

## Unit 2 Topic 2.1 Page 99

### Activity: Research Serotonin

#### Learning objective

At the end of this activity you should be able to:

- understand how serotonin may have an impact of criminal behaviour.

A. Using the link below, answer the questions that follow.

<https://www.everydayhealth.com/serotonin/guide/>

1. What is serotonin and why is it called 'the happy chemical'?
2. What are low levels of serotonin associated with?
3. What do neurotransmitters do?
4. List the disorders that serotonin may play a role in. How might these be linked to criminal behaviour?
5. What other bodily functions does serotonin have a role in?
6. What is tryptophan and why is it important?
7. Make a list of the foods that contain tryptophan.

B. Using your answers from section A:

1. What advice would you give to a chef at a Young Offenders Unit on what foods to serve to those with aggressive tendencies?
2. Prisons have about £2 per day to feed prisoners. Create a menu for a full day that would be appropriate for those with aggressive tendencies.