



Boost Memory: Combat Aging with Vitamin K

Description

A new study shows that eating green vegetables may help improve memory. Researchers from a well-known university conducted the study with over 600 people aged 60 and above. Participants were divided into two groups. The first group was asked to eat green vegetables like spinach, kale, and broccoli every day for six months. The second group did not change their diet.

At the end of the study, researchers tested the memory of both groups. The results showed that the group eating green vegetables had better memory scores. They were able to remember names, lists, and stories better than the second group. This suggests that green vegetables might have a positive impact on memory.

Experts believe that green vegetables contain important nutrients like vitamins and antioxidants. These nutrients are thought to help the brain stay healthy and function better. The study's lead author, Dr. Maria James, said, "Our findings highlight the importance of a balanced diet for brain health. Including green vegetables in daily meals can be a simple way to help maintain memory as we age."

Dr. James also noted that while the study focused on older adults, eating green vegetables is beneficial for people of all ages. She encourages everyone to add more of these vegetables to their meals, as they are easy to prepare and can be included in various dishes. Therefore, people looking to improve their memory might want to consider adding more green vegetables to their diet as a simple, natural method to boost brain health.

Vocabulary List:

1. **Nutrients** /'nju:tri.ənts/ (noun): Substances that provide nourishment essential for growth and the maintenance of life.
2. **Impact** /'ɪm.pækt/ (noun): The effect or influence of one person thing or action on another.
3. **Participants** /pɑ:r'tɪs.ɪ.pənts/ (noun): Individuals who take part in an activity study or event.
4. **Balanced** /'bæl.ənst/ (adjective): Consisting of parts that are in the correct proportions or are equal in weight.
5. **Encourages** /ɪn'kɜ:r.ɪdʒ/ (verb): Gives support confidence or hope to someone.
6. **Function** /'fʌŋk.jən/ (verb): To work or operate in a certain way.

Comprehension Questions



Multiple Choice

1. Which age group did the study on green vegetables and memory focus on?
Option: Under 30
Option: Between 30 and 50
Option: Between 50 and 60
Option: 60 and above
2. How long were the participants asked to eat green vegetables daily in the study?
Option: 3 months
Option: 6 months
Option: 9 months
Option: 12 months
3. Which green vegetable was NOT mentioned in the study?
Option: Spinach
Option: Kale
Option: Broccoli
Option: Cabbage
4. What did the researchers find about the memory scores of the group eating green vegetables?
Option: They had lower memory scores
Option: No significant difference in memory scores
Option: They had better memory scores
Option: The study did not mention memory scores
5. What nutrients do experts believe are present in green vegetables that might benefit memory?
Option: Proteins and Carbohydrates
Option: Vitamins and Antioxidants
Option: Fats and Sugars
Option: Minerals and Fiber
6. Who is the lead author of the study on green vegetables and memory mentioned in the text?
Option: Dr. Maria James
Option: Dr. John Smith
Option: Dr. Sarah Brown
Option: Dr. Michael Johnson



True-False

7. Green vegetables are considered to be beneficial mainly for younger adults.
8. Dr. Maria James suggested that including green vegetables in daily meals may help maintain memory as people age.
9. The study mentioned in the text did not show any positive impact of green vegetables on memory.
10. Dr. James stated that only older adults should consider adding green vegetables to their diet.
11. The study on green vegetables and memory tested over 1000 people in total.
12. Dr. Maria James believes that green vegetables can be easily included in various dishes.
13. Green vegetables are believed to contain important nutrients like vitamins and antioxidants that help the brain stay healthy and function better.
14. Dr. Maria James noted that the study on green vegetables and memory showed a positive impact, emphasizing the importance of a balanced diet for brain health.
15. People of all ages can benefit from adding more green vegetables to their meals to improve their memory as suggested by Dr. James.
16. The group asked to eat green vegetables daily for six months showed better memory scores compared to the group that did not change their diet as per the study.
17. Dr. Maria James encouraged everyone to consider adding green vegetables to their diet due to the ease of preparation and inclusion in a variety of dishes.
18. According to the study, green vegetables like spinach, kale, and broccoli were shown to have a positive impact on memory in individuals aged 60 and above.

Answer

Multiple Choice: 1. 60 and above 2. 6 months 3. Cabbage 4. They had better memory scores 5. Vitamins and Antioxidants 6. Dr. Maria James

True-False: 7. False 8. True 9. False 10. False 11. False 12. True 13. False 14. False 15. False 16. False 17. False 18. False



Answer

CATEGORY

1. Health - LEVEL3

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