

# Health and Nutrition in Today's Times

## Conversation Questions

1. What types of foods do you regularly consume?
2. How do you feel about carbohydrates and sugars? Do you pay specific attention to eat low sodium, carbohydrate and fat foods?
3. What does a balanced diet look like to you?
4. How do you feel about the new diets out there like Keto, vegan, vegetarian, etc.? Do you know anyone that has taken on this kind of diet?
5. Have you had gluten-free foods? What was your perception?
6. What are your thoughts on organic foods?
7. Where do you get your nutritional advice?
8. What role does family play in the health and nutrition of an individual? What role do friends play?
9. Did you change your diet upon arriving to Canada? Are you able to find everything you used to typically before immigrating here in Canada?
10. Do you like to exercise? Do you believe in exercising regularly? How important is exercise to you?
11. Do you prefer the gym or outdoor activities? Do you play any sports?
12. What are your thoughts on fast food?
13. What foods are your guilty pleasures? Have you ever had froyo? Do you enjoy ice cream? What are your favorite flavors?
14. How much of these tasty but possibly unhealthy foods should children consume? Do parents currently do a good enough job at managing the diets of the youth of tomorrow?
15. What do you think the government should do with fast food chains? Do you think they should further regulate them?
16. Do you think society needs to rethink the way and the foods it consumes?
17. In your opinion, what should people eat less of? What should they eat more of?
18. Do you think health is tied to socioeconomic status? Are we healthier if we are more financially comfortable?
19. In today's busy world, how can someone manage to consume a healthy diet with a consuming work-life?
20. Do you believe we should increase the mass production of foods in factories and commercial farms, or should we move to local farming? Why or why not?