

Middle and High School Curriculum

# NUTRITION 101

## LESSON SEVEN *THE UNHEALTHY TRUTH*

by Dr. Heather Manley, N.D.

student  
notes





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# NUTRITION 101

## LESSON 7

### *The Unhealthy Truth*

#### STUDENT - FRIENDLY OBJECTIVE

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

#### DISCUSSION QUESTIONS

##### 1. What are the top food allergens?

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

##### 2. Allergies & the digestive system

- Do you believe there is a connection?
- Does this lead to nutrient malabsorption.
- Are there other things (food additives, food dyes, food proteins) that could irritate the digestive system and trigger the immune system?

##### 3. Food allergy symptoms

- Review page 20.

##### 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?

6. Reading labels

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

7. What are GM foods?

- What are a few widely used GM food?
- Are there any health consequences to eating GM foods?
- Should GM foods should be on food labels?

8. Eliminating foods: Chapter 6

- Read the elimination of milk in Colin's diet.
- What are some cow milk alternatives for Colin?

9. Corporate and consumer responsibility

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

10. What can you do to be healthy?