

Name: _____ Date: _____ Class Pd: _____

Fed Up Documentary: Fishbowl Discussion Questions

While watching the movie, jot down notes to help you prepare for a discussion on the following questions. We will have a detailed discussion following the movie.

1. What challenges and pressures do young people today face when they try to create a healthy lifestyle?

2. What is the impact of the message that weight loss is as simple as diet and exercise? Is this true for the experience of the young people in film? What else will impact weight loss?

3. Did watching Fed Up make you think about your own school cafeteria, family and community? Did it make you think of any changes to your daily habits?

4. What media and cultural messages are young people exposed to that work against healthy eating habits?

5. What did you think of the statement "Sugar is poison" and were you surprised by the sugar content of any of the foods listed in the movie?

6. Do you agree with the film's argument that the junk food industry should be regulated the way that the tobacco industry was regulated?

7. What needs to change to make American kids healthier?

8. How would you discuss with a politician about the cost of healthy vs junk (unhealthy) foods?