

Name _____

Food for Thought: How Nutrition Nurtures Mental Health

Multiple Choice Answer Key

1. b) They improve cognitive function and may reduce depression symptoms.
2. b) They stabilize mood and prevent mood swings.
3. d) They are essential for neurotransmitter production, which plays a role in mood regulation.
4. c) Oxidative stress
5. b) It can lead to irritability, fatigue, and difficulty concentrating.

