



## Why Marijuana Causes the Munchies: Explained

### Description

CNN has recently published an informative article about the effects of marijuana on appetite. The article explains that the active ingredient in marijuana, tetrahydrocannabinol (THC), is responsible for the increase in food cravings that people experience when using the drug. THC stimulates regions of the brain that control mood and appetite, leading to euphoria and an increased desire to eat.

Research has shown that THC interacts with receptors in the brain that regulate feeding behavior and energy balance. This stimulation of the endocannabinoid system can enhance sensitivity to smell, increase dopamine release, and lower inhibitions, making food more enjoyable and causing cravings for unhealthy foods.

Although marijuana can lead to weight gain, it can also be therapeutic for those with illnesses that dull appetite. The article concludes by emphasizing the role of marijuana in ensuring our survival by stimulating appetite.

Overall, the article provides valuable insights into the complex relationship between marijuana and appetite, highlighting both the risks and benefits associated with its use. Readers are encouraged to make healthy snack choices to manage cravings and weight gain.

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## Vocabulary List:

1. **Appetite** // (noun): A natural desire to satisfy a bodily need especially for food.
2. **Marijuana** // (noun): A tall plant with a stiff upright stem divided serrated leaves and glandular hairs.
3. **Cravings** // (noun): Intense urgent or abnormal desires or longings.
4. **Tetrahydrocannabinol** // (noun): The psychoactive constituent of cannabis.
5. **Stimulate** // (verb): To encourage or arouse interest or enthusiasm in.
6. **Euphoria** // (noun): A state of intense happiness and self-confidence.

## Vocabulary quizzes

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

1. Which substance is known for its appetite-stimulating effects?  
Option: Marijuana  
Option: Tetrahydrocannabinol  
Option: Euphoria  
Option: Pathogenic
2. What is the process of a pathogenic agent moving from one host to another known as?  
Option: Transmission  
Option: Stimulation  
Option: Restriction  
Option: Hindrance
3. What is the sudden increase in the number of cases of a specific disease in a population known as?  
Option: Outbreak  
Option: Cravings  
Option: Avian  
Option: Contagion
4. What term refers to actions taken to improve a situation particularly in a medical context?  
Option: Intervention  
Option: Alarmed  
Option: Dispensing  
Option: Legal consequences



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5. What term is used to describe differences or inequalities especially in health outcomes?
- Option: Disparities
  - Option: Premature
  - Option: Ethnicities
  - Option: Implementation
6. What is the state of being unwilling or hesitant to do something?
- Option: Reluctance
  - Option: Hindering
  - Option: Appetite
  - Option: Cravings
7. Which term describes DNA that has been artificially created by combining the genetic material of different sources?
- Option: Recombinant
  - Option: Pathogenic
  - Option: Influenza
  - Option: Herd
8. What term refers to the act of distributing or providing something typically medicine?
- Option: Dispensing
  - Option: Avian
  - Option: Contaminated
  - Option: Outbreak
9. What potential outcomes could someone face for engaging in illegal activities?
- Option: Legal consequences
  - Option: Stimulate
  - Option: Euphoria
  - Option: Fatality
10. What term refers to the process of putting a decision or plan into effect?
- Option: Implementation
  - Option: Tailored
  - Option: Transmission
  - Option: Avian

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

11. \_\_\_\_\_ for sugary snacks can hinder weight loss efforts and lead to health problems.
12. In cases of extreme negligence accidents can result in \_\_\_\_\_ and legal



consequences.

13. Public health programs should be tailored to meet the needs of diverse \_\_\_\_\_

within a population.

14. Citizens became \_\_\_\_\_ when news of the contagious outbreak spread through the community.

15. The samples were found to be \_\_\_\_\_ with a pathogenic bacteria leading to a public health scare.

16. The spread of the \_\_\_\_\_ flu among flocks of birds raised concerns about potential human transmission.

17. Caffeine is known for its \_\_\_\_\_ effects on the central nervous system.

18. Constant interruptions were \_\_\_\_\_ progress on the research project.

19. Certain strains of bacteria can become more \_\_\_\_\_ under specific environmental conditions.

20. \_\_\_\_\_ births can lead to long-term health issues for infants.

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

21. The rapid of the virus within the community alarmed public health officials.
22. The drug induced feelings of intense and happiness in the users.
23. Persistent sugar can lead to obesity and related health issues.
24. Animals in close can facilitate the rapid spread of certain infections.
25. The development of DNA technology revolutionized genetic engineering.
26. Community health workers implemented various to control the disease outbreak.



27. is the primary psychoactive component found in marijuana.
28. The sudden increase in flu cases signaled a potential influenza in the region.
29. The success of the public health campaign relied on the efficient of preventive measures.
30. Engaging in illegal activities can lead to severe for individuals.

## Answer

**Multiple Choice:** 1. Marijuana 2. Transmission 3. Outbreak 4. Intervention 5. Disparities 6. Reluctance 7. Recombinant 8. Dispensing 9. Legal consequences 10. Implementation

**Gap-Fill:** 11. Cravings 12. Fatality 13. Ethnicities 14. Alarmed 15. Contaminated 16. Avian 17. Stimulation 18. Hindering 19. Pathogenic 20. Premature

**Matching sentence:** 1. Transmission 2. Euphoria 3. Cravings 4. Herds 5. Recombinant 6. Interventions 7. Tetrahydrocannabinol 8. Outbreak 9. Implementation 10. Legal consequences

## CATEGORY

1. Health - LEVEL3

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