



## Why does marijuana give you the munchies?

### Description

Pot users may be familiar with the "marijuana munchies" - cravings for salty, sweet, or fatty foods while under the influence. These cravings are caused by the active ingredient in marijuana, tetrahydrocannabinol (THC), which stimulates the brain's appetite and mood centers. Research shows that THC interacts with the endocannabinoid system in the brain, regulating feeding behavior and energy balance.

While these cravings can lead to weight gain, especially in obese individuals, they can also be therapeutic for those with suppressed appetites due to illness. For instance, cancer patients or those with chronic pain may find relief and increased appetite with marijuana use.

Despite the potential for weight gain, experts like registered dietitian Ginger Hultin recommend stocking up on healthy snacks like popcorn or veggies with hummus to satisfy the munchies without consuming excess sugar and calories.

In conclusion, marijuana's effects on appetite regulation are essential for survival, ensuring that we eat to maintain our health and overall well-being.

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## Vocabulary List:

1. **Cravings** // (noun): Strong desires for something.
2. **Influence** // (noun): The power to have an effect on someone or something.
3. **Stimulates** // (verb): Encourages something to happen.
4. **Regulating** // (verb): Controlling or maintaining something within certain limits.
5. **Therapeutic** // (adjective): Relating to the healing of a disorder or disease.
6. **Well-being** // (noun): The state of being comfortable, healthy, or happy.

## Vocabulary quizzes

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

1. Which term refers to the act of directing attention and energy towards a specific task or goal?  
Option: Network  
Option: Cognitive  
Option: Focus  
Option: Failure
2. What neurodegenerative disease is characterized by memory loss and cognitive decline?  
Option: Severe  
Option: Alzheimer  
Option: Diagnoses  
Option: Crisis
3. Which term describes the act of adhering to rules or guidelines?  
Option: Transparency  
Option: Compliance  
Option: Disclose  
Option: Intervention
4. Which term means to encourage or incite a reaction or response?  
Option: Severity  
Option: Cravings  
Option: Influence  
Option: Stimulates
5. What term describes something that is related to the treatment or healing of a disorder?



- Option: Regulating
- Option: Therapeutic
- Option: Well-being
- Option: Failure

6. Which term refers to the mental effort or focus put into a particular task?

- Option: Failure
- Option: Connection
- Option: Cravings
- Option: Concentration

7. What term refers to the ability to forecast or foresee future events or outcomes?

- Option: Incidence
- Option: Prediction
- Option: Failure
- Option: Severe

8. Which term describes advice or suggestions given to others based on expertise?

- Option: Failure
- Option: Recommendation
- Option: Complications
- Option: Influence

9. What term means to examine or analyze systematically or thoroughly?

- Option: Alzheimer
- Option: Diagnoses
- Option: Scan
- Option: Renowned

10. Which term describes a system of interconnected people or things?

- Option: Compliant
- Option: Network
- Option: Discrepancies
- Option: Intervention

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

11. The patient experienced \_\_\_\_\_ complications following the surgery.

12. The project was deemed a \_\_\_\_\_ due to lack of proper planning.



13. The \_\_\_\_\_ of flu cases has increased significantly this year.
14. The company aims to maintain a high level of \_\_\_\_\_ in its operations.
15. She is a \_\_\_\_\_ scientist known for her groundbreaking research.
16. The government is required to \_\_\_\_\_ information about public spending.
17. Early \_\_\_\_\_ is crucial in preventing the spread of infectious diseases.
18. She experienced intense food \_\_\_\_\_ after starting her new diet.
19. Media advertisements can have a significant \_\_\_\_\_ on consumer behavior.
20. Regular exercise plays a key role in \_\_\_\_\_ blood sugar levels.

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

21. Studying in a quiet environment can enhance your ability to maintain during exams.
22. LinkedIn is a popular platform for professionals to expand their professional .
23. The product launch was a due to the lack of market research.
24. Education plays a crucial role in improving children's abilities.
25. The surgery was successful but post-operative arose.
26. Mindfulness meditation can have a positive impact on your overall .
27. Weather forecasters use various tools to upcoming weather patterns.
28. Music therapy is considered a approach to mental health treatment.
29. Doctors may lifestyle changes to manage certain health conditions.
30. The patient's condition deteriorated and reached a stage.

**Answer**

- Multiple Choice:** 1. Focus 2. Alzheimer 3. Compliance 4. Stimulates 5. Therapeutic 6. Concentration  
7. Prediction



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8. Recommendation 9. Scan 10. Network

**Gap-Fill:** 11. Severe 12. Failure 13. Incidence 14. Transparency 15. Renowned 16. Disclose 17. Intervention  
18. Cravings 19. Influence 20. Regulating

**Matching sentence:** 1. Concentration 2. Network 3. Failure 4. Cognitive 5. Complications 6. Well-being 7.  
Predict 8. Therapeutic 9. Recommend 10. Severe

## CATEGORY

1. Health - LEVEL2

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