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 _____.

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