

9 Brain power

READING SKILLS In other words • Making notes (3)

WRITING SKILLS Common mistakes • Summaries • Writing a summary

RESEARCH Books

READING A healthy brain

- 1 What do you know about the human brain? Answer the questions in the *Brain Quiz* on page 53.
- 2 Scan the information in *Brain facts* on page 53 to check your answers.
- 3 Skim the article *How to keep your brain healthy*. Match topic sentences a–e with paragraphs 1–5.

- a Physical activity is also important.
- b Finally, we should eat a 'brain-healthy' diet.
- c Another thing we can do is to be socially active.
- d Most people know how to keep their bodies healthy.
- e First of all, it is important to stay mentally active

- 4 **Read Study Skill** Look at the underlined words and phrases in the article. Find synonyms in the same paragraph.

- a exercise (paragraph 2) _____
- b socialize (paragraph 3) _____
- c beneficial (paragraph 4) _____
- d avoid (paragraph 5) _____
- e nutritious (paragraph 5) _____
- f improve brainpower (paragraph 5) _____

- 5 **Read Study Skill** Read paragraphs 1 and 2 of the article again. Look at the notes. Read the rest of the article, and complete the notes. Follow the order of the text. Use these headings:

- Socially active
- Brain-healthy diet
- Physical activity

STUDY SKILL Making notes (3)

One way of making notes is by making a list of points. Use bullets (●), dashes (–), or numbering (1, 2, 3, etc.) to group your notes.

Organizing notes in this way makes them easy to read and remember.

- 6 Answer the questions. Use your notes from exercise 5. Do not look at the article.
 - 1 How can we stay mentally active? Give two examples.
 - 2 How can we meet different people? Give two suggestions.
 - 3 How is exercise good for the brain?
 - 4 What kind of food is bad for the brain?
 - 5 What food is good for the brain? Give examples.

STUDY SKILL In other words

Sometimes writers do not want to repeat words. It is not good style. They use pronouns (*it, he, them*, etc.), or they find other words which mean the same thing (synonyms). For example:

- a ... we can also take steps to keep our brains **healthy**?
Experts recommend the following tips to keep your brain in good shape.
- b Of course, the brain is a very **delicate** organ. It is easily damaged ...

Which words or phrases mean **healthy** and **delicate**?

Notes

• How to keep body healthy

- a good diet
- exercise, sleep
- avoid smoking

But we can also keep brains healthy. How?

• Mentally active

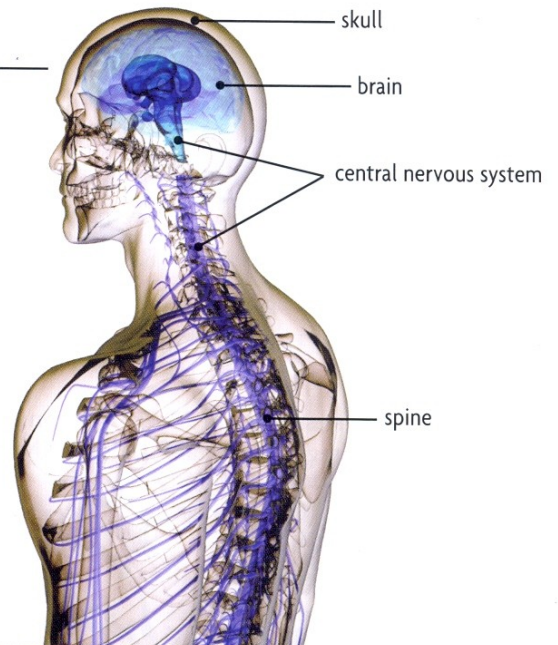
Exercises for the brain, e.g.:

- quizzes
- puzzles
- maths problems

Keep nerve cells sharp (creates new cells?)

Brain Quiz

- 1 How much does the human brain weigh?
a less than 2 kilos c 3–4 kilos
b 2–3 kilos d more than 4 kilos
- 2 Which has the heaviest brain?
a a human c a dolphin
b an elephant d a cow
- 3 How many neurons (nerve cells) are there in the brain?
a 1 million c 1 billion
b 100 million d 100 billion
- 4 The brain is one part of the central nervous system.
What is the other part called?
a the skin c the lungs
b the heart d the spine



HOW TO KEEP YOUR BRAIN HEALTHY

- 1 Most people know how to keep their bodies healthy. They know they should eat a good diet and try to get plenty of exercise and sleep. They should also avoid smoking, drinking, etc. However, do you know that we can also take steps to keep our brains healthy? Experts recommend the following tips to keep your brain in good shape.
- 2 . We exercise our bodies by walking, swimming, or going to the gym, but we can also do workouts for our brains. For example, we can try quizzes and word puzzles, or solve mathematical problems. This will keep the nerve cells sharp. It may also help to create new cells.
- 3 . This means that we should socialize by joining clubs and social groups. We can also mix with other people by travelling to other countries, or learning new skills. For example, we can do courses to learn skiing, dancing, or a new language.
- 4 . We know that exercise is beneficial for the body. However, it is also good for the brain. It keeps a good flow of blood to the brain, and encourages new cells. Of course, the brain is a very delicate organ. It is easily damaged, so people who like dangerous activities should be very careful. Rock climbers, cyclists, and cricket players should all protect their heads.
- 5 . This means we should avoid fatty foods. We should also stay away from food that is high in cholesterol. Instead, we should eat nutritious foods such as green vegetables, fruit, fish, and nuts. Foods which are good for you will protect the brain from disease. Certain foods, however, may actually improve brainpower. Research suggests that the nutrient 'choline', which is found in foods such as liver, eggs, and red meat, helps the brain work better.

Brain facts

- The human brain is part of the central nervous system, which also includes the spine.
- It consists of 100 billion neurons, or nerve cells, that send information to each other.
- The brain has many functions, such as memory, learning, and emotion.
- The skull, which is made of bone, protects the brain.
- The average human brain weighs 1300g–1400g. This compares to 7500g for the brain of an elephant, 420g for a chimpanzee, 500g for a cow, 840g for a dolphin, and 30g for a cat.
- The human brain is about 2% of the average body weight.

