

**Listen to the audio as many times as you need to, and then fill in the blanks.**

Scientists have cast new light on the \_\_\_\_\_ our diet has on our \_\_\_\_\_ health. Researchers say what we eat \_\_\_\_\_ and alters our \_\_\_\_\_ chemistry up until the age of 30. They say this \_\_\_\_\_ why older adults are more \_\_\_\_\_ stable and resilient than under-30s. The research was \_\_\_\_\_ by a team led by Lina Begdache, a professor of health and wellness \_\_\_\_\_. Researchers said that while the \_\_\_\_\_ between our diet and diabetes, heart \_\_\_\_\_ and obesity is well established, there is a paucity of research on the \_\_\_\_\_ our dietary intake has on mental health. The researchers also \_\_\_\_\_ that mental well-being stimulated healthy eating, healthy \_\_\_\_\_, and exercising.

The research was carried out \_\_\_\_\_ an \_\_\_\_\_ internet-based survey. It was sent through social media \_\_\_\_\_ to different professional and social group \_\_\_\_\_. Professor Begdache found that \_\_\_\_\_ under 30 who ate \_\_\_\_\_ food more than three times a week \_\_\_\_\_ higher on levels of mental distress, \_\_\_\_\_ and depression. She said that for adults over 30, the study found that eating \_\_\_\_\_ carbohydrates and more fruit \_\_\_\_\_ anxiety and depression. Begdache pointed to research showing how a Mediterranean diet was as good for our brain as for our body. She said: "It has all the components that are \_\_\_\_\_ for the healthy structure of the brain."