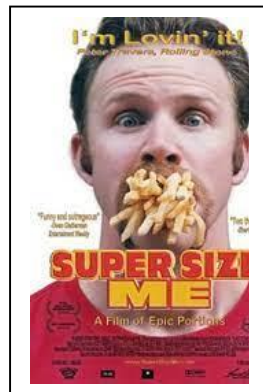


Level 3 Food Science and Nutrition – Gateway Activities

For anyone studying food post 16 some of the following films are worth a watch – have a look at the blurbs and pick some that interest you.

1. SuperSize Me



What It's About: Director Morgan Spurlock chronicles his month-long experiment of eating at McDonalds for every meal.

Why I Like It: This was one of the first food documentaries to hit the mainstream and truly show the world the dangers of fast food and how we are manipulated into craving it.

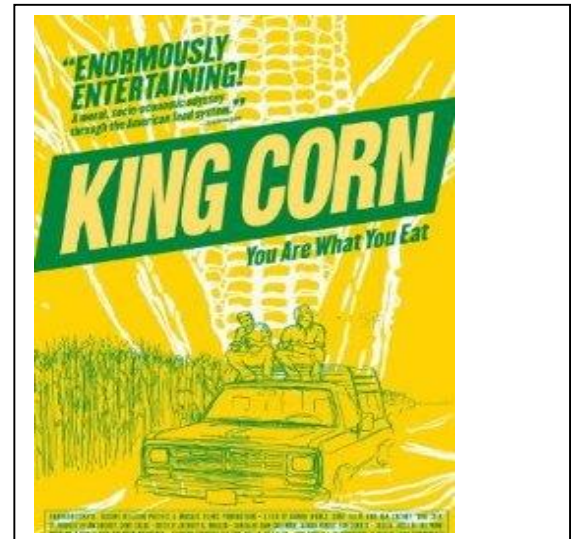
2. The Vanishing of the Bees

What It's About: Bees are vanishing all over the world and this food documentary follows two beekeepers as they strive to protect their bees and raise political awareness about the problem.



Why I Like It: This film illustrates how even the smallest living things can make a grand impact on the environment and our health. My Dad was a beekeeper and I've always been fascinated by bees and what they mean for our future.

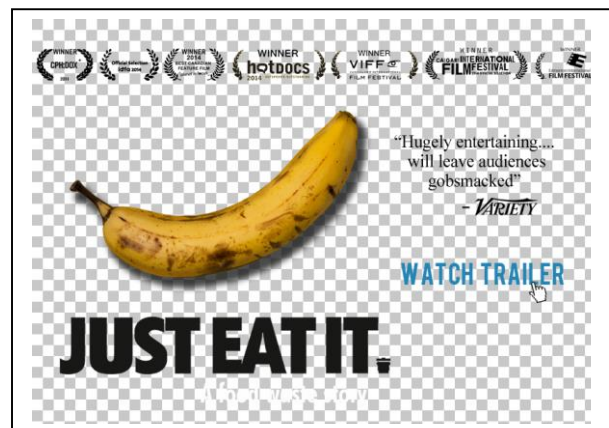
3. King corn



What It's About: Two college best friends go on a road trip to America's heartland to learn about where their food comes from. What they discover – that everything is made from corn – shocks them.

Why I Like It: This film truly shows how ubiquitous corn is in our food system. It's everywhere – from drinks to bread to pasta to salad dressings and more – and once you learn corn's wide reach, you'll spend a lot more time decoding food labels.

4. Just Eat It



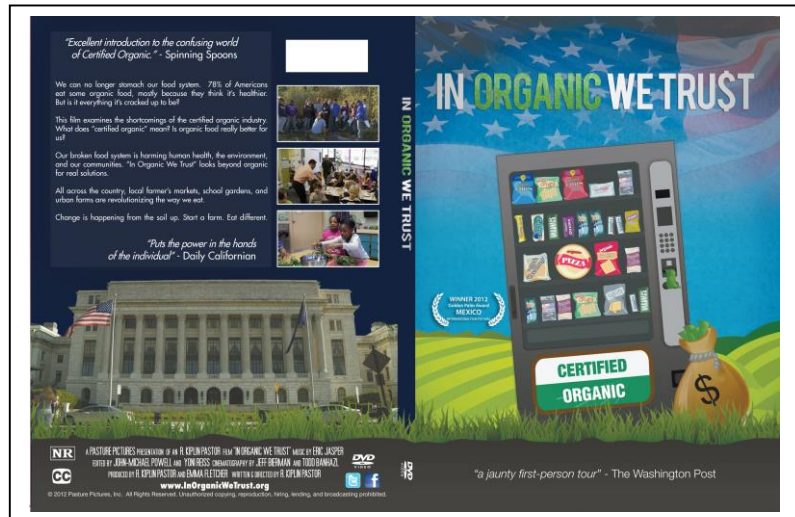
What It's About: Billions of pounds worth of edible food is tossed into the bin every year by farmers, retailers and consumers. Filmmakers Jen and Grant decide to stop grocery shopping and only eat foods that would be otherwise thrown away.

Why I Like It: This film shines a light on our misguided quest for 'perfect-looking' produce and makes us reconsider expiry dates. With so many people in the world who are hungry, food waste is a huge problem and this film inspires us to be part of the solution.

5. In Organic We Trust

What It's About: This food documentary delves into the organic food industry, separating the truth from fiction and examining how large corporations are co-opting the organic label to boost their business.

Why I Like It: This film not only examines the true meaning of organic but also highlights that organic food and nutritious food aren't always the same thing.



6. That Sugar Film

What It's About: In the vein of *Supersize Me*, Damon Gameau embarks on an experimental diet that illustrates the impact of added sugars found in foods that are considered 'healthy'.

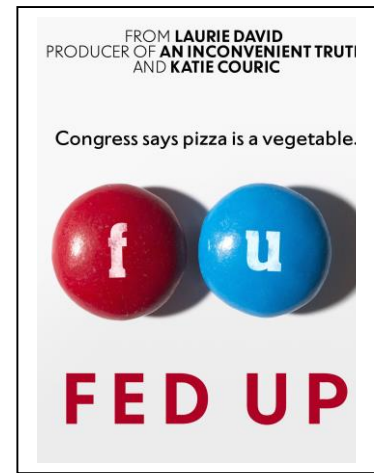
Why I Like It: *That Sugar Film* uncovers how dangerous hidden sugars are in foods. We expect to see sugar in ice cream or biscuits, but what most of us don't realise is that added sugar is found in a wide variety of foods – like yogurt, pasta sauce, cereal bars and more.



7. Fed Up

What It's About: This alarming documentary, narrated by Katie Couric, investigates the sugar industry and the government's complicity in the obesity and diabetes epidemics.

Why I Like It: *Fed Up* will make you think twice about reaching for a chocolate bar and will motivate you to take companies to task for their role in manipulating children and adults alike.



8. The Kids Menu



What It's About: This film, made by Joe Cross of *Fat, Sick and Nearly Dead*, examines childhood obesity, our lack of knowledge about food and food insecurity.

Why I Like It: This documentary shows some pretty amazing kids who are taking the lead and becoming forces for change.

9. Forks over Knives

What It's About: Heavily featuring the work of Dr. T. Colin Campbell and Dr. Caldwell Esselstyn, this film outlines how a plant-based diet can prevent and reverse many modern diseases such as obesity, diabetes and heart disease.

Why I Like It: I like seeing patient's stories in the film and I love cooking with vegetables!

