

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](#).***