

f) Ask and answer the questions

1. What time of day do you normally eat protein and carbohydrates? How do they make you feel?

I usually eat protein in the morning and at lunchtime, for example eggs or chicken. They make me feel more energetic and focused.

I eat carbohydrates in the evening, like rice or pasta, and they make me feel relaxed and ready to rest.

2. How often do you eat chocolate? Does it make you feel happier?

I eat chocolate a few times a week. Yes, it makes me feel happier and gives me more energy, especially when I am tired or stressed.

3. After reading the article, is there anything you would change about your eating habits?

Yes, I would try to eat more protein for breakfast to improve my concentration. I would also like to eat more vegetables and oily fish because they are good for my brain and can help fight stress.