

TPJ20  
Mr. Chen

# Documentary: What the Health

Next class, we will watch a documentary called *What the Health*. To prepare for the documentary, read this summary: <https://www.weeklywisdomblog.com/post/what-the-health-summary-and-review>

**Answer these questions:**

1. What causes diabetes?
2. What dangerous substances are in factory farmed meat that did not exist 100 years ago before factory farming was so common?
3. Why do government and health organizations promote animal products instead of warning people to not eat too much animal products?
4. What is the Cheeseburger law?
5. Why do nutrition guides often feature animal products?
6. Can food solve all health problems? Explain.
7. How much of our food should come from animal products to optimal health?
8. What are some simple things people can do to lessen consumption of animal products?

You can watch the documentary trailer on the lesson page or on YouTube at <https://www.youtube.com/watch?v=Jf44vLndiRM>

**Note:**

There are both Vietnamese and Chinese subtitles for this documentary. In class, I will show it with Chinese subtitles because the Chinese students can't access YouTube. For the Vietnamese students, you can open the YouTube video with Vietnamese subtitles while I am showing the Chinese subtitles on Zoom.

Vietnamese subtitles:

[https://www.youtube.com/watch?v=3CsVYgNa39g&t=551s&ab\\_channel=vistasud](https://www.youtube.com/watch?v=3CsVYgNa39g&t=551s&ab_channel=vistasud)

Chinese subtitles:

[https://www.youtube.com/watch?v=iV4x7pg0bCo&t=1s&ab\\_channel=vistasud](https://www.youtube.com/watch?v=iV4x7pg0bCo&t=1s&ab_channel=vistasud)

