

Watch the episode and fill out the gaps

1. We eat too much because what we're really hungry for isn't.....
2. If we could really choose anything, wouldn't we want a slightly.....menu?
3. They understand and respond to only a desperately narrow segment of ourappetites.
4. A couple of hundred years ago it was almost impossible for most people to find anything very.....to eat.
5. We live in the world where theare still bare of the real ingredients we crave.