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| Name |  | Date |  |

**WORKSHEET: Hungry for change**

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| 1. What view of dieting is the film promoting?
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| 1. What does the film claim is wrong with a modern western diet?
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| 1. What is MSG and why do food companies use it?
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| 1. What is the films view on ‘diet’ and ‘sugar free’ products?
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| 1. List three recommendations that the film make about lifestyle and health
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| A –  |
| B –  |
| C –  |

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| 1. Who does the film make out to be at fault for people’s poor health?
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| 1. Do you think the producers of this film have a bias perspective?
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| 1. Has the film changed your views on citizen’s health?
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