

笔译材料：锌对学生的记忆力有帮助 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/131/2021_2022__E7_AC_94_E8_AF_91_E6_9D_90_E6_c95_131417.htm GRAND FORKS , N.D. - Zinc improved the memory of seventh-graders who took part in the research , a study found. A total of 209 of them were involved in a study at the federal Human Nutrition Research Center in Grand Forks from 2002 through 2004. James Penland , the projects lead researcher , said students who were given 20 milligrams of zinc a day with a glass of orange juice performed better in recalling information than students who were given 10 milligrams or students given a placebo with no zinc. Penland , a research psychologist , launched the study to help the government determine recommended daily allowances for adolescents , most of which are based on research involving adults. The study found no ill effects in students school performance or social interactions from the higher zinc intake , he said. “ I ’ m most confident of the findings with memory , ” Penland said. Laurie Tweten , a seventh-grade health teacher at South Middle School in Grand Forks , helped coordinate students participation in the study. The students were excited to contribute to science , she said , but researchers tabulated the results of the memory and cognitive-learning tasks , so she notice no difference in their classroom performance. Penland said the risk of zinc deficiency is higher for adolescents because they are going through a time of rapid growth. “ Were in the midst of writing it up for publication , ” he said of the study , “ and I think we ’ re going

to try to target adolescents who are more likely to be zinc deficient. ”

100Test 下载频道开通，各类考试题目直接下载。详细请访问

www.100test.com