

NAME: _____

DL4A: Health 8

DL4A: Nutrition Documentary

In the world of food and nutrition, there are many varying opinions. Many of these ideas have been made into film. Your assignment is to watch a food/nutrition related documentary and write three paragraphs on it.

Documentary Options

- Fed Up
- Fat, Sick, Nearly Dead
- Food Matters
- Forks Over Knives
- Cowspiracy
- Food Inc
- Bite Size
- Fat Head
- A Place at the Table
- Vegucated
- Dive
- The Game Changers
- What the Health
- GMO OMG

MANY MORE!

Reflection Questions:

- 1) Summarize- What were the main ideas from this film?(4-7 sentences)
- 2) Opinion- Did you agree or disagree with the ideas or themes presented in this film? (4-7 sentences)
- 3) Behavior Change- How is this film going to impact your life or nutrition decisions? (4-7 sentences)

Documentaries can be found on Netflix, Amazon, YouTube, iTunes and other streaming services. Check RedBox and local libraries for rental options.

Mrs. King cannot guarantee the ratings and quality of content of all documentaries. Many documentary films are funded by one-side of the argument and can be biased. Please check with parents if you are unsure about watching.

If you are unable to access streaming services, I will be able to send you a nutrition related article to do a write up on. Please email me at megank@banks.k12.or.us for support.