

1. What is the subtle message the media puts in peoples' heads about being fat? (who is at fault)

2. All you need to do is eat _____ and exercise _____.

3. Dr. _____ studied mice and concluded lack of exercise must be related to weight gain.

4. Between 1980 and 2000 fitness memberships more than _____ across the U.S., during that same time the obesity rate also _____.

5. A decade later _____ out of _____ Americans are overweight or obese.

6. To burn off just one 20ounce coke, you need to bike for _____ and fifteen minutes.

7. When your liver gets a lot of sugar at one time, it has no choice but to turn it into _____ immediately.

8. What industry is at the heart of the obesity epidemic? _____

9. Soft drink companies fund research in universities and they donate to professional societies.... Why is that a problem? What does this create?

10. Who funded the study that said soft drinks do not have ANYTHING to do with the obesity epidemic?

11. The number of type II diabetes among adolescent in 1980 was _____ and in 2010 was _____
!!!!!!!!!!!!!!!!!!!!!!!!!!!!

12. When the food industry takes fat out of the food it tastes nasty, so they had to do something to make it still worth eating.... So they _____.

13. Sugar is _____.

14. List the diseases that are being driven by high consumption of sugar:

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

15. _____ (which is a hormone) turns sugar into fat for storage.

16. Out of the _____ food items in America, _____ of them have ADDED sugar.

17. What foods contain sugar naturally? _____

18. How much does the American Heart Association say the daily allowance of added sugar?

_____ tsp.

19. What is the actual daily sugar intake of most Americans? _____ tsp.

20. World Health Organization (W.H.O) suggested limiting sugar to what scientists suggested- NO MORE than

_____ % of calories in your diet should come from sugar (not just added sugar)

21. Who greatly opposed this recommendation by the W.H.O.? _____

22. How did the W.H.O. get persuaded into changing their recommendation?

23. Lobbyist for the sugar industry recommended _____ % of the calories you consume come from sugar. (this is not scientific based... it is based on profits)

24. Michelle Obama started the “_____” campaign.

25. This movement was designed to evoke _____ for those to take on the obesity epidemic, not just exercise more.

26. The department of _____ creates the recommended dietary guidelines, what is the problem with this picture?

27. When they removed fat from milk, what happened to that fat and why did they do this?

28. The _____ is subsidizing the obesity epidemic.

29. What president **CUT** the school lunch program funding? _____

30. In 2010 President Obama signed a bill to make school lunch _____.

31. When was the first rise in the school lunch program funding? _____

32. How much of an increase was there? _____

33. They count _____ and _____ as servings of fruits and vegetables.

34. List 5 unhealthy choices that are offered in OUR (PHSCC) lunch program:

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

35. List 5 ways/ideas you have to improve the nutritional quality of our lunch program here at PHSCC: think outside the box!

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

36. What is it called by the media when government tries to regulate the food industry?

37. Why do you think the media does this?

38. Do you think that advertisers should be prohibited to target children in their advertising ways?

39. _____ fat is the most dangerous and lethal (deadly) fat to have on your body.

40. _____ is the cigarettes of the 21'st century.

41. _____% of all Americans will be overweight or obese in two decades!!!

42. By 2050 _____ out of EVERY _____ Americans will have diabetes.

43. What are three things that you can do to avoid eating too much added sugar in your diet?

- a. _____
- b. _____
- c. _____

44. List two things that you learned from watching "Fed Up" **AND** how you will actually use it in YOUR life NOW or in the future:

- a. _____

- b. _____

45. How does being overweight affect everyday life for the kids in the film? (Especially related to bullying, teasing and self-esteem)

46. How did watching FED UP make you think about your own school, family or community?

47. In what ways can you change your own unhealthy food habits?

48. Do we actually have choices in what we consume? Explain.

49. What does it mean to you to eat “healthier?”

50. What types of foods are making young people overweight?

51. Why is a calorie not a calorie? Explain the difference between almonds and soda with respect to calories.

52. What is processed food?

53. What do you think of the statement: “Sugar is poison?”

54. What are the side effects of a sugar heavy diet?

55. Do you agree with the film's argument that the junk food industry should be regulated the same way that the tobacco industry is being regulated? Why or why not?

56. What happened to Michelle Obama's 'Campaign for Healthier Young People'?

57. Do you think it was brave for these young people to appear in a film like FED UP? Why or why not?

58. What effect do you think these young people's participation has on the overall impact of the film?

59. What types of foods does your school cafeteria provide? Are they healthy options? If so, what do you see that has improved? If not, what would you like to see added?

60. How did you feel after watching FED UP? Reflect on what you thought, surprised you or if you agree/disagree and why.
