



# Kids Can Keep Brains Young: Study Shows

## Description

Having children might help keep your brain fit as you get older. A study looked at over 37,000 adults and found that being a parent can improve brain connectivity as you age. The more children a mother or father has, the better their brain connections become, especially in areas related to movement and sensation.

Research led by cognitive neuroscientist Edwina Orchard at Yale University discovered these positive effects of parenting on brain function. Despite the challenges of raising kids, having children can enrich your life by providing mental stimulation, physical activity, and social interaction.

Both mothers and fathers benefit from these brain improvements, showing that being a caregiver plays a crucial role. This study is one of the largest investigations into parental brain function, highlighting the long-term benefits of having children.

Parenting not only changes your body and mind but also affects your brain in positive ways. More research is needed to fully understand the impact of parenthood on brain health as we age.

## Vocabulary List:

1. **Connectivity** /kəˌnɛk'tɪvɪti/ (noun): The state of being connected or related especially in the context of brain pathways and functions.
2. **Cognitive** /'kɒɡnɪtɪv/ (adjective): Related to mental processes such as perception memory and reasoning.
3. **Enrich** /ɪn'rtʃ/ (verb): To improve or enhance the quality of something.
4. **Investigation** /ɪnˌvɛstɪ'ɡeɪʃən/ (noun): The act of examining or studying something in detail to discover facts.
5. **Stimulus** /'stɪm.jə.ləs/ (noun): Something that causes or incites activity or reaction.
6. **Crucial** /'kruː.ʃəl/ (adjective): Extremely important or essential.

## Comprehension Questions

### Multiple Choice

1. What did a study on over 37,000 adults find regarding parenting and brain connectivity?  
Option: Parenting has no impact on brain connectivity  
Option: Being a parent can improve brain connectivity as you age



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- Option: Parenting decreases brain connectivity over time  
Option: Parenting only affects sensory connections in the brain

2. Who led the research that discovered positive effects of parenting on brain function?

- Option: Ratan Naval Tata  
Option: Edwina Orchard  
Option: Sundar Pichai  
Option: Marie Curie

3. What do both mothers and fathers benefit from according to the research mentioned?

- Option: Better sleep patterns  
Option: Improved sense of taste  
Option: Brain improvements  
Option: Enhanced athletic abilities

4. What is highlighted as one of the long-term benefits of having children according to the study?

- Option: Improved financial stability  
Option: Healthier lifestyle  
Option: Enhanced parental brain function  
Option: Increased social media use

5. What is mentioned as a positive impact of parenting on brain function?

- Option: Increased risk of dementia  
Option: Better problem-solving skills  
Option: Reduced brain activity  
Option: Higher levels of stress

6. What is stated as necessary for fully understanding the impact of parenthood on brain health?

- Option: Annual check-ups  
Option: More research  
Option: Healthy diet  
Option: Regular exercise

### **True-False**

7. Having children can improve brain connectivity and function as you age.

8. Edwina Orchard conducted research on the effects of parenting on brain function at Harvard University.



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9. Parenting impacts only the physical health of mothers, not fathers.
10. The study discussed is one of the smallest investigations into parental brain function.
11. Parenting changes both your body and mind but has no effect on the brain.
12. More research is deemed unnecessary to understand the impact of parenthood on brain health.

### Gap-Fill

15. Despite the challenges of raising kids, having children can enrich your life by providing mental stimulation, \_\_\_\_\_, and social interaction.
16. The study highlighted the long-term benefits of having children, including enhanced \_\_\_\_\_ brain function.
17. Both mothers and fathers benefit from brain improvements due to parenting, showing that being a caregiver plays a crucial \_\_\_\_\_.
18. The more children a mother or father has, the better their brain connections become, especially in areas related to \_\_\_\_\_ and sensation.

