Name _____

The Impact of Nutrition on Cognitive Performance

Short Answer

1. Name three essential nutrients mentioned in the article that contribute to better cognitive performance.

2. Why is it important to have a balanced diet that includes a variety of foods?

3. How do sugary snacks and drinks affect cognitive performance?

4. What are some sources of healthy fats that nourish the brain?

5. Why should you choose whole grains like brown rice and whole wheat bread for brain health?

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