**For up to 10 points Extra Credit, you may watch one of the following movies (or suggest a different movie about foods or health) and write a report on the movie + provide an oral synopsis of the movie for the class. Please note that your report must be 1-2 pages, typed, in paragraph format, not bulleted or numbered. DUE – THURSDAY, NOVEMBER 14**

[**Food, Inc.**](http://movies.netflix.com/WiMovie/Food_Inc./70108783?trkid=2361637) – Drawing on Eric Schlosser’s Fast Food Nation and Michael Pollan’s The Omnivore’s Dilemma, director Robert Kenner’s provocative, Oscar-nominated documentary explores the food industry’s detrimental effects on our health and environment.

[**Forks Over Knives**](http://movies.netflix.com/WiMovie/Forks_Over_Knives/70185045?trkid=2361637) **–** Focusing on the research of two food scientists, this earnest documentary reveals that despite broad advances in medical technology, the popularity of modern processed foods has led to epidemic rates of obesity, diabetes and other diseases.

[**Food Matters**](http://movies.netflix.com/WiMovie/Food_Matters/70123196?trkid=2361637) – With a staggering number of Americans suffering from obesity and other food-related maladies, this film takes a timely and hard-hitting look at how the food we eat is helping or hurting our health, and what we can do to live (and eat) better. Nutritionists, naturopaths, scientists, doctors, medical journalists and more weigh in on everything from using food as medicine to the value of organic food and the safety of the food we consume.

**In Defense of Food** - Eat food. Not too much. Mostly plants." With that seven-word maxim, US-based journalist Michael Pollan distills a career’s worth of reporting into a prescription for reversing the damage being done to people’s health by today’s industrially driven Western diet. In Defense of Food debunks the daily media barrage of conflicting claims about nutrition. Traveling the globe and the supermarket aisles to illustrate the principles of his bestselling “eater’s manifesto,” Pollan offers a clear answer to one of the most confounding and urgent questions of our time: What should I eat to be healthy?

**Other approved movies include:**What The Health? Bigger Stronger Faster
Hungry For Change GMO OMG
Fed Up
Cowspiracy

Topics that must be included in your report…

1. Please give a thorough description of the movie.
2. What were the main points of this movie?
3. Explain the relationships between nutrition and chronic diseases presented in this film.
4. What do you think about the supporting evidence in #2 above? Is it valid? Or biased? Please explain your opinion.
5. Does this film motivate you to change any part of your current lifestyle? If yes, how? And if no, why not?
6. Your additional thoughts on the movie.
7. A brief 2-3 minute overview of the movie to the class.