Name _____

Food for Thought: How Nutrition Nurtures Mental Health

Short Answer

1. Name one source of complex carbohydrates and explain how it can help stabilize mood.

2. Why is it important to maintain a balanced diet for good mental health?

3. Describe Vincent van Gogh's approach to food and its impact on his mental well-being.

4. What is one practical tip for making mindful food choices to support good mental health?

5. When is it advisable to seek professional help for mental health issues related to nutrition?

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