

UOW College Hong Kong / Community College of City University
Student English Enhancement Unit (SEE U)
Daily English Practice

Week 11

#204 Food for the brain

Skills/ Objectives: Reading, Listening and Writing Skills

PART 1: Before you read...

Preparatory questions

- Have you ever blamed yourself for not being smart enough?
- Do you have any ways to make yourself smarter?
- Did you know there are some kinds of food which can improve your brain power?

Vocabulary

- In moderation (prep.phrase): within reasonable limits
- Cognitive (adj): related to thinking and the mental process
- Almighty (adj): very powerful like God
- Healthful (adj): good for health
- Terrestrial (adj): related to the land, not sea or air
- Hues (n): colours
- Placebo (n): a substitute deceived as the intended medicine

PART 2: Article for Reading

Read the article posted by Harvard Health Publishing at the following web-site and learn more about the relationship between food and health:

Foods linked to better brainpower

<https://www.health.harvard.edu/mind-and-mood/foods-linked-to-better-brainpower>

PART 3: Listening Comprehension

Watch the following short video clip to learn more about the topic while practicing your listening skills at the same time:

<https://www.youtube.com/watch?v=qa7zGZmiLNk>

Brain Foods for Brain Health - Boost Brain Health with Good Eats

PART 4: Writing Practice

Did you notice a nicely written sentence in the article as follows:

Just as there is no magic pill to prevent cognitive decline, no single almighty brain food can ensure a sharp brain as you age.

The beauty of this sentence is the comparison it makes using the words “just as there is....” to introduce the main clause “no single almighty brain food can ensure a sharp brain as you age”. See the following examples to appreciate the effectiveness of expressing the meaning of the main clause with the comparison:

- a) Just as there is no shortcut to success, students need to pay efforts and time to achieve good results in their studies.
- b) Just as water does not flow uphill, his temper is hard to change.
- c) _____
- d) _____

Now try to write two sentences using this expression of comparison “just as...”. Send your answers to: **see.u@cccu.edu.hk**. Remember! Our **SEE U** teachers are always ready to give you feedback.