

Name \_\_\_\_\_

## The Impact of Nutrition on Cognitive Performance

### Open-Ended Response Answer Key

1. (Personal Experience) I remember a time when I had a sugary soda and a candy bar before a big test. Initially, I felt a burst of energy, but during the test, I found it challenging to concentrate and lost focus quickly. It taught me the importance of choosing healthier snacks for better cognitive performance.
2. It is essential for children and students to eat nutritious foods to support their learning and academic success because a balanced diet provides the necessary nutrients for brain development, memory, and concentration. Healthy eating can help them perform better in school.
3. Parents and caregivers can encourage children to make healthy food choices by setting a good example through their own eating habits, involving children in meal planning and preparation, and explaining the benefits of nutritious foods for their brain and overall health.
4. Besides diet, factors that can influence cognitive performance and learning abilities in school include sleep quality, physical activity, stress levels, and the learning environment. These factors can interact with diet to impact overall academic success.

