



REACT TO FILM "FED UP"
STUDENT ACTIVE VIEWING GUIDE

NAME: _____

DATE: _____

**DIRECTIONS: WHEN THE TEACHER PAUSES THE FILM,
ANSWER THE CORRESPONDING QUESTIONS.**

Pause at 3:15.

1. Based on the introduction, what do you expect to learn from the film?

Pause at 14:45.

2. Why is there a difference between 160 calories in almonds compared to 160 calories in soda?

Pause at 18:32.

3. Why did 20 doctors resign from the American Academy of Family Physicians?

4. Why does the film compare sugary beverages to the tobacco industry? How does that make you feel?

Pause at 27:47.

5. What happens to your body when you eat sugar? What are the after-effects?

Pause at 41:23.

6. Are all "low fat" foods considered healthy? By labeling items as "low fat," what did the food industry do to make the food still taste good? Who benefits from this labeling?

7. Why did the World Health Organization decide to delete the sugar recommendation from reports?

Stop at the end of the film.

8. Some people worry that government is playing too big of a role in people's lives and therefore, shouldn't be responsible for decisions about what people eat. For example, the former Mayor, Michael Bloomberg, wanted to limit the sizes of sugary drinks in New York City. Do you think the government should step in and set limits, or leave it up to the public to decide what to consume?

9. What is the role of the advertising industry in marketing to children? Do you believe that the advertising around you impacts your own food decisions? Do you feel taken advantage of?

10. Why do you think the filmmakers chose to include the cemetery so close to the end of the film?

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

12. How do you think you can improve your own diet?

13. What do you think can be done to improve health at your school or in your community?
