

Part 1: Doctor Empathy

- 1a. At what rate does Dr. Blackburn recommend that you lose?
- 1b. Why does he recommend this rate (address it from the perspective of settling-point theory and self-efficacy)?

- 2a. What common belief do people have about people who are obese?
- 2b. How does Dr. Blackburn know this common belief is unlikely to be true?
- 2c. Describe the possible consequences of this common “false belief”

3. Describe two major recommendations of Dr. Blackburn’s diet?

Part 2: Obesity begins at home

- 4a. According to the video, about how many kids are obese? What are the associated health risks?
- 4b. Why can’t you explain this difference with a genetic change—why is it much more likely to be a change in lifestyle and environment (such as with intelligence in chapter 7)?

- 5a. Describe the two demonstrations conducted on eating behavior.
- 5b. What was concluded from each demonstration?

6. Describe two potential traps in teaching children appropriate eating behavior?

Part 3: Couch potato kids

7. Describe two changes in eating behavior occurred when the children were asked to increase their television watching behavior by _ of their normal amount?

8. Describe the changes in behavior occurred when the children were asked to decrease their television watching behavior from their normal amount (be specific)?

9. Based on what you saw at the end of the segment, how can economic factors affect the difficulty parents have in teaching children how to become more active and develop good eating behaviors?

Part 4: Eat less—live longer

10. What does Roy Walford believe to be the keys to living longer? (there is a qualification Walford's belief that can be easily missed)

11. Briefly describe the diet of two groups of rhesus monkeys. What was found?

12. Briefly describe two tentative conclusions of the mouse study.

Part 5: The deserts perfect food.

13. Why do you think it is important to preserve traditional methods of using foods from the desert?