REACTION PAPER ABOUT “THAT SUGAR”

In the documentary "That Sugar Film," the detrimental consequences of sugar on our health are examined. It's an intriguing movie that uses a novel strategy to convey its message by following the journey of Australian director Damon Gameau as he starts a high-sugar diet as a personal experiment.

The documentary is eye-opening because it demonstrates how much sugar is concealed in the processed goods we eat on a daily basis, including yogurt, bread, cereal, and even savory items like bread and spaghetti sauces. According to Damon's experiment, eating meals high in sugar can cause a number of health problems, including heart disease, type 2 diabetes, and obesity. The documentary makes the material accessible to people from all walks of life by presenting it in an easy-to-understand manner.

The movie's ability to show how the food industry affects our eating patterns is one of its most potent features. The documentary reveals the strategies the industry employs to market its goods, including the use of false health claims and celebrity endorsements. The film also emphasizes how the food business is unregulated, allowing companies to continue adding sugar to their products with little to no repercussions.

Not only is "That Sugar Film" educational, but it's also amusing. The documentary has a playful quality because to the use of humor and excellent animation. The movie benefits from Damon's compelling personal story because it makes it more relatable.

The captivating documentary "That Sugar Film" shows the detrimental consequences of sugar on human health in general. It is a great resource for spreading knowledge and teaching people about the unrecognized sugars in their diet. Anybody who is concerned about their health and wants to choose their food wisely should see the movie.