

1. Read and do the following exercises.



We live in a stressful world, and daily life can sometimes make us feel tired, stressed, or depressed. Some people go to the doctor's for help, others try alternative therapies, but the place to find a cure could be somewhere completely different: in the kitchen.

**Dr Paul Clayton**, a food expert from Middlesex University, says 'The brain is affected by what you eat and drink, just like every other part of your body. Certain types of food contain substances which affect how you think and feel.'

For example, food which is high in carbohydrates can make us feel more relaxed. It also makes us feel happy. Research has shown that people on diets often begin to feel a little depressed after two weeks because they are eating fewer carbohydrates.

On the other hand, food which is rich in protein makes us feel awake and focused. Research has shown that schoolchildren who eat a high-protein breakfast often do better at school than children whose breakfast is lower in protein. Also, eating the right kind of meal at lunchtime can make a difference if you have an exam in the afternoon or a business meeting where you need to make some quick decisions. In an experiment for a BBC TV programme two chess players, both former British champions, had different meals before playing each other. Paul had a plate of prosciutto and salad (full of protein from the red meat), and his opponent Terry had pasta with a creamy sauce (full of carbohydrate). In the chess match Terry felt sleepy, and took much longer than Paul to make decisions about what moves to make. The experiment was repeated several times with the same result.

Another powerful mood food could become a secret weapon in the fight against crime. In Bournemouth in the south of England, where late-night violence can be a problem, some nightclub owners have come up with a solution. They give their clients free chocolate at the end of the night. The results have been dramatic, with a 60% reduction in violent incidents.



Why does chocolate make people less aggressive? First, it causes the brain to release feel-good chemicals called endorphins. It also contains a lot of sugar, which gives you energy, and can help stop late-night tiredness turning into aggression. These two things, together with a delicious taste, make chocolate a powerful mood changer.

#### Mood food – what the experts say

- Blueberries and cocoa can raise concentration levels for up to five hours.
- Food that is high in protein helps your brain to work more efficiently.
- For relaxation and to sleep better, eat carbohydrates.
- Dark green vegetables (e.g. cabbage and spinach) and oily fish (e.g. salmon) eaten regularly can help to fight depression.

Adapted from a British newspaper

**a. What do you think the title means?**

- a. Food can affect your mood
- b. Food can affect how do you think and feel
- c. Both a and b are correct

**b. Write C (carbohydrates) or P (proteins) according to the article...What kind of food do you think it is better to eat...**

- a. For lunch if you have an important exam / meeting?
- b. For breakfast?
- c. For your evening meal?
- d. If you're feeling stressed?

**c. Read and write T (true) or F (false)**

- a. Dr. Paul Clayton is a nutritionist from Middlesex University. \_\_\_\_\_
- b. People on diets often begin to feel depressed after two weeks because they are eating fewer carbohydrates. \_\_\_\_\_
- c. Schoolchildren who have carbohydrates for breakfast do better at school, because carbohydrate makes us feel awake and focussed. \_\_\_\_\_
- d. Paul and Terry are former British chess champions. In the chess match Paul felt sleepy and took longer than Terry to decide what moves to make. \_\_\_\_\_
- e. The sugar gives client energy and makes them feel good. \_\_\_\_\_