

Name \_\_\_\_\_

## The Impact of Nutrition on Cognitive Performance

### Open-Ended Response Questions

1. Can you share a personal experience or story about how your diet affected your cognitive performance, either positively or negatively?
2. Explain why it's essential for children and students to eat nutritious foods to support their learning and academic success.
3. How can parents and caregivers encourage children to make healthy food choices that benefit their cognitive performance?
4. Besides diet, what are some other factors that can influence cognitive performance and learning abilities in school?

