



Preventing Cognitive Decline: Avoid Memory Loss Mistakes

Description

As we age, our brains undergo natural changes that can affect cognitive function and memory. While genetics, hormones, and neurotransmitters play a role in brain aging, lifestyle choices can also have a significant impact. For instance, being sedentary can accelerate memory loss and brain aging. Regular physical activity, on the other hand, can boost brain structure and cognitive function.

Similarly, excessive alcohol consumption can harm the brain as we grow older, leading to memory loss and other cognitive impairments. It's essential to adapt our habits to our changing bodies. Challenging our brains with activities like reading, puzzles, and learning new skills can help maintain cognitive function as we age.

Ignoring hearing loss can also have negative consequences, as it may lead to social isolation and cognitive decline. Taking care of our hearing health, whether through hearing aids or other solutions, is crucial for overall well-being.

Furthermore, a balanced diet rich in nutrients like leafy greens, nuts, and fish can support brain health and cognitive function. By making conscious choices to prioritize our brain health, we can enhance our quality of life as we age.

Ultimately, it's essential to consider how our lifestyle choices impact our brains and overall well-being. By staying active, engaging our minds, and taking care of our health, we can promote healthy brain aging and preserve cognitive function for years to come.

Vocabulary List:

1. **Cognitive** /'kɔ:g.nɪ.tɪv/ (adjective): Relating to thinking or reasoning.
2. **Sedentary** /'sed.ən.tɛr.i/ (adjective): Tending to spend much time seated; somewhat inactive.
3. **Neurotransmitters** /,njʊə.rʊʊ.trænz'mɪt.ərs/ (noun): Chemicals that transmit signals across a synapse from one neuron to another.
4. **Accelerate** /ək'sel.ər.ɪt/ (verb): To cause to move faster or happen more quickly.
5. **Nutrients** /'nu:.tri.ənts/ (noun): Substances that provide nourishment essential for growth and the maintenance of life.
6. **Isolation** /,aɪ.sə'leɪ.ʃən/ (noun): The state of being separated from others.

Comprehension Questions



Multiple Choice

1. What can accelerate memory loss and brain aging?
 - Option: Regular physical activity
 - Option: Being sedentary
 - Option: Reading and puzzles
 - Option: A balanced diet

2. What can boost brain structure and cognitive function?
 - Option: Excessive alcohol consumption
 - Option: Ignoring hearing loss
 - Option: Regular physical activity
 - Option: A sedentary lifestyle

3. What can harm the brain leading to memory loss as we age?
 - Option: Excessive alcohol consumption
 - Option: Physical exercise
 - Option: Balanced diet
 - Option: Challenging brain activities

4. How can you maintain cognitive function as you age?
 - Option: Avoiding physical activity
 - Option: Ignoring brain challenges
 - Option: Consuming excessive alcohol
 - Option: Engaging in activities like reading and puzzles

5. What can ignoring hearing loss lead to?
 - Option: Improved social interaction
 - Option: Cognitive decline
 - Option: Better brain health
 - Option: Enhanced memory function

6. Which type of diet can support brain health and cognitive function?
 - Option: A diet high in processed foods
 - Option: A diet rich in nutrients like leafy greens, nuts, and fish
 - Option: A diet high in sugars and fats
 - Option: A low-calorie diet



Answer

Multiple Choice: 1. Being sedentary 2. Regular physical activity 3. Excessive alcohol consumption 4. Engaging in activities like reading and puzzles 5. Cognitive decline 6. A diet rich in nutrients like leafy greens, nuts, and fish

Vocabulary quizzes

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

1. Which term relates to mental processes such as thinking memory and problem-solving?
Option: Nutrients
Option: Sedentary
Option: Cognitive
Option: Myopia
2. What are the chemical messengers that transmit signals across a synapse between neurons?
Option: Neurotransmitters
Option: Polyphenols
Option: Glucosinolates
Option: Microgreens
3. Which term means being separated from others or feeling alone?
Option: Regulation
Option: Isolation
Option: Powerhouse
Option: Concocted
4. What term describes something that is difficult to bear or causes hardship?
Option: Moderation
Option: Burden
Option: Emphasizes
Option: Comprehensive
5. Which food item refers to young tender greens that are harvested just above the soil?
Option: Antioxidants
Option: Polyphenols
Option: Microgreens
Option: Glucosinolates



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6. What term relates to the heart and blood vessels?
- Option: Deceptive
 - Option: Concocted
 - Option: Cardiovascular
 - Option: Intricate
7. Which term means adjusting the intensity tone or pitch?
- Option: Modulation
 - Option: Addictively
 - Option: Sedentary
 - Option: Excessive
8. What term describes something that is easy to use or saves time and effort?
- Option: Prevalence
 - Option: Consumption
 - Option: Convenient
 - Option: Accelerate
9. Which compounds have antioxidant properties and are found in foods like fruits vegetables and tea?
- Option: Polyphenols
 - Option: Myopia
 - Option: Sedentary
 - Option: Guidelines
10. What term refers to the enforcement or implementation of rules or laws?
- Option: Emphasizes
 - Option: Burden
 - Option: Regulation
 - Option: Powerhouse

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

11. Regular exercise can help _____ metabolism and improve overall health.
12. A balanced diet provides essential _____ required for proper body functions.
13. The _____ of smartphones has changed communication habits worldwide.
14. Prolonged _____ behavior can lead to health issues like obesity and muscle weakness.



15. Consuming _____ amounts of sugar can increase the risk of developing diabetes.
16. The report provided a _____ analysis of the current market trends.
17. The instructor _____ the importance of regular practice for skill development.
18. Health experts recommend following dietary _____ for a balanced nutrition intake.
19. Enjoying treats in _____ is key to maintaining a healthy diet.
20. Excessive alcohol _____ can lead to liver damage and other health issues.

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

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| 21. Polyphenols have antioxidant properties that can help protect cells from damage. |
| 22. Foods like broccoli and kale contain glucosinolates which have potential anticancer effects. |
| 23. Blueberries are rich in antioxidants which help combat oxidative stress in the body. |
| 24. Spinach is considered a nutrient-dense food as it is packed with vitamins and minerals. |
| 25. The design of the watch was intricate with many small details etched into the metal. |
| 26. The chef a new recipe using exotic spices and local produce. |
| 27. Social media algorithms use user data for targeted content . |
| 28. Brazil nuts are a of selenium a mineral important for thyroid function. |
| 29. The game was designed to be challenging to keep players engaged for hours. |
| 30. The advertisement used tactics to lure customers into buying unnecessary products. |

Answer

Multiple Choice: 1. Cognitive 2. Neurotransmitters 3. Isolation 4. Burden 5. Microgreens 6. Cardiovascular 7. Modulation 8. Convenient 9. Polyphenols 10. Regulation

Gap-Fill: 11. Accelerate 12. Nutrients 13. Prevalence 14. Sedentary 15. Excessive 16. Comprehensive 17. Emphasizes 18. Guidelines 19. Moderation 20. Consumption

Matching sentence: 1. Polyphenols 2. Glucosinolates 3. Antioxidants 4. Nutrient-dense 5. Intricate 6. Concocted



7. Manipulation 8. Powerhouse 9. Addictively 10. Deceptive

CATEGORY

1. Health - LEVEL4

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Author

aimeeyoung99

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