

Let's have some fun?



“Practice and repetition lead us to perfection, or at least, closer enough”.

Here are the answers

What is the main idea of the video?

The answer is: The video gives an explanation why we are addicted to sugar.

Sugar contains molecules that are called carbohydrates.

The answer is: True

Carbohydrates help us to have energy.

The answer is: Doesn't say

Only sweet products contain sugar.

The answer is: False

What happens when we eat sweets?

The answer is: Our reward system is activated.

What is the reward system activated by?

The answer is: It is activated by sexual behavior, drugs, sugar, socializing, etc.

What happens when we over-activate the reward system by eating much sweet food?

The answer is: Both option 1 and option 2.

There are sugar receptors in our gut and stomach.

The answer is: True

Dopamine is produced when we...

The answer is: Both option 1 and option 2.

Why is it hard to eat vegetables such as broccoli?

The answer is: Because it doesn't produce dopamine.

Our brain doesn't pay attention to new and different food.
The answer is: False

Dopamine becomes less when we eat the same kind of food and we want something new.
The answer is: True

Dopamine lessens when we eat sweets every day and we want a change.
The answer is: False

Fab Silva

