








# Making Neuroscience Fun


A Brain Awareness Program for All Ages



Brain Health: It's SPECTacular

## Be Nice to Your Brain (🧠 A Brain Facts Story) (4<sup>th</sup> Grade – 9-10 yrs.) Power Your Brain Challenge Questions


-  1. What protects your squishy brain inside your head? Slide 3
  - A. Hair
  - B. Skull
  - C. Alarm system
  
-  2. This watery substance allows your brain to float inside your skull. Slide 4
  - A. Cerebrospinal fluid
  - B. Blood
  - C. Saliva
  
-  3. You can protect your brain when you are moving faster than your legs can carry you by wearing a helmet. Slide 5
  - A. True
  - B. False
  
-  4. When does your brain get rid of all the trash from the day? Slide 7
  - A. On trash day
  - B. Tuesdays
  - C. When you are sleeping
  
-  5. What does MyPlate.gov recommend you eat to have a healthy and balanced diet? Slide 13
  - A. Fruits, vegetables, grains, proteins, dairy products
  - B. Lots of sugar
  - C. A large quantity of one kind of food
  
-  6. All foods give you energy. Slide 15
  - A. True
  - B. False
  
-  7. The energy you get from sugar is more like \_\_\_\_\_ burning on a fire. Slide 16
  - A. leaves
  - B. logs
  - C. pinecones

 8. A good rule of thumb is that when eating – just like lots of things – \_\_\_\_\_ is the key to healthy eating. Slide 17

- A. Variety
- B. Moderation
- C. Deprivation

 9. The brain does NOT store energy. Slide 19

- A. True
- B. False

 10. Which is NOT a way to take care of your brain? Slide 21

- A. wearing a helmet
- B. getting enough sleep
- C. eating a lot of sugary food