

1. Are the statements true (T) or false (F)? Correct the false statements.

- a) Memory decline can't be slowed down.
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- b) Trying to do a new kind of sport after a certain age is not possible.
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- c) Oxygen is good for our memory.
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- d) We should never watch TV in the evenings.
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- e) Having a healthy diet is beneficial to our memory.
.....

2. Answer the questions below.

- a) How does trying to solve problems in a different way help our memory?
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- b) How do you think having a social life stimulates our brain?
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- c) Do some research on the Internet and write at least two things that we need to eat and drink to have a better memory.
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