🎬 Fed Up (film)

Biology A · Unit 6 · Level 2 video guide (modified). Film: Fed Up (2014, PG). Staff shows the film; pause at the food-industry and sugar parts.

Name: _____

Before you watch

What do you think makes people's blood sugar go up?

_____

While you watch: circle the best answer

1. The film says the main problem in our food is too much…

A. Water | B. Added sugar | C. Vegetables

2. Insulin's job in the film: it helps the body…

A. Make bones | B. Digest protein | C. Store sugar as fat

3. Sugar in a piece of fruit is better than in soda because…

A. Fiber slows it down | B. Fruit has no sugar | C. Soda is cold

4. Food companies market a lot of their products to…

A. Only doctors | B. Farmers | C. Children

5. Why isn't exercise alone the answer, says the film?

A. You can't out-run a bad diet | B. Exercise is bad | C. Exercise raises blood sugar

After you watch: finish the sentence

6. One solution from the film:

One solution is _____ because _____.

_____

Goes with the class "A8 Fed Up questions" (5 pts). Same points when complete.