

Middle and High School Curriculum

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# NUTRITION 101

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## LESSON SEVEN THE UNHEALTHY TRUTH

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# NUTRITION 101

## LESSON 7

### The Unhealthy Truth

#### INSTRUCTIONAL OBJECTIVES

Students will gain awareness food and food media business and how it affects their health.

#### STUDENT-FRIENDLY OBJECTIVES

As I read *The Unhealthy Truth*, I will consider the following topics, which I will later discuss in a Socratic Seminar.

#### MATERIALS

- *The Unhealthy Truth*
- Handout of Discussion Questions (given in lesson 1)
- Guidelines for Participants in a Socratic Seminar Handout (from lesson 1)

#### OVERVIEW OF CONTENT

This lesson involves the reading of the book *The Unhealthy Truth*. As the students read the book, they will record notes and thoughts about the following topics, preparing for a classroom Socratic Seminar.

#### QUOTATION

*"One cannot think well, love well, sleep well, if one has not dined well."* Virginia Wolf

Define "dining well." Did Virginia Wolf imply that dining well is an expensive meal at a fine dining restaurant? Explain.

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# Socratic Seminar for The Unhealthy Truth

Review guidelines for participants in a **Socratic Seminar** (handout from lesson 1).

Discuss with the students that we have the opportunity to make choices but in order to make choices we need to have information and facts to have the clarity to make an educated decision.

As Robyn says in her book, "Small changes, Great rewards."

## 1. What are the top food allergens? (page 9)

- How many do you eat in a day?
- Do you know where they come from? Are they organic?



### Teacher's note

On page 10, discuss vaccines and eggs

## 2. Allergies and the digestive system

- Do you believe there is a connection?



### Teacher's note

Refer to what they already know about how the digestive system functions

- Does this lead to nutrient malabsorption?
- Are there other things (food additives, food dyes, food proteins) that could irritate the digestive system and trigger an immune system?

## 3. Food allergy symptoms



### Teacher's note

Review page 20 and discuss

## 4. Being a food detective in your health

- How does food (or no food) affect your mood or ability to do mental and physical exercise?
- What foods make you feel good and encourage you to get your sneakers on?

## 5. Who is Monsanto?



### Teacher's note

The Monsanto Company is a U.S.-based multinational agricultural biotechnology corporation. It is the world's leading producer of the herbicide glyphosate, marketed as "Roundup" and of genetically engineered (GE) seed; it sells 90% of the US's GE seeds.



## 6. Reading labels (page 75)

- Why are some foods - like soy and corn - in many foods?

### Teacher's note



Flavor, stabilizer

## 7. What are GM foods?

### Teacher's note



GM stands for genetically modified foods. It is the science of injecting the DNA of one species into another species to create plant, animal genes that do not naturally occur or to enhance the specific food (for appearance), or to repel insects during farming.

- What are a few widely used GM foods? (corn and soy)?
- Are there any health consequences to eating GM foods?
- Should GM foods be on food labels?

## 8. Eliminating foods

- Read the elimination of milk in Colin's diet (Chapter 6: True Colors).
- What are some cow milk alternatives for Colin?
- Rice, hemp, almond, soy milk (all organic)

### Teacher's note



Ask students to challenge themselves, and commit to removing one top food allergen from their diet for one week and see if they notice any changes in their physical being or mental alertness.

## 9. Corporate and consumer responsibility (page 173)

- Who is responsible? Food companies or consumers choosing their own foods?
- What is happening in the UK and how North America can learn from their model?

### Teacher's note



If there is time, discuss with students how eating non-healthy processed foods affects our health care system (page 177)

## 10. What can you do to be healthy? (page 214)

### Teacher's note



**Small steps:** Making your own everyday changes.

**Big changes:** Getting involved in your community to bring awareness about food.



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## SUMMARY ACTIVITY

- Lesson 8 presents: Final Project regarding whole foods research/presentation.
- Present the following quotation to students at the conclusion of Lesson 7. There are to consider its meaning and prepare to make comments in a classroom discussion before beginning Lesson 8.

## QUOTATION

*"Tell me what you eat, and I will tell you what you are."* Anthelme Brillat-Savarin

What do you think this quote mean to you?