

Name _____

The Impact of Nutrition on Cognitive Performance

Multiple Choice Questions

1. What does cognitive performance refer to?
 - a) How strong your muscles are
 - b) How well your brain functions in thinking and learning
 - c) How fast you can run
 - d) How tall you are

2. Which nutrient is essential for memory and concentration?
 - a) Vitamin C
 - b) Omega-3 fatty acids
 - c) Iron
 - d) Calcium

3. What role do antioxidants play in brain health?
 - a) They harm brain cells
 - b) They protect the brain from damage by free radicals
 - c) They improve memory
 - d) They cause mental fatigue

4. Why is staying hydrated important for cognitive performance?
 - a) It helps you grow taller
 - b) It prevents muscle cramps
 - c) It prevents mental fatigue and supports clear thinking
 - d) It boosts energy levels

5. How can sugary snacks and drinks affect cognitive performance?
 - a) They improve focus and attention
 - b) They have no effect on cognitive performance
 - c) They provide a steady supply of energy
 - d) They can lead to decreased focus and attention

