**The Secret of Sugar – Fifth Estate** Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Ms. Casey/Ms. Grattan

1. What are the different types of sugar products?

2. Food industry goes to great lengths to reach what point?

3. Why do they try to reach this point?

4. What four factors have increased in the last 50 years? (Shown on a graph)

5. What did they blame obesity on in the 80’s & 90’s?

6. Which is worse the sugar or fat according to Robert Lustig?

7. a)Where does fructose go to in the body?

b) What message gets mixed up because of fructose?

8. i) What is the recommended maximum amount of sugar for females to consumer per day?

ii) For Males to consume per day?

9. What is the average amount of sugar consumed by North Americans per day?

Phyllis Tanaka-

10. Who does she work for?

11. Does she think sugar is an issue?

12. How much sugar in the Tomato soup?

13. What company’s met in 1999 in Minneapolis to talk about obesity (name 3)

14. How did the large company’s react to the information on obesity & sugar?

15. What book did the British nutritionist write about sugar in the late 50’s?

16. Was there much study on the effect of sugar for the next 20-30 years?

17. What about the food supply predicts diabetes rates worldwide?

18. The University of California did a study on their students on a high sugar diet. How much time passed before health issues occur in the students under the university sugar diet?

19. Was it the glucose or fructose causing the major problems?

20. Does the cancer specialist doctor believe sugar consummation affect cancer rates and growth of cancer tumors?

How?

21. A) 2003 World Health Organizations was going to reduce sugar intake to what daily percent?

b) Did this recommend go through? Why or why not?

22. What were some of the positive effects on the family that followed the diet and food supplied by the Fifth estate? (List 3)

23. What is your opinion on sugar after watching this video?

24. Will it change how much sugar you consume? Why or why not?