### Answer

**Multiple Choice:** 1. Being a parent can improve brain connectivity as you age 2. Edwina Orchard  
3. Brain improvements 4. Enhanced parental brain function 5. Better problem-solving skills 6. More research  
**True-False:** 7. True 8. False 9. False 10. False 11. False 12. False  
**Gap-Fill:** 15. physical activity 16. parental 17. role 18. movement

### Vocabulary quizzes

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



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1. Which of the following is a respiratory condition characterized by narrowing of the airways?  
Option: Asthma  
Option: ADHD  
Option: Seizures  
Option: Pre-diabetes
  2. Animals that hunt and prey on other animals for survival are known as:  
Option: Predators  
Option: Bacteria  
Option: Settlement  
Option: Outbreak
  3. Systematic investigative activities to discover and interpret facts is known as:  
Option: Flexibility  
Option: Research  
Option: Chromatophores  
Option: Pigment
  4. An event or occurrence that provokes a specific reaction or response is called a:  
Option: Increase  
Option: Healthcare  
Option: Stimulus  
Option: Crucial
  5. The process by which different kinds of living organisms are believed to have developed and diversified from earlier forms is called:  
Option: Athletes  
Option: Soreness  
Option: Evolution  
Option: Plague
  6. The quality state or capability of being connected or interconnected is known as:  
Option: Insight  
Option: Connectivity  
Option: Cognitive  
Option: Enrich
  7. The state of being tender sensitive or painful due to injury or overuse is known as:  
Option: Boost  
Option: Soreness  
Option: Flexibility  
Option: Recovery



8. Brief disturbances in the electrical activity of the brain that may be associated with epilepsy are known as:

- Option: Investigation
- Option: Seizures
- Option: Pre-diabetes
- Option: Increase

9. Cells containing pigment granules that change color in response to stimuli are called:

- Option: Boost
- Option: Chromatophores
- Option: Granules
- Option: Electricity

10. The invasion of an organism's body tissues by disease-causing agents is called:

- Option: Connectivity
- Option: Cognitive
- Option: Enrich
- Option: Infection

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

11. Attention-Deficit/Hyperactivity Disorder commonly known as \_\_\_\_\_

is a neurodevelopmental disorder.

12. The provision of medical services to individuals or communities to maintain or improve their health is known as \_\_\_\_\_.

13. Technological \_\_\_\_\_ have revolutionized various industries and aspects of human life.

14. The process of establishing a community or society in a specific area is called \_\_\_\_\_.

15. A widespread occurrence of a harmful infectious disease often resulting in many deaths is referred to as a \_\_\_\_\_.

16. Gaining deep understanding or intuitive \_\_\_\_\_ into a specific subject can lead to



valuable discoveries.

17. Microscopic organisms that can cause infections and often play essential roles in various ecosystems are known as \_\_\_\_\_.

18. The \_\_\_\_\_ abilities of the human brain are crucial for processing information and making decisions.

19. To boost economic growth countries aim to \_\_\_\_\_ their production and innovation capacities.

20. Education plays a vital role in helping individuals \_\_\_\_\_ their knowledge and skills.

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

21. Yoga and stretching exercises can improve one's physical and range of motion.
22. Adequate rest and proper nutrition are essential for effective muscle after intense workouts.
23. Energy drinks claim to provide a quick of energy due to their caffeine content.
24. The color-changing ability of chameleons is due to specialized skin cells called that contain pigment.
25. Some deep-sea creatures produce light through a process called bioluminescence using specialized cells that generate .
26. Scientists conduct to explore new medical treatments and technologies.
27. The in plant leaves is responsible for capturing sunlight during photosynthesis.
28. The rapid in artificial intelligence have led to innovations in various industries.
29. Effective communication skills are in building strong relationships and collaboration.
30. Police detectives are involved in the of crime scenes and gathering evidence.



## Answer

**Multiple Choice:** 1. Asthma 2. Predators 3. Research 4. Stimulus 5. Evolution 6. Connectivity 7. Soreness  
8. Seizures 9. Chromatophores 10. Infection

**Gap-Fill:** 11. ADHD 12. Healthcare 13. Advancements 14. Settlement 15. Plague 16. Insight 17. Bacteria  
18. Cognitive 19. Increase 20. Enrich

**Matching sentence:** 1. Flexibility 2. Recovery 3. Boost 4. Granules 5. Electricity 6. Research 7. Pigment  
8. Advancements 9. Crucial 10. Investigation

## CATEGORY

1. Health - LEVEL2

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