Watch the following video so we can discuss in class on Friday January 17th.  A written assignment will be given following the discussion in class.

[Sugar: The Bitter Truth](https://www.youtube.com/watch?v=dBnniua6-oM)

Assignment for Sugar the Bitter Truth:  Sugar has multiple effects on the body that may be harmful.  You can write it as if you were trying to explain it to a member of your family or a friend.  Summarize what you felt were the most important points of the video and any other sources on sugar that you find.  You may also give your opinion as to whether you accept these conclusions or not.  Diet is extremely difficult to study in humans since there are so many variables and because most dietary studies use questionnaires asking people to remember what they ate.  Have your views on sugar changed since watching the video?