

Name: _____

Per. _____

Forks over Knives Film Worksheet

- 1. The film connects the dots between so many unsettling statistics. Which of the many statistics cited in the film startles you the most, and why?**
- 2. According to the film, what are some of the benefits of a “Whole Foods Diets”?**
- 3. For every argument there is a counterargument. Moreover, it’s important to recognize bias or partiality (intellectual wellness). Based on your prior knowledge about nutrition, what are some of the biases you noticed in the film?**
- 4. Will you consider making any changes to your current diet as a result of watching this film? Explain why or why not.**