

Use It Or Lose It — Activities

Fact Files

A Put these activities into two categories: “Good” or “bad” for your brain.

Music, Alcohol, Painting, Reading, Cigarettes, Sleep,
Sports, Drugs, Stress, Water, Crosswords, Boxing

B What have you learned about your brain? Are these sentences true or false?

	true	false
1. The more you use your brain, the better it gets.		
2. When you exercise you use a lot of oxygen and the brain doesn't get what it needs.		
3. If you sleep a lot, your brain will get lazy.		
4. Your brain uses energy, which can be filmed with a camera.		
5. If you play around with your new words, you will learn them better.		
6. People can be divided into seven groups according to what they are smart at.		
7. Smoking improves your memory.		
8. If your brain is stressed you can fall ill.		
9. Too much alcohol makes you lose your memory.		
10. Certain drugs actually make holes into your brain.		

C

Which side of your brain do you normally use most when you are...

	left	right
1. ...solving maths problems?		
2. ...studying your English homework?		
3. ...painting at your art lesson?		
4. ...watching a science fiction film?		
5. ...acting a play in your English class?		
6. ...doing exercises like (A) above?		
7. ...reading poems?		
8. ...talking about your own ideas?		
9. ...writing a fantasy story?		
10. ...working on a project with text and pictures?		

D

“It’s not one that is half of two, it’s two that are halves of one.”

Explain how this sentence describes the brain.

Which other things can you think of that are like this?

Write in the box. You can use a dictionary.

Word Files

A

Match the words with their descriptions:

1. communicate	A. Everything you could do if you wanted to
2. potential	B. To break something so that it no longer exists
3. function	C. Somebody who can feel the way you feel
4. physical	D. Absolutely necessary
5. vital	E. To be in working order
6. destroy	F. To make sth happen
7. oxygen	G. Something that has to do with the body
8. activate	H. To keep contact with one another
9. intuition	I. When you know sth without seeing it
10. empathetic	J. An important part of the air we breathe

B

Find another word in the text that means almost the same as

reduce	picture
train	clever
different	love
grow	effective
tired	add

C

'Inter-' means 'between'. How many words can you think of that start with 'inter-'. Make a list and give each word an explanation, too.