

FOODMATTERS™

Prevent illness, reverse disease & maintain optimal health ... naturally.

Food Matters Post-Screening Discussion Questions

Right after the screening is the best time to harness the energy and enthusiasm that the film generates, it is important to capitalise on this. Therefore, you may want to plan time for your guests to discuss the film after the screening. You could do it in a formal sense (break into groups, each with their own facilitator) or perhaps you could just put some questions up on a projector or white board for people to think about while they enjoy a snack and a beverage. The important thing is to not let the message dissipate as soon as people leave the building and get pulled back into the hustle and bustle of every day life. This is a really basic list to get you started, feel free to come up with your own as well. Happy Screening.

- Has seeing Food Matters changed any of your attitudes towards food or disease?
- For you, what is the most important idea/lesson that you will take from the film?
- What is one concrete idea that you can implement in your own life to improve your health and the health of your family?
- What is one concrete idea that you can implement in your community to improve health and well being?