

BS1-VERB PATTERNS (BRAIN)

1. Read the text. Which picture represents best each paragraph, a or b?

Most of us would like to be more intelligent and have better memories, wouldn't we?

⁽¹⁾ *a* It seems that we can! Scientists now believe we can 'exercise' our brains just like our bodies, to help them be at their best.

1 Some computer game designers have invented special brain training games. These games have become popular with people of all ages – not just teenagers. Lottie, 88, is a big fan. 'Until a year ago I couldn't even imagine using a games console. ⁽²⁾ I like playing these games, and I love getting the highest score.' Lottie lives in a home for people aged 65 and over. The manager of the home agreed to buy the games for the residents because she believed they would be good for them. ⁽³⁾ Residents stay healthy and they have fun too. It's perfect!



2 But do these games really work? Scientists have studied the games and the people who play them. ⁽⁴⁾ People who played the games every day were slightly better at doing quizzes than people who didn't play the games. However, don't buy a game if you want to have a bigger IQ, pass all your exams or get a better job. ⁽⁵⁾



3 Scientists have found that there are better (and cheaper) ways that we can keep our minds fit. Some experts recommend learning a new subject. One of the best things you can do doesn't cost anything at all – everyone can afford to do it! Research shows that people who enjoy spending time with family and friends are usually the ones in best mental health in their old age. ⁽⁶⁾



2. Complete the gaps in the article with the following sentences.

- a But can we really do this?
- b Their research showed that these games had some benefits.
- c It's a great idea for elderly people like Lottie.
- d And more importantly, they will have a lot of fun doing it!
- e The games won't help you do any of these things!
- f Now, I can't put it down!