

TD 01: Short scientific text study

Scientists have cast new light on the effects our diet has on our mental health. Researchers say what we eat affects and alters our brain chemistry up until the age of 30. They say this explains why older adults are more emotionally stable and resilient than under 30s. The research was conducted by a team led by Lina Begdache, a professor of health and wellness studies. Researchers said that while the link between our diet and diabetes, heart disease and obesity is well established, there is a paucity of research on the influence our dietary intake has on mental health. The researchers also suggested that mental well-being stimulated healthy eating, healthy practices, and exercising. The research was carried out via an anonymous internet-based survey. It was sent through social media platforms to different professional and social group networks. Professor Begdache found that adults under 30 who ate fast food more than three times a week scored higher on levels of mental distress, anxiety and depression. She said that for adults over 30, the study found that eating less carbohydrates and more fruit reduced anxiety and depression. Begdache pointed to research showing how a Mediterranean diet was as good for our brain as for our body. She said: "It has all the components that are important for the healthy structure of the brain."

Reference:

Breaking News English. (2018). *Diet affects mental health until age 30*. Retrieved from <https://breakingnewsenglish.com/>

Exercise 01:

Give a title to this paragraph and answer the following comprehension questions:

1. What have researchers cast on the effects of our diet on mental health?
2. Who did the article say was more emotionally stable and resilient?
3. What is Lina Begdache a professor of besides health?
4. What did the professor say about the link between diet and obesity?
5. What did the researchers say stimulated healthy practices?
6. How was the survey conducted?
7. How often did adults eat fast food to increase levels of mental distress?
8. What did over-30s eat less of to reduce depression?
9. What diet did the professor suggest eating?
10. What is a diet mentioned in the article important for?