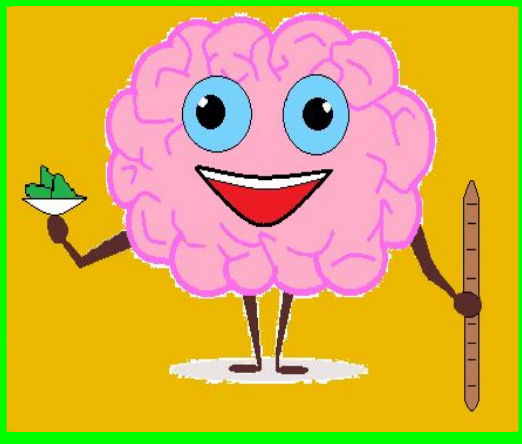




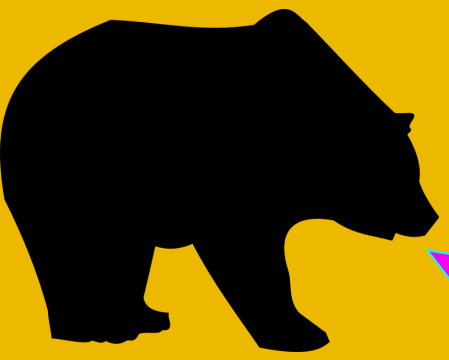
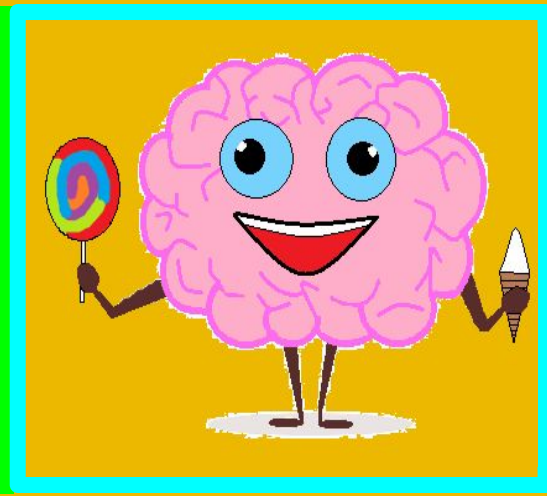
# FOOD

THE BRAIN CONTROLS WHAT YOU EAT!



- The brain leads the stomach to release ghrelin**
- The brain leads the stomach to release leptin**
- Hunger raises ghrelin and lowers leptin levels**
- Satiety raises leptin and lowers ghrelin levels**

- Healthy food helps the mind improve emotions**
- Healthy foods trigger the release of serotonin**
- Junk foods give pleasure so you keep eating**
- Junk foods increase waste hard to remove**



**The brain is the KEY to helping ME store up for hibernation by EATING!**

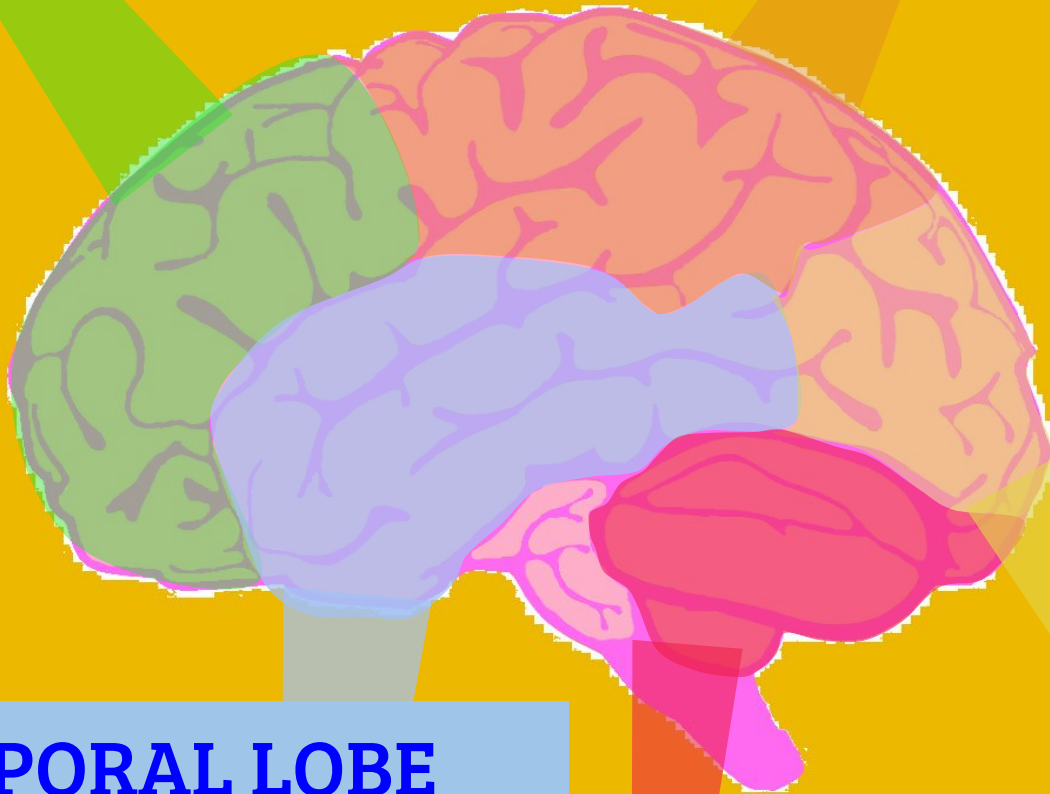


## FRONTAL LOBE

The frontal lobe has a specific part that receives information from the thalamus in regards to taste. This lobe then relays the information it receives to the emotion center of the brain, which is why good food makes us happy!

## PARIETAL LOBE

This hub of sensation helps you sense the texture of the food you are eating.



## TEMPORAL LOBE

Beneath this outer part of the brain is the hypothalamus and thalamus, which ultimately control taste. The thalamus is the relay center of the brain that transmits information to the rest of the brain.

Therefore, the thalamus receives information about the flavors of food we eat and sends that information to the frontal lobe. The hypothalamus helps us decide whether or not we should eat more food. In addition, behind the temporal lobe, the gustatory cortex in the insular lobe processes different flavors.

## OCCIPITAL LOBE

You need this part to see what you eat for any toxins or fungus.

## CEREBELLUM

The cerebellum allows your hand, jaw, and tongue to move in the process of eating.