

**Bet you  
didn't  
KNOW!**



# 6 MIND-BENDING FACTS ABOUT THE BRAIN

**1** Your brain generates enough electricity to power a light bulb.

**2** It would take close to 3,000 years to count the neurons, or nerve cells, in your brain.

**3** Eating chocolate releases chemicals in the brain that make us happy.

**4** Exercise can make your brain work better.

**5** Each minute, about 750 millilitres – or two and a bit fizzy drinks cans – of blood travels through the brain.

**6** Pressing your tongue to the roof of your mouth eases brain freeze.

