

HOW TO BE YOUNG AND BEAUTIFUL



You will need

- 3 groups of fun-loving old people from 3 different countries
- 1 dance instructor
- 1 berry
- 100s more berries (blueberries, bilberries and strawberries)

One way to reduce the effects of ageing on our brains might be to raise the level of antioxidants in your blood. Dark berries are a rich source of antioxidants, so can berries really make you sharper?

First, you'll need to (carefully) separate your three groups. Before adding the berries, use your dance instructor to teach your groups a new dance – one with which they are unfamiliar.

Each of the groups will be testing a specific kind of berry: one blueberries, one bilberries and one strawberries. Feed each member of the group a handful of their respective berries, once daily.

After four months of this routine, your old people will be ready to retest. Use your dance instructor again, this time to teach the groups another, different dance. You should then be able to judge for yourself any improvements in the groups' co-ordination and short-term memory. You may also undertake cognition tests, in order to obtain clear statistical results.

6 x 50 or 6 x 60 minutes

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THE TRUTH ABOUT FOOD

CAN BLUEBERRIES AND DARK BERRIES KEEP YOUR BRAIN SHARP AS YOU GET OLDER? WE FIND OUT FOR THE FIRST TIME SCIENTIFICALLY. WE ALSO SHOW YOU THE TRUTH ABOUT THE EVERYDAY FOODS YOU EAT AND HOW THEY CAN HELP YOU FIGHT THE AGEING PROCESS:

- **CAN TOMATOES PROTECT YOUR SKIN FROM THE SUN AND KEEP YOU LOOKING YOUNG?**
- **CAN EATING SPINACH SLOW DOWN AGE-RELATED EYESIGHT LOSS?**
- **DOES RED WINE REALLY PROTECT YOUR HEART FROM HEART DISEASE?**
- **IS IT TRUE THAT YOU NEED TO DRINK TWO LITRES OF WATER A DAY?**
- **ARE ANY OF THE THINGS YOU READ IN GLOSSY MAGS ABOUT WHAT TO EAT TO LOOK BEAUTIFUL ACTUALLY TRUE?**

FINALLY, WE COMPILE THE ULTIMATE PLAN FOR LIFE – REVIEWING ALL THE EVIDENCE YOU’VE SEEN AND REVEALING THE TOP FOOD TYPES TO KEEP YOU LOOKING YOUNG AND FEELING GREAT.



This test shows the effect of sunburn on the skin before (left) and after a tomato paste diet. With the tomato diet, sunburn was reduced by two thirds.

PREPARE TO DISCOVER *THE TRUTH ABOUT FOOD*. THIS PRACTICAL, ACCESSIBLE, ENERGETIC AND HUMOROUS SERIES ATTEMPTS TO ANSWER THE QUESTIONS AND BUST THE MYTHS ABOUT THE FOOD WE EAT EVERY DAY.

SERIES PRODUCER ALICE HARPER

EXECUTIVE PRODUCER JILL FULLERTON-SMITH

A BBC/ProSieben/Discovery Health Channel co-production

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HOW TO BE SLIM



It is a well held belief that drinking water before a meal can make you eat less - but is it true?

You will need

1 group of weight-watching members of the public (residents of Houston are best if you can get them, in 2005 it was named the fattest city in the USA)

1 portion of chicken per person

1 portion of rice per person

Water

First, divide the Houstonians into two groups and seat both groups for lunch.

Serve one half of the group a starter of chicken and rice soup. Serve the other half with a glass of water followed by the dry ingredients of the same soup: chicken and rice.

Finally, the true test: closely monitor how much of their main course each diner eats. Because it takes longer for the stomach to digest the soup, compared to a meal of the same constituent parts, you should notice that your soup group feels fuller for longer.

6 x 50 or 6 x 60 minutes

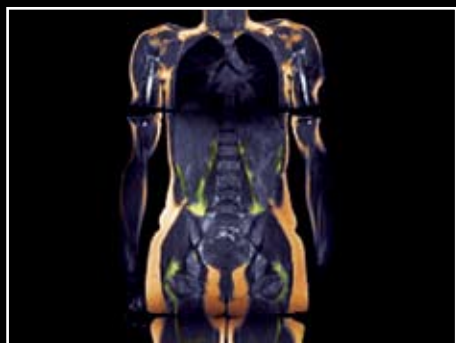
BBC Worldwide

THE TRUTH ABOUT FOOD

LET'S FACE IT, THE ONLY SURE FIRE WAY TO BECOME SLIM IS TO CHANGE YOUR LIFESTYLE: EXERCISE MORE AND EAT LESS. IT'S THE EATING LESS PART WE FIND SO DIFFICULT. WE SHOW YOU HOW TO INFLUENCE YOUR APPETITE THROUGH WHAT YOU EAT, WHEN YOU EAT AND HOW YOU EAT:

