

CURRENT AFFAIRS

FOODILICIOUS - ALL ABOUT FOOD

2 x 30' (GER, ENG subs)

Food is not only essential for survival, but also takes up a lot of space in society.

Extraordinary forms of nutrition and the benefits of so-called superfoods are becoming more and more part of everyday life. But what is really “super” about superfoods? Do the bold claims about health benefits hold any validity, or are they based on traditional myths? And which of the extreme diets on the market are really healthy?

Episodes:

1. Obsessed with Food
2. Superfoods: Magic or Marketing?

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