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| Questions | Answers |
| 1. Why is too much sugar bad for a person? What are the effects of too much sugar intake on the body? What is the recommended limited daily amount of sugar a person should have? |  |
| 1. Why is too much salt bad for a person? What are the effects of too much salt intake on the body? What is the recommended limited daily amount of salt a person should have? |  |
| 1. What is cholesterol? What causes high cholesterol? What are the effects of high cholesterol on the body? How can a person prevent high cholesterol (foods to avoid/limit, exercise, etc.)? |  |
| 1. What is the difference between fat and trans fat? Are they bad for the body? If so, what are the effects on the body? How much fat should a healthy diet contain (daily intake)? |  |
| 1. How many calories should an average-sized person intake per day to maintain good health? |  |
| 1. What is high-fructose corn syrup? Why do so many foods contain it? |  |
| 1. What are the healthiest foods? Why? |  |
| 1. What foods are the worst for your health? Why? |  |
| 1. Why is it said that too much red meat is unhealthy? How much red meat is OK to eat and maintain good health? |  |
| 1. How many calories does a typical fast food meal have (for example: a McDonald’s meal – big Mac, fries, coke)? |  |
| 1. Why is more and more produce (fresh fruits and vegetables) labeled “organic”? What does “organic” mean? What are the differences between regular produce and organic produce? |  |
| 1. What are the effects of daily soda consumption? |  |
| 1. What weights (for men and women) are considered “overweight”? What is obesity? What are the effects of being overweight or obese on the body and on one’s health? |  |
| 1. What are the most harmful (unhealthy) ingredients in processed food? |  |
| 1. How much water should a person drink per day? |  |
| 1. How much alcohol consumption is too much? What are the effects on the body and on one’s health from drinking too much alcohol? |  |
| 1. What is the “Paleo” diet? |  |
| 1. What foods can cause cancer? |  |
| 1. Which country is the “healthiest” country? Why is it considered the healthiest? |  |
| 1. Which state in the USA is the “healthiest” state? Why is it considered the healthiest? |  |
| 1. Which state in the USA is the “**un**healthiest” state? Why is it considered the **un**healthiest? |  |
| 1. Is coffee good or bad for you? How is it good? How is it bad? |  |
| 1. What is “gluten”? Why can’t some people eat it? / Why do some people need to eat gluten-free foods? |  |
| 1. What is “genetically-modified” food? Why is it controversial? |  |