

Assignment 12

MAS S63 Tools for Wellbeing

Due 9pm Thursday 12/4. Do not forget to include your name and email address in your submission.

Please follow the the following name convention to name your files:

<FirstNameLastName-Assignment11.pdf>. For example JohnDoe-Assignment11.pdf.

You should upload your file here: <http://bit.ly/1vwDfpj>

1 WATCH & READ

1. Watch the talk by Professor Martha Herbert on a whole body nutrition approach to brain health:

<http://bit.ly/1xZHqtd>

2. Read the following articles by Dr. Mosconi:

a) <http://bit.ly/1zKa8xy>

b) <http://bit.ly/1F9pBIq>

2 EXERCISE 1

1. From the Martha Herbert video, mention three segments that you deem to be insightful. Give the start and end video time points for each segment and comment on why you deemed each segment to be insightful.
2. Come up with a quick, easy to make snack recipe that is good for your brain. Mention why you selected the ingredients.