



**ENGLISH CONVERSATION CLASS**  
**INTERMEDIATE**  
**DECEMBER WEEK Nº 1**

**Topic:** Food and nutrition

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

<https://www.youtube.com/watch?v=xyQY8a-ng6g>

1. **According to the video, which group of nutrients makes up most of the weight of the brain after removing water?**
  - A. Proteins and amino acids
  - B. Minerals and vitamins
  - C. Fats (lipids)
  - D. Carbohydrates
2. **Which foods does the video recommend as sources of important omega-3 and omega-6 fatty acids?**
  - A. Nuts, seeds, and fatty fish
  - B. Sugary snacks and soda
  - C. White bread and pastries
  - D. Processed meats and fast food
3. **How do amino acids affect the brain, according to the video?**
  - A. They are only used as energy and have no role in mood
  - B. They provide precursors for neurotransmitters that influence mood, sleep, attention, and weight
  - C. They prevent the brain from using glucose
  - D. They dissolve antioxidants in the brain
4. **What is the video's point about high-glycemic foods like white bread?**
  - A. They provide a slow, steady release of glucose that improves attention
  - B. They increase omega-3 levels in the brain
  - C. They supply micronutrients needed for long-term brain health
  - D. They cause a rapid blood-glucose spike followed by a drop that can reduce attention and mood
5. **Why are micronutrients such as vitamins B6, B12, folate, iron, copper, and zinc important for the brain?**
  - A. They are the main source of calories for brain activity
  - B. They support brain health, protect neurons, and prevent cognitive decline when sufficient
  - C. They are only needed during sleep and not during learning
  - D. They replace the need for carbohydrates in brain metabolism

**Answer Key:**

1. C (Fats / lipids)
2. A (Nuts, seeds, and fatty fish)
3. B (Precursors for neurotransmitters affecting mood, sleep, attention, weight)
4. D (Rapid spike then drop; reduced attention and mood)
5. B (Support brain health; prevent disease and cognitive decline)