

Healthy diet

- 1 People who cut out carbohydrates tend to have a higher protein intake because they replace carb-filled foods such as bread and pasta with protein-rich meat and dairy.
- 2 Since protein boosts dopamine in our blood and dopamine affects decision-making, Soyoung Park of the University of Lübeck in Germany wondered whether a low-carb diet might change people's behaviour.
- 3 To find out, her team asked people to participate in the "ultimatum game", in which you are split into pairs. Your partner is given some money and they decide how much to share with you. If you accept the offer, both of you get the cash, but if you reject it, no one gets anything.
- 4
- 5
- 6
- 7 Dopamine might have this effect because it is involved in signalling that we have experienced a reward. Perhaps people with higher baseline dopamine levels found a lower sum of money offered by their partner more satisfying and were therefore more likely to find their low offer acceptable, speculates Park.

adapted from *NewScientist*, 2017

Tekst 9 Healthy diet

De volgende drie alinea's kwamen oorspronkelijk na alinea 3, maar zijn uit de tekst weggehaald (zie stippelijntjes in de tekst).

[a] Blood taken from the volunteers found that low-carb meals raised a chemical precursor to dopamine, which correlated with more tolerant behaviour in the game. No such link was seen with a range of other blood measurements.

[b] In several experiments, participants who had eaten a low-carb meal earlier in the day were more likely to accept unfair offers in the game than those who had eaten a high-carb meal. In one experiment, 76 per cent of low-carbers accepted an unfair offer compared with 47 per cent of a high-carb group.

[c] In theory, people should always accept, but in practice, people often reject low offers. We seem to have an urge to punish those who split the money unfairly, even if we suffer a small loss, says Park.

- 1p 39 In welke volgorde stonden bovenstaande alinea's in de tekst?
Zet de letters in de juiste volgorde.
- 1p 40 Which of the following was the original subtitle of this article?
- A A low-carb diet might do more than affect health — it could make people more tolerant.
 - B Does social context influence people's preference for a low-carb diet?
Spoiler alert: it does.
 - C Eating less is more — the low-carb diet myth unravelled.
 - D Healthy, wealthy and wise: the low-carb diet is here to stay.

Bronvermelding

Een opsomming van de in dit examen gebruikte bronnen, zoals teksten en afbeeldingen, is te vinden in het bij dit examen behorende correctievoorschrift, dat na afloop van het examen wordt gepubliceerd.