Name –

World Cultures

**Forks over Knives Film Questions – please write in complete sentences**

**The film connects the dots between so many unsettling statistics. Which of the many statistics cited in the film startles you the most, and why?**

**According to the film, what are some of the benefits of a “Whole Foods Diets”?**

**For every argument there is a counterargument. Moreover, it’s important to recognize bias or partiality (intellectual wellness). Based on your prior knowledge about nutrition, what are some of the biases you noticed in the film?**

**Do you think you could be a vegetarian? Why or why not?**

**Do you think vegetarianism is the healthiest way to eat? Why or why not? [How can a Vegetarian be unhealthy?]**

**Are there any other diets out there that you think are healthy?**

**What do you think the best way to eat for maintained health is?**