- IS THE EXCUSE 'I HAVE A SLOW METABOLISM' TRUE OR JUST A COP OUT?
- DOES THE AGE OLD ADVICE TO EAT SLOWLY REALLY HELP?
- DOES EATING CHEESE MAKE YOU PUT ON WEIGHT?
- DO WE OVER EAT BECAUSE OF A PSYCHOLOGICAL NEED TO CLEAN OUR PLATES?
- DOES PASTA FILL YOU UP MORE THAN MEAT?

AND ARCED ACROSS THE ENTIRE PROGRAMME WE CONDUCT OUR OWN SPECIALLY-COMMISSIONED, LONG-TERM EXPERIMENT IN WHICH OUR PRESENTER TESTS OUT OUR EXCLUSIVE LIFESTYLE PLAN TO 'EAT YOURSELF SLIM!'



The newly-developed MRS scanner shows fat layers beneath the skin, but also internal fat deposits (in green) around the vital organs and muscles of the overweight person (right).

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HOW TO BE THE BEST



You will need

1 caffeine addict (early morning radio DJs are best if you can get them, due to their irregular shifts, early starts, and consequent 'need' for caffeine)

1 stressful week

0 cups of coffee

Discover whether caffeine changes our brain chemistry, causing us to become dependent on it. And answer the contentious question - does caffeine make us perform better or worse?

Follow your caffeine addict on a normal, caffeine-driven day (3 or 4 cups) and give him a simple reaction test to see how he behaves.

Now remove coffee from his working week and monitor the results. On day one, your addict will be drowsy, his reaction times will be down and he'll have a splitting headache.

By day seven, repeat the reaction test and run a basic health check. Your addict's reactions and steadiness should have returned to normal and his heart rate and blood pressure reduced. The message becomes clear - if you are a constant caffeine user, caffeine does not necessarily boost your performance, your brain chemistry just adjusts so that you can't perform as well without it.

6 x 50 or 6 x 60 minutes

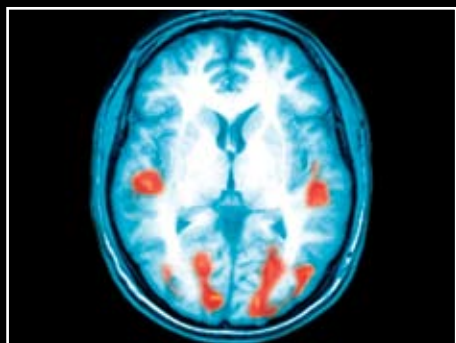
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THE TRUTH ABOUT FOOD

DO COFFEE ADDICTS REALLY NEED THEIR REGULAR CAFFEINE HIT TO FUNCTION NORMALLY? THIS IS THE FOOD MANUAL FOR EVERYBODY THAT WANTS THAT 'EDGE', WHETHER AT WORK OR AT PLAY. IN THE 'HOW TO BE THE BEST' EPISODE, WE ASK:

- COULD A CUP OF COFFEE HELP YOU MAKE THE MOST OF YOUR WORKOUT?
 - CAN VEGETARIANS BECOME STRONGER BY EATING MEAT?
 - IS EATING LITTLE AND OFTEN BETTER THAN THREE SQUARE MEALS?
 - CAN EATING OILY FISH REALLY MAKE YOU SMARTER?
 - COULD THE MERE TASTE OF SUGAR BE ENOUGH TO BOOST PERFORMANCE?
-

FINALLY, WE'LL BUILD OUR 'STRESS-BEATING DIET' AND PUT IT TO THE ULTIMATE TEST BY PUTTING A BUNCH OF VOLUNTEERS THROUGH A MILITARY-RUN 'HELL WEEK' TRAINING CAMP. CAN A CAREFULLY DESIGNED DIET REALLY MAKE A DIFFERENCE?



This brain scan shows levels of brain stimulation in a caffeine user before (left) and after their morning coffee. The levels on the right are actually normal, though constant caffeine use reduces the brain's performance without a regular 'hit'.

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HOW TO BE SEXY



You will need

- 5 couples trying to conceive
- 1 fertility expert
- 1 six-month healthy diet plan

Research shows that men on poor diets have a lower sperm count. Poor levels of nutrition are rife in the USA and UK. So can we improve male sperm numbers and quality simply by improving their diet?

