

READING SKILL—Scan Read the article quickly and check (✓) the ideas it mentions.

- ☐ healthy food
☐ learning an instrument

- ☐ making decisions
☐ doing well in school

- ☐ taking a break



• **Get healthy**

One way to help your brain is to get healthy by exercising more and eating better. In one study, people had a better **memory** after six weeks of physical training. Some studies found that if you exercise for 10 minutes before thinking about a problem, it

improves your problem-solving and decision-making skills. Your **diet** is also important. Vitamins and minerals from food—like fish, vegetables, and **nuts**—help keep your brain healthy.

• **Sleep better**

Sleep isn't just rest for the body. It also rests your brain. During sleep, your brain organizes your **experiences**, often through dreams. When you are learning new skills, you actually get better at them while you sleep! Sleep helps you think clearly while you're awake. Most people who sleep only four to six hours in one night don't think clearly the next day.

• **Keep learning**

Your brain can change, something known as neuroplasticity. If you challenge your brain, it will develop more connections between its **neurons**. One thing you can do to challenge your brain is to learn a new skill, such as a new language or a musical instrument. Some people enjoy brain training—online sites and apps that use **puzzles** or other tasks to exercise your brain. Many of these sites and apps don't have much effect on the brain, and they certainly won't make you more **intelligent**. However, psychologists have created some types of puzzles that make your brain work faster. Doing these tasks makes some people feel sharper in their everyday lives.

C **10.01** Read the article in B again and answer the questions.

- 1 How might you improve your decision-making skills? _____
- 2 What happens to most people after only getting four to six hours sleep? _____
- 3 Does brain training work? _____

D **THINKING SKILL—Brainstorm** What are other ways you could develop your brain?

VOCABULARY

A Complete each sentence with a bold word from the text in READING B.

- 1 Your _____ is all the things you usually eat.
- 2 Your _____ are the things that happen to you each day.
- 3 _____ are games or tasks where you have to think carefully to find the answer.
- 4 _____ are the cells in your brain.
- 5 If you are _____, you are smart and you think very clearly about things.
- 6 Your _____ is the organ inside your head that controls your body.
- 7 Your _____ is the part of you that remembers things.
- 8 _____ are the dry fruit of some trees. They have a hard shell.

brain ..

memory ..

diet ..

nuts ..

experiences ..

neurons ..

puzzles ..

intelligent ..