

96.04.23 Workshop FRI SP Session 14 Nutrition & Mood

Telegram Channel: @sabaitc

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Direct Link :

<http://www.ieltstoeflcenter.com/index.php/english-department/workshop-speaking-writing/speaking-workshop/147-speaking-workshop-1396>

The Video Link : -----

Part one :

1. **Put** sb in a good mood = creates this mood
2. Is **largely** a result of =mainly
3. Research has shown
4. **Low in** this nutrient = not having
5. **Respond to** sth = show some reaction
6. The rate of is = the amount
7. Help build the brain's basic architecture
8. Serotonin and dopamine
9. That both **lead to** positive feelings
10. Reduces anxiety
11. Makes you feel **calm and content**
12. Foods that can **invoke** these positive mental states = bring to mind
13. The **bulk** of the research = most of it
14. **You got it!** = surely
15. **Starchy** fruits = نشاسته
16. **In order to do** sth
17. **In order for sb to** sth

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Good luck!

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