Take your fertility expert and get them to rate sperm samples from each man in terms of quality and quantity. Your expert can then identify which nutrients vital for sperm production are missing from each man's diet and prescribe a specially-created eating plan for each. They'll need to follow the diet for six months.

To ensure your guys stick to the diet, it should be administered in the form of a 'smoothie' at the beginning and end of each day, together with some health advice (they'll need to cut down on booze too).

After six months, it's time for the grand final: the Great Sperm Race where a single representative swimmer for each man will be timed over a fixed distance, measuring the motility of each man's sperm. Who will win?

6 x 50 or 6 x 60 minutes

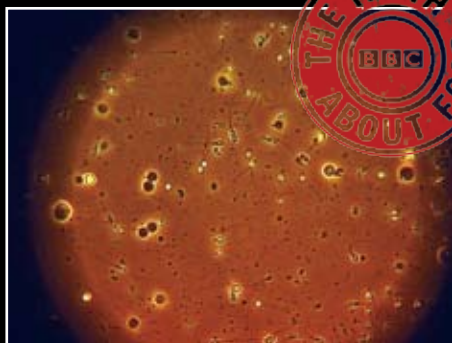
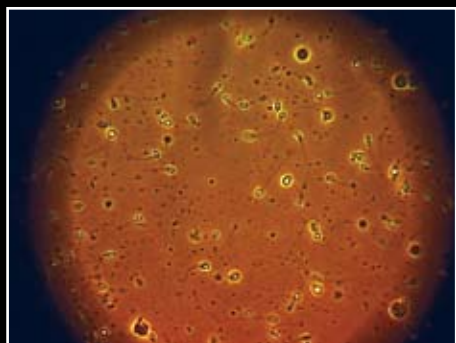
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THE TRUTH ABOUT FOOD

CAN CHANGING HIS DIET REALLY IMPROVE YOUR MAN'S SPERM? IN THIS EPISODE WE'LL SHOW YOU HOW OUR ENJOYMENT OF SEX AND FOOD ARE INTIMATELY CONNECTED AND FIND THE ANSWERS TO MANY FOOD- AND SEX-RELATED MYTHS:

- **CAN FOOD TURN US ON?**
 - **DOES A WOMAN EAT LESS THAN USUAL WHEN SHE FANCIES THE MAN SHE IS DINING WITH?**
 - **IS THE SMELL OF CERTAIN FOODS SEXUALLY AROUSING FOR MEN?**
 - **CAN INCREASING DAIRY IN THE DIET GET RID OF PMS?**
 - **CAN WHAT YOU EAT CHANGE THE WAY YOU TASTE AND SMELL?**
 - **IS THERE SUCH A THING AS DIETARY VIAGRA?**
-

AT THE END OF THE PROGRAMME WE REVEAL WHAT YOU SHOULD – AND SHOULDN'T – EAT FOR ALL ASPECTS OF YOUR SEXUAL AND REPRODUCTIVE LIVES.



Microscope images show sperm samples before (left) and after the contributor has followed a specially-designed 'sperm diet'. After the diet, the improvement in quality of the sperm, in terms of DNA damage, is significant.

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HOW TO FEED THE KIDS



You will need

- 1 class full of six-year-old children
 - 1 selection of exciting 'party food': fizzy drinks, cakes, biscuits, ice cream, etc.
 - 1 selection of 'bland food': dull-looking (yet still sugar-rich) food
 - 1 over-exuberant clown
-

We all know it, don't we?
Feed kids sugary food
and you're sitting on a
time bomb. It makes
little Johnny mad and
turns the angelic Rosy
poisonous. But how much
sugar is still OK to keep
Johnny and Rosy sweet?

Take the first group of children and place them in a room with the 'party food' selection. Add the clown and leave to simmer. Meanwhile, place the second group in a separate room with the 'bland food' and give them a series of fun but gentle tasks – and absolutely no clowns.

When the children leave the parties, parents should be asked to rate their children by how much they believe they've been affected by sugar.

Although the children from the exciting party will be rated as being more affected, the real surprise comes when the parents discover that the 'party food' was in fact sugar and additive free. What the parents perceive as a 'sugar rush' is in fact just over excitement. An overload of sugar has no immediate effect on a child's behaviour.

6 x 50 or 6 x 60 minutes

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THE TRUTH ABOUT FOOD

IN THIS EPISODE WE REVEAL THE TRUTH ABOUT THE FOOD YOUR CHILDREN EAT. AS THEY GROW, HOW DOES WHAT THEY PUT INTO THEIR MOUTHS AFFECT THