

Video. How to make healthy eating unbelievably easy

Questions:

1. Define the problem raised by the speaker.
2. What incident changed the life of the speaker's little brother? What did the speaker do to contribute to his brother's eating habits?
4. What do you know about Standard American diet (SAD)?
5. Do you think it is easy to remove the unhealthy options from one's diet?
6. Comment on the metaphor of a 'barrier'. What did Luke mean by saying that he helped to 'remove barriers' to his brother's success?
7. * What are the psychological roots of overeating, do you think?
8. *Comment on the advice: make the environment work for you instead of against you.
9. *Make up a list of recommendations to the children suffering from overweight.