**My Big Fat Diet Documentary Questions** Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is the biggest health epidemic facing many First Nations communities? Why?
2. What was the main source of ‘*macro nutrients’* in a traditional First Nations diet?
3. What 2 nutrients were not part of the traditional diet and were eliminated for Dr. Wortman’s Alert Bay study participants?
4. How many participants did Dr. Wortman require making the study results valid? Why is the number of participants important for a scientific study?
5. How are ‘market fats’ different from ‘traditional fats’?
6. What is the biggest challenge facing First People’s communities to maintaining fish fat and protein in the traditional diet?
7. List 3 positive results shown by Dr. Wortman’s study participants in Alert Bay.

Going Further: Revisiting the Diet:

<https://www.cbc.ca/radio/checkup/what-s-the-best-way-to-tackle-canada-s-weight-problem-1.4558944/revisiting-my-big-fat-diet-how-a-m%C3%A9tis-doctor-lost-weight-with-a-traditional-indigenous-diet-1.4562134>