

Name \_\_\_\_\_

## Food for Thought: How Nutrition Nurtures Mental Health

### Open-Ended Response Answer Key

1. Answers may vary but could include: Consuming foods rich in omega-3 fatty acids (like salmon) and complex carbohydrates (like whole grains) can improve mood by providing essential nutrients for brain function and preventing energy crashes, leading to a more stable and positive mood.
2. Answers may vary but could include: Vincent van Gogh's unconventional dietary choices may have influenced his mental health, as some of his choices were not nutritionally balanced. We can learn from his experience that while there is a connection between nutrition and mental well-being, it's essential to make balanced and healthy dietary choices for overall health.
3. Staying hydrated is essential for mental well-being because dehydration can lead to irritability, fatigue, and difficulty concentrating. It affects cognitive function and mood, highlighting the importance of maintaining hydration for good mental health.
4. Answers may vary but could include: One valuable piece of advice for making mindful food choices is to maintain a balanced diet. This advice is valuable because it ensures you receive a variety of nutrients necessary for mental well-being and overall health.

