🎬 Roots of Resilience (Native communities and diabetes)

Biology A · Unit 6 · Level 2 video guide (modified). Video: Roots of Resilience: Confronting Diabetes in Native American Communities (YouTube, link in her Canvas).

Name: _____

Before you watch

What foods are traditional in your family or culture?

_____

While you watch: circle the best answer

1. What historical factors raised diabetes in Native communities?

A. Too many vegetables | B. Colonization and loss of traditional foods | C. Too much exercise

2. Which foods replaced traditional diets?

A. Fresh corn and beans | B. Wild rice and fish | C. Processed flour, sugar, lard, canned goods

3. Chef Sean Sherman ("The Sioux Chef") works to…

A. Bring back Indigenous foods | B. Sell soda | C. Close farms

4. Food sovereignty means a community…

A. Buys all food from far away | B. Stops eating | C. Controls its own healthy food

5. Why is diabetes both a medical and a cultural issue in the film?

A. It is tied to history, food, and family ways | B. It is only about medicine | C. It is only about sports

After you watch: finish the sentence

6. One personal action I could take:

I could _____. _____

Goes with the class "Roots of Resilience video worksheet (her answer key used)" (5 pts). Same points when complete.