Food Matters Documentary Questions

Answer the questions below while watching the documentary “Food Matters. Please pay attention and enjoy. Don’t forget: Don’t believe everything you see, read, watch, or hear. Do your research and then make educated decisions about your own personal nutrition. Eat healthy, feel good!

1. True or False Doctors receive little or no training in nutrition.
2. What are some problems that are affecting food that are discussed in the video?
3. What type of food is good for a body’s immune system?
4. What are super foods? Give three examples.
5. True or False Steak is easy to digest and use by the body. Explain
6. What is the estimated nutritional value of food five days old?
7. What % of protein is lost when food is cooked?
8. Name two things antioxidants help protect against?
9. True or False A deficiency in one vitamin can cause many illnesses.
10. What is one thing that vitamin E can help?
11. What is one thing vitamin C can heal?
12. True or False Drugs can hurt the body. Explain.
13. What are the advantages for eating raw foods?
14. What mineral can be used to help treat depression?
15. What are the primary organs that filter the blood and remove toxins and contaminants?
16. What is one of the easiest and most important things we can do for our bodies but yet we don’t often do it? Why is this important?
17. What is something you learned from the documentary that you can apply to your own life to improve your health?
18. What is one thing that really surprised you from the film?
19. Do you agree with the statement “You are what you eat?” Explain.
20. What are three questions you have about nutrition after watching the film?

A)
B)

C)