Recorder\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Partner\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period\_\_\_\_\_\_\_\_

**FED UP**

*Directions: With a partner discuss and answer the following questions.  Write complete sentences.*

1. Who are Americans “fed up” with? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Why are we fed up with them? (Include at least 2 reasons)

3. List 3 facts learned from this documentary.

           A.

           B.

           C.

1. One of the “solutions” to the problem of obesity in America was to *“eat less and exercise*

*more”.*  However, as the fitness revolution increased, so did obesity!  Why?

1. Fruit naturally has sugar.  But why is fruit a much healthier choice than fruit juice?

1. Another “solution” to the obesity problem in America was to reduce fat or eliminate fat

from food products.  However, the removal of fat affected the taste of the food, so what

did the food industry add to their food products?     \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Did this solve the problem of obesity?  Yes or no, explain.

1. List at least one other name for sugar. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. After watching this documentary, list 1 or 2 things you will change when choosing food to

eat.