

Name _____

The Impact of Nutrition on Cognitive Performance

Short Answer Key

1. Three essential nutrients mentioned in the article that contribute to better cognitive performance are omega-3 fatty acids, antioxidants, and vitamins and minerals.
2. It is important to have a balanced diet that includes a variety of foods because it ensures that you receive a wide range of nutrients and antioxidants, which are essential for brain health and cognitive function.
3. Sugary snacks and drinks can lead to decreased cognitive performance by causing a quick burst of energy followed by a crash, resulting in decreased focus and attention.
4. Some sources of healthy fats that nourish the brain include avocados, nuts, and olive oil.
5. Whole grains like brown rice and whole wheat bread provide a steady supply of energy to the brain, supporting cognitive function.

