

## Intermittent Fasting, OMAD and Ketosis and The Diet of The Future Interactive Worksheet

**Word Bank:** increase in blood glucose level, fat, low-carb, protein, epilepsy, 2 months, 80, 325,000 dollars, 9.7 billion, rich in protein, 800 million

1. What percentage of the world already eats insects? \_\_\_\_\_ %
2. The grain fed to livestock in the U.S. could feed nearly \_\_\_\_\_ people directly.
3. Crickets are \_\_\_\_\_.
4. By 2050, the world's population will be \_\_\_\_\_.
5. Making just one 1 pound of hamburger uses enough water to shower for the next \_\_\_\_\_.
6. The first test-tube burger was made in a petri dish and cost about \_\_\_\_\_ to make.
7. The ketogenic diet was first introduced as a treatment option for? \_\_\_\_\_
8. Which of the following is NOT a sign of Ketosis? \_\_\_\_\_
9. The keto diet is made up 75 % of what nutrient?  
\_\_\_\_\_
10. The keto diet is a \_\_\_\_\_, high-fat diet.
11. The keto diet will **NOT** shift the body's metabolism away from carbs to \_\_\_\_\_.