

Name _____

Food for Thought: How Nutrition Nurtures Mental Health

Multiple Choice Questions

1. How can omega-3 fatty acids found in foods like salmon impact mental health?
 - a) They cause mood swings.
 - b) They improve cognitive function and may reduce depression symptoms.
 - c) They have no effect on mental health.
 - d) They increase anxiety levels.

2. What role do complex carbohydrates play in supporting mental health?
 - a) They lead to mood swings.
 - b) They stabilize mood and prevent mood swings.
 - c) They have no impact on mood.
 - d) They reduce cognitive function.

3. Why are proteins important for mental health?
 - a) They have no effect on neurotransmitters.
 - b) They lead to irritability.
 - c) They provide energy.
 - d) They are essential for neurotransmitter production, which plays a role in mood regulation.

4. What do antioxidants found in foods like berries and spinach help protect the brain from?
 - a) Mood swings
 - b) Memory loss
 - c) Oxidative stress
 - d) Depression

5. How can dehydration affect mental well-being?
 - a) It has no impact on mental well-being.
 - b) It can lead to irritability, fatigue, and difficulty concentrating.
 - c) It improves mood.
 - d) It reduces appetite.

