

1. Complete the sentences with the following words:

fortified rigorous fads detox
autobiographical supplements lapse sympathize

1. Many rigorous 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 detox because our kidneys do a great job of cleansing our system.
3. Dietary supplements are unregulated in many countries, resulting in cases of over-consumption and death.
4. Many sufferers of obesity sympathize 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 autobiographical account of their lifestyle changes.
6. Women tend to follow diet fads because companies often target them with advertisements.
7. Many cereal brands, granola bars, and snacks are now fortified with minerals and vitamins to boost their health appeal.
8. To prevent a lapse 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?
Women feel that they must achieve a higher standard of beauty than men. Women are conditioned by Hollywood to look a certain way: achieving smaller waistlines and slender limbs mean that they must go on a diet.
2. What types of food aversions have paleo dieters acquired over time?
The video mentions that Paleolithic ancestors ate grains in the past. Nowadays, paleo dieters avoid processed food, grains, and sugars.
3. Why would a lack of regulation on the supplements manufacturers hurt consumers?
Diet supplements are not regulated. Thus, manufacturers don't have to prove that the supplements are effective before they sell them to consumers, and they could potentially contain harmful ingredients.
4. How is obesity defined?
Obesity is defined as having a Body Mass Index of over 30.
5. What is metabolism?
Metabolism is the energy required to keep bodily processes happening: hair growing, heart beating, and digestion.

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.
After comparing the results of a low-fat and low carb diets for 600 people, the results were identical between the two diets. Some people lost a lot of weight, and some did not. Researchers found that diets only worked for some people and not others because most people cannot maintain a rigorous diet.
2. What were the main causes of the increase in weight for Americans between 1980-2000?
In the 1970s, 28% of Americans ate two or more snacks a day. However, over the next few decades, 45% of people adopted this new habit. New snacking behaviors were driven by the food industry because agricultural producers were incentivized by the government to produce as much food as possible. As a result, the average weight gain among Americans can be attributed to the additional intake of 500 calories a day.
3. Why may obesity rates be higher for ethnic groups in the U.S.?
Highly processed food is cheaper and more accessible in low-income areas which are often associated with ethnic communities and immigrant families in the US. Low-income Americans also may have reduced access to supermarkets for fresh food. As a result, maintaining proper nutrition levels become extremely difficult.
4. What is the key to successful dieting?
Some dieticians suggest that the best way to achieve dietary goals is to reduce the feeling of hunger by eating whole foods. Others recommend a sustainable diet for the long term. Balancing food intake with regular physical activity can make a huge difference. Finally, lowering junk food consumption in combination with eating fruits and vegetables during meals can improve physical well-being.
5. Explain the irony of the modern-day struggle with consuming healthy food in developed nations.
People in developed countries no longer have to farm and grow their food. However, people have instead traded health for convenience, and consumption of healthy foods has declined due to the growing popularity of processed food and junk food.

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?