

Name _____ No. _____ Class _____

Part I: True or False (10 points)

Instructions: Listen to the clip and select True or False for each statement. **One choice per answer only.** (If you pick up two choices, your chosen item will not be counted.)

1. You need to spend thousands of dollars to live a healthier lifestyle. **True / False**
2. Walking for 30 minutes every day can help you lose weight. **True / False**
3. Walking outside has more benefits than walking indoors. **True / False**
4. Experts say being outdoors makes you less cooperative. **True / False**
5. You should give up all junk food at once to transform your diet. **True / False**
6. Replacing one junk food per week can completely change your diet in one year. **True / False**
7. Mental health is one of the biggest components of overall health. **True / False**
8. Dopamine, serotonin, and oxytocin are natural happiness hormones. **True / False**
9. Eating dark chocolate decreases dopamine in your brain. **True / False**
10. Adding probiotics to your gut can help you feel happier every day. **True / False**

Part II: Choose (✓) the Correct Answer (10 points)

Instructions: Listen to the clip and choose(✓) the correct answer. **One choice per answer only.**

1. What does walking every day reduce?

- dopamine cortisol serotonin

2. What does walking outside make you?

- tired and stressed happier and smarter hungry and thirsty

3. How often should you give up one junk food?

- every day every week every month

4. What increases dopamine in your brain?

- eating vegetables drinking water eating dark chocolate

5. What are dopamine, serotonin, and oxytocin called?

- stress hormones happiness hormones growth hormones