

# The Brain

You may think that computers are pretty smart, but how about your brain? In fact, your brain is more powerful than any computer on the planet. Your brain is in charge of everything that you do: from blinking to thinking. Even when you are sleeping, your brain is busy working. It regulates your breathing, processes your thoughts and even controls your dreams.

It may surprise you to know that the brain is mostly just water. In fact, three-quarters of your brain is water. The rest is made up of fat and protein. Inside the brain, there are billions of neurons that are connected in a complex network. These neurons send and receive messages from the brain and other parts of the body.

Your brain is divided into two parts: the right hemisphere and the left hemisphere. The left hemisphere is in charge of important tasks such as speaking, reading, and solving mathematical problems. The right hemisphere controls things such as your emotions, your creativity and your imagination. These two hemispheres also control the rest of your body. The right hemisphere controls the left side of your body and the left hemisphere controls the right side.

As the brain is so important, it needs to be protected. Damaging the brain can have a serious impact on your health and can even cause death. To keep it safe, the brain is located inside the skull. It is also surrounded by a clear fluid that acts as a cushion. This keeps the brain protected even when you bump your head.

It is also important that you look after your brain from the inside. If you don't, you will be less alert and you may find it more difficult to concentrate and remember things. There are four key things that you can do to look after your brain: eat healthily, exercise regularly, get a good amount of sleep and drink plenty of water. Doing these things will help your brain to function at its best.



# Questions

02

- 1 Which phrase in the first paragraph suggests that your brain is in control of your whole body? (tick)

- ☐ everything that you do
- ☐ controls your breathing
- ☐ is in charge
- ☐ more powerful than any computer

- 2 What does the sentence below (from paragraph 2) suggest? (tick)

'It may surprise you to know that the brain is mostly just water.'

- ☐ Many people already know that the brain is mostly made up of water.
- ☐ This text is full of surprises.
- ☐ Surprisingly, most people know a lot about the brain.
- ☐ Many people don't know that the brain is mostly made up of water.

- 3 How much of your brain is water?

---

- 4 Which word in the second paragraph has the opposite meaning to 'send'?

---

- 5 How many hemispheres are there in your brain?

---

- 6 Which hemisphere controls the left side of your body? (tick)

☐ Left hemisphere  
☐ Right hemisphere

- 7 Which hemisphere would be in charge of solving addition and subtraction calculations? (tick)

☐ Right hemisphere  
☐ Left hemisphere

- 8 Which word could replace 'serious' in the sentence below (tick)  
Damaging the brain can have a serious impact on your health and can even cause death.

☐ limited  
☐ severe  
☐ minor  
☐ small

- 9 According to the last paragraph, which of the following options is one of the most important things that you should do to look after your brain? (tick)

☐ focus on one thing at a time  
☐ wear a helmet  
☐ take regular brain breaks  
☐ eat healthily

- 10 Here are some subheadings that could be used in this text.

Match the subheading to each paragraph.

☐ The two hemispheres  
☐ Protecting the brain  
☐ Inside the brain  
☐ Keeping the brain healthy  
☐ The control centre

Score:

# Answers

A

- 1 Which phrase in the first paragraph suggests that your brain is in control of your whole body? ☒ is in charge
- 2 What does the sentence below (from paragraph 2) suggest? (tick) ☒ Many people don't know that the brain is mostly made up of water.  
'It may surprise you to know that the brain is mostly just water.'
- 3 How much of your brain is water? three-quarters
- 4 Which word in the second paragraph has the opposite meaning to 'send'? receive
- 5 How many hemispheres are there in your brain? two
- 6 Which hemisphere controls the left side of your body? ☒ Right hemisphere
- 7 Which hemisphere would be in charge of solving addition and subtraction calculations? ☒ Left hemisphere
- 8 Which word could replace 'serious' in the sentence below. ☒ severe
- 9 According to the last paragraph, which of the following options is one of the most important things that you should do to look after your brain? ☒ eat healthily
- 10 Here are some subheadings that could be used in this text.  
Match the subheading to each paragraph.
- ☐ 3 The two hemispheres
  - ☐ 4 Protecting the brain
  - ☐ 2 Inside the brain
  - ☐ 5 Keeping the brain healthy
  - ☐ 1 The control centre