

## What You Should Eat When

AUDIO - open this URL to listen to the audio:

<https://goo.gl/Zb06Mq>

### Questions 1-8

Choose the correct letter, **A**, **B** or **C**.

1. Eggs contain a nutritive element which is good for the brain.  
A TRUE  
B FALSE  
C NOT GIVEN
  
2. If you want to boost mental alertness, you should drink \_\_\_\_\_ ounces of coffee.  
A 6  
B 16  
C 6
  
3. What can dark chocolate help?  
A decrease blood flow  
B lower blood pressure  
C Both are correct
  
4. Avocados can help you to release your worries.  
A TRUE  
B FALSE  
C NOT GIVEN
  
5. What can garlic help?  
A boost your immune system

B relax your blood vessels

C Both are correct

6. We can find this hormone in cherries.

A Epinephrine

B Thyroxine

C Melatonin

7. Which mineral in almonds helps you sleep well?

A Copper

B Magnesium

C Calcite

8. What can bananas do?

A Easing your mind

B Making your body feel at ease

C Both are correct

**Solution:**

1. A

2. B

3. B

4. A

5. C

6. C

7. B

8. C

## **Audioscript:**

If you're feeling drained, try some citrus. These fruits contain a healthy dose of vitamin C, which can boost your energy and make you more alert.

Chances are if you're tired, you're dehydrated, drink some water, dummy, you'll love it!

Eggs are a treat for the brain. They possess choline, a nutrient known to boost memory.

Coffee improves mental awareness. For best results, enjoy a freshly brewed 16 ounce serving.

Stressed out? Dark chocolate can help. It contains flavonoids, which lower blood pressure and increase blood flow.

Avocados can erase your worries. They're chock-full of vitamin E, which fortifies your immune system. Immunities.

Garlic can boost your immune system as well as relax your blood vessels. You might have bad breath but you'll be super chilled.

Melatonin is a powerful hormone that promotes sleep. In nature, it's only found in cherries.

Almonds are a great source of magnesium, a mineral which helps you sleep. Half a cup of almonds supplies 48 percent of your recommended daily intake.

Bananas can calm both your mind and body. They possess tryptophan, which helps create brain soothing hormones and all that potassium, it relaxes your muscles.

Sweet dreams and happy snacking!