

Listen again and write **True (T)** or **False (F)**.

6. Sugar can affect the brain.

☐ True ☐ False

7. Eating something sweet can make us feel good.

☐ True ☐ False

8. The brain does not react to sugar.

☐ True ☐ False

9. People can sometimes want to eat more sweet food.

☐ True ☐ False

10. The video is about how sugar and the brain are connected.

☐ True ☐ False

Part 3 — Fill in the blanks

Listen and complete the sentences with **ONE word**.

11. Sugar can make the brain feel _____.

12. Sweet foods can activate the brain's reward _____.

13. Some people may want to eat _____ sugar after eating something sweet.

14. Too much sugar is not good for our _____.

15. We should try to have a _____ diet.