



Memory



TASK 1: Read the text SB p40 and do Ex3 p40 or Watch a video

TASK 2: Tick (v) the statements mentioned in the text



1. Acronyms are the most popular category of mnemonic devices.
2. The Major System pairs up numbers with specific consonant sounds.
3. Chunking is less successful when phone numbers are broken in two parts.
4. You can use different exercises to train your mind, just like you do with your body.
5. Learning a new language is the most effective strategy to challenge your mind.
6. Walnuts and green tea are examples of brain food.
7. Sleeping increases blood flow to the brain.
8. Proper sleep has the capacity to boost your memory functions

TASK 3: Write How can you improve your memory? What technique is the best and why? (5-7 sentences)

