

- 关于台词的备注：
这不是广播节目的逐字稿件。本文稿可能没有体现录制、编辑过程中对节目做出的改变。
- 请注意：中文文字内容只提供简体版

词汇: **Neuroscience** 神经科学

Our brain is probably the most important **organ** in our body. It's an incredibly complex thing that helps us think, speak, feel and move. It's no wonder we need to look after it and just like the rest of our body, we need to keep it exercised to keep it healthy.

Our brain is made up of 86 billion **neurons** – or **nerve cells** – but as we get older some of these slowly die off. In extreme cases, nerve cells in different areas of the brain become damaged and eventually die causing a condition called **dementia** where a person is unable to perform certain **mental functions**.



There's a lot going on inside our head

It's a good idea to train our brain by learning ways to increase our memory or **intelligence**. I like to stretch my brain by doing a **crossword** or a Sudoku puzzle. There's also evidence that learning a second language can boost your **brainpower**. Dr Catherine Loveday, who's a **neuropsychologist**, thinks being **bilingual** is a protective factor for the brain because it "involves a lot of switchings and that seems to exercise the sort of **executive** parts of our brain. Those parts of the brain are kind of stronger and fitter when it comes to **resisting** some kind of damage from a **stroke**."

But if you're not bilingual there are other ways to stretch your brain: If you're right handed, doing tasks like brushing your teeth with your left hand will improve your brain – or something I find very **challenging**, memorising a list of words, such as a shopping list.

The main aim of trying these skills is to **stimulate** the brain. This is something Dr. Loveday describes as building up our **cognitive reserve** – that's building up extra **abilities** to help protect the brain against declining memory or thinking. She says "even if people take up languages or take up other things later in life it will give them a degree of protection." As I get older, that has **put my mind at rest!**

The best bit of research I have read is that eating chocolate may **enhance** our ability to acquire and **utilise** knowledge – that's our **cognitive performance**. It may not be healthy for the rest of my body but at least it might make me a **brain box!** What do you think?

词汇表

organ	器官
neurons	神经元
nerve cells	神经细胞
dementia	痴呆症、失智症
mental functions	精神机能
intelligence	智力
crossword	填字游戏
brainpower	脑力, 智力
neuropsychologist	神经心理学家
bilingual	(能使用) 两种语言的, 双语的
executive	执行指令的
resisting	抵抗, 抵御
stroke	中风
stimulate	促进(身体某部位)的功能
challenging	有挑战性的
cognitive reserve	认知储备
abilities	能力
put my mind at rest	让我放心了
enhance	提高, 增强
utilise	利用, 使用
cognitive performance	认知表现, 认知能力
a brain box	非常聪明的人

测验与练习

1. 阅读课文并回答问题。

1. In the article, what was the brain described as?
2. Name something you can do to help train your brain.
3. True or false: *Being bilingual helps you brush your teeth with your left hand.*
4. What word used in connection with using your brain means 'using all your intelligence or ability.'?
5. What do some people believe can make you more intelligent but might also make you fat?

2. 请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. The entrance exam was designed to test the student's _____ .

intelligent	intelligance	intelligence	insignificance
-------------	--------------	--------------	----------------

2. John was unable to _____ the temptation of having another slice of chocolate cake.

stimulate	enhance	utilise	resist
-----------	---------	---------	--------

3. Please let me know when you arrive home, it will put my _____ at rest.

brain	mind	neurons	body
-------	------	---------	------

4. The newly refurbished carriages will certainly _____ people's experience of travelling by train.

enhance	stimulate	challenge	utilise
---------	-----------	-----------	---------

5. Martin is a bit of a _____ so we're glad to have him on our team for the pub quiz.

boxed brain	brain drain	brain box	brained box
-------------	-------------	-----------	-------------

答案

1. 阅读课文并回答问题。

1. In the article, what was the brain described as?

An organ.

2. Name something you can do to help train your brain.

Doing a crossword or Sudoku puzzle, learning another language.

3. True or false: *Being bilingual helps you brush your teeth with your left hand.*

False. The article said if you're right handed, doing tasks like brushing your teeth with your left hand will improve your brain.

4. What word used in connection with using your brain means 'using all your intelligence or ability.'?

The word is 'stretch' ['stretch your brain'].

5. What do some people believe can make you more intelligent but might also make you fat?

Eating chocolate.

2. 请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. The entrance exam was designed to test the student's **intelligence**.

2. John was unable to **resist** the temptation of having another slice of chocolate cake.

3. Please let me know when you arrive home, it will be my **mind** at rest.

4. The newly refurbished carriages will certainly **enhance** people's experience of travelling by train.

5. Martin is a bit of a **brain box** so we're glad to have him on our team for the pub quiz.