

In Defense of Food Nutrition Reflection Assignment

Question 1 - [Michael Pollan's Seven Words | In Defense of Food | PBS Food](#) (3 min clip)

Watch the short clip above to help you answer this question. Michael Pollan suggests people should “Eat food. Mostly plants. Not too much.” This seems easier said than done. Apply this statement to your own dietary habits. On a scale of 1 to 10 (1 = not very healthy and 10 = VERY healthy), where would you rank your own dietary habits?

1 2 3 4 5 6 7 8 9 10 (Circle One)

- In paragraph format using full sentences, justify your answer above by providing at least three examples of why you think this.

Question 2

- In terms of your diet, what are three things you do or eat that positively contribute to your health?

- In terms of your diet, what are three things you do or eat that might negatively contribute to your health?

Question 3 - [Too Much Sugar | In Defense of Food | PBS Food](#) (3 min clip)

Watch the short clip above to help you answer this question.

- Why can eating too much sugar be unhealthy? What happens in the body?

- Why do you think “sugar consumption” is so high for many Americans? What do you think it will take to get people to eat less sugar?

- What is one thing you might eat or drink that contains a lot of “added sugar”? _____
- Is there a healthier alternative? **Yes or No (circle)** If yes, what is it? _____

Question 4

What was your biggest takeaway from our nutrition unit that you could use to help educate a family member or friend about better nutrition? Why is this important to you?

****If you would like more resources on healthy nutrition visit [Michael Pollan's Blog](#).***