

Explained: Why Diets Fail (Netflix Series)



1. Complete the sentences with the following words:

fortified rigorous fads detox
autobiographical supplements lapse sympathize

1. Many diets do not work because people feel compelled to reward themselves immediately after a sudden change in their food intake.
2. Our bodies do not require a because our kidneys do a great job of cleansing our system.
3. Dietary are unregulated in many countries, resulting in cases of over-consumption and death.
4. Many sufferers of obesity with competitors on the *Biggest Loser* given the challenges with exercising and diet control.
5. Celebrities have often launched best-selling books that provide an account of their lifestyle changes.
6. Women tend to follow diet because companies often target them with advertisements.
7. Many cereal brands, granola bars, and snacks are now with minerals and vitamins to boost their health appeal.
8. To prevent a from occurring, dieticians recommend that dieters focus on making small changes to their lifestyle.

2. Short Answers: Answer the following questions:

1. Why do you think women go on more diets than men?

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2. What types of food aversions have paleo dieters acquired over time?

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3. Why would a lack of regulation on the supplements manufacturers hurt consumers?

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4. How is obesity defined?

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5. What is metabolism?

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3. Analytical Questions: Provide specific reasons that support your response in 3+ sentences.

1. Summarize the research and conclusion from the low-fat vs. low-carb study.

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2. What were the main causes of the increase in weight for Americans between 1980-2000?

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3. Why may obesity rates be higher for ethnic groups in the U.S.?

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4. What is the key to successful dieting?

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5. Explain the irony of the modern-day struggle with consuming healthy food in developed nations.

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4. Essay/Discussion Questions:

1. What are some diet trends that are currently popular?
2. Suggest some ways in which the government can help reduce obesity rates in your community.
3. Explore how and why people have developed an unhealthy relationship with processed food.
4. How has technology helped people achieve their dietary goals? How has it hindered others from reaching these goals?
5. How does marketing and advertising in the dieting industry change the standards of beauty?