



## HOW THE FOOD YOU EAT AFFECTS YOUR BRAIN



**What is one thing that makes essential fatty acids so unique?**

- A Essential fatty acids are man-made
- B Essential fatty acids must come from our diets
- C Essential fatty acids make you lose weight
- D Essential fatty acids come from saturated fats

**Amino acids contain the precursors to neurotransmitters.  
Which of the following is a neurotransmitter?**

- A Dopamine
- B Norepinephrine
- C Serotonin
- D All of the above

**What do antioxidants do?**

- A Work as a natural pesticide for nutrient-rich fruits and vegetables
- B Shorten attention span
- C Activate neurotransmitters
- D Fight off free radicals that destroy brain cells

**Most of the energy that your brain uses comes from:**

- A Antioxidants
- B Carbohydrates

- C Amino Acids
- D Micronutrients

**Which of the following foods has slow glucose release?**

- A Legumes
- B Fruit
- C Dessert
- D Carbonated drinks

**Why is glucose important for brain health?**

**How do proteins and amino acids affect how we think and behave?**