



**ENGLISH CONVERSATION CLASS**  
**ADVANCED**  
**DECEMBER WEEK N°1**

**Topic:** Food and health

**Play this video and answer the following questions:**

<https://youtu.be/xyQY8a-ng6g?si=xMvVIj7mNpUcL07K>

**Your Brain on Food — Multiple Choice Questions (for professional staff)**

1. **Which macronutrient makes up most of the dehydrated weight of the brain, according to the video?**
  - A. Proteins
  - B. Carbohydrates
  - C. Fats (lipids)
  - D. Micronutrients
2. **Which statement best describes the role of omega-3 and omega-6 fatty acids in brain health?**
  - A. They are nonessential and the body produces them without dietary intake.
  - B. They must come from the diet and help create and maintain cell membranes.
  - C. They are harmful and should be completely avoided for brain health.
  - D. They only affect energy levels and not brain structure.
3. **How do amino acids influence behavior and mood as explained in the video?**
  - A. They contain precursors to neurotransmitters that affect mood, sleep, and attentiveness.
  - B. They are solely used as structural components with no effect on mood.
  - C. They directly become glucose and only affect energy.
  - D. They prevent all neurotransmitter production when consumed in meals.
4. **What is the primary source of energy for the brain and approximately what percent of the body's energy does the brain use?**
  - A. Fats; about 50\% of the body's energy
  - B. Glucose from carbohydrates; about 20\% of the body's energy
  - C. Proteins; about 2\% of the body's energy
  - D. Micronutrients; about 10\% of the body's energy
5. **According to the video, how does a high glycemic food like white bread affect attention and mood?**
  - A. It provides a steady glucose release, improving sustained attention.
  - B. It permanently increases baseline attentiveness with no subsequent dip.
  - C. It has no measurable effect on blood sugar or attention.
  - D. It causes a rapid glucose spike followed by a dip, lowering attention and mood.

**Answer Key:**

1. C (Fats / lipids)
2. B (They must come from the diet and help create and maintain cell membranes)
3. A (They contain precursors to neurotransmitters that affect mood, sleep, and attentiveness)
4. B (Glucose from carbohydrates; about 20\% of the body's energy)
5. D (It causes a rapid glucose spike followed by a dip, lowering attention and mood)