

Name \_\_\_\_\_

## Food for Thought: How Nutrition Nurtures Mental Health

### Open-Ended Response Questions

1. Imagine you're feeling irritable and moody. Explain how consuming foods rich in omega-3 fatty acids and complex carbohydrates can potentially improve your mood and mental well-being.
2. Reflect on Vincent van Gogh's story. How do you think his unconventional dietary choices might have influenced his mental health, and what can we learn from his experience?
3. Discuss the significance of maintaining hydration for mental well-being. Why is staying hydrated essential for good mental health?
4. Share your thoughts on one piece of advice for making mindful food choices that you believe is the most valuable for supporting good mental health, and explain why.

