



A traditional Japanese diet may benefit women's brain health, research suggests

Description

Title: Traditional Japanese Diet May Avert Brain Shrinkage in Women

Various Japanese dishes like green tea, seaweed, and fish might help fight brain shrinkage in ageing women. This shrinkage usually hints at thinking ability declining and dementia, research implies. Interesting to note, these benefits were only found in women!

The sunny, southern Japanese archipelago of Okinawa has many centenarians living healthily past the age of 100. Their lifestyle and attitudes are important, but their traditional diet is thought to be a major factor as well. It is rich in all sorts of vegetables, rice, fish, and seaweed, as mentioned by Japan Airlines.

Recent research backs this. It indicates that such eating habits could protect against brain shrinkage linked to ageing, particularly in women. Shrinkage of the brain often leads to reduced cognitive ability and dementia in the elderly. The consumption of whole grains, seafood, vegetables, fruits, mushrooms, and green tea, may prevent brain shrinkage in older Japanese women, says the study published in the Nutrition Journal.

The study focussed on around 1,600 Japanese adults aged between 40 and 89. Their diets were tracked for two years. The research found that women who followed a traditional Japanese diet had less brain shrinkage than those who ate a Western diet. However, this was not the case for men. This exciting research was supported by Japan's National Center for Geriatrics and Gerontology and the University of Liverpool in the UK.

Warning: Trying to access array offset on false in `/home/u750883576/domains/esl-news.com/public_html/wp-content/plugins/gpt-post-quiz/includes/admin/forms/gpoq-post-pdf-questions.php` on line 76

Warning: Trying to access array offset on false in `/home/u750883576/domains/esl-news.com/public_html/wp-content/plugins/gpt-post-quiz/includes/admin/forms/gpoq-post-pdf-questions.php` on line 76

Warning: Trying to access array offset on false in `/home/u750883576/domains/esl-news.com/public_html/wp-content/plugins/gpt-post-quiz/includes/admin/forms/gpoq-post-pdf-questions.php` on line 76

Warning: Trying to access array offset on false in `/home/u750883576/domains/esl-news.com/public_html/wp-content/plugins/gpt-post-quiz/includes/admin/forms/gpoq-post-pdf-questions.php` on line 76

Warning: Trying to access array offset on false in `/home/u750883576/domains/esl-news.com/public_html/wp-content/plugins/gpt-post-quiz/includes/admin/forms/gpoq-post-pdf-questions.php`



on line **76**

Warning: Trying to access array offset on false in **/home/u750883576/domains/esl-news.com/public_html/wp-content/plugins/gpt-post-quiz/includes/admin/forms/gpoq-post-pdf-questions.php** on line **76**

Vocabulary List:

1. **Avert** // (verb): To prevent or ward off a negative event or situation.
2. **Archipelago** // (noun): A group of islands.
3. **Centenarians** // (noun): People who are 100 years old or more.
4. **Geriatrics** // (noun): The branch of medicine that deals with the health and care of elderly people.
5. **Imply** // (verb): To suggest or hint at something without explicitly saying it.
6. **Shrinkage** // (noun): The act or process of becoming smaller in size.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which of the following is a neurodevelopmental disorder characterized by impaired social interaction and communication?
Option: Canine
Option: Autism
Option: Lethal
Option: Vaccine
2. Which imaging technique measures brain activity by detecting changes in blood flow?
Option: Fluctuations
Option: Sync
Option: fMRI
Option: Desync
3. Which organization provides information and recommendations to prevent the spread of diseases?
Option: Avert
Option: CDC
Option: Imply
Option: Shrinkage
4. Which term refers to dishonest or fraudulent conduct by those in power?
Option: Optimize



- Option: Corruption
- Option: Stigma
- Option: Reluctant

5. Which virus led to the global pandemic in 2020?

- Option: Infection
- Option: Booster
- Option: COVID-19
- Option: Myocarditis

6. What term describes a mistaken belief or idea about something?

- Option: Advocating
- Option: Misconception
- Option: Opposed
- Option: Highlighted

7. Individuals who live to be 100 years old are known as:

- Option: Archipelago
- Option: Centenarians
- Option: Geriatrics
- Option: Canine

8. Which term means to occur at the same time or rate?

- Option: Desync
- Option: Cognitive
- Option: Sync
- Option: Optimize

9. Which word describes publicly supporting a particular cause or policy?

- Option: Stigma
- Option: Advocating
- Option: Reluctant
- Option: COVID-19

10. Which medical product is used to stimulate the immune system to provide immunity against specific diseases?

- Option: Vaccine
- Option: Doubting
- Option: Opposed
- Option: Highlight



Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. Some people are strongly _____ to the new regulation.
12. She was _____ to accept the offer at first.
13. The timely action helped _____ a major disaster.
14. The company experienced significant _____ in its profit margin.
15. The report _____ the urgent need for policy changes.
16. The stock market is known for its constant _____ .
17. Let's make sure our schedules _____ for tomorrow's meeting.
18. The audio and video were _____ during the live stream.
19. Regular exercise can help _____ function as we age.
20. The goal is to _____ our resources for maximum efficiency.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The scientist studied the behavior of wolves and their domesticated relatives.
22. The development of this medical product helped eradicate diseases like smallpox.
23. The rare heart condition was observed in some individuals after receiving the COVID-19 vaccination.
24. She voiced her dissent and disagreement with the proposed changes.
25. The disease was associated with a social that hindered proper care and treatment.
26. The company aimed to its production process to reduce costs.
27. The global pandemic led to widespread disruptions in daily life.
28. The hospital specialized in providing care for elderly patients and those with age-related conditions.



29. His nature often led to thorough research before making decisions.

30. The group started for better access to healthcare in underserved communities.

Answer

Multiple Choice: 1. Autism 2. fMRI 3. CDC 4. Corruption 5. COVID-19 6. Misconception 7. Centenarians 8. Sync 9. Advocating 10. vaccine

Gap-Fill: 11. Opposed 12. Reluctant 13. Avert 14. Shrinkage 15. Highlighted 16. Fluctuations 17. Sync 18. Desync 19. Cognitive 20. Optimize

Matching sentence: 1. Canine 2. Vaccine 3. Myocarditis 4. Opposed 5. Stigma 6. Optimize 7. COVID-19 8. Geriatrics 9. Doubting 10. Advocating

CATEGORY

1. Health - LEVEL3

Date Created

2024/04/17

Author

aimeeyoung99

ESL-NEWS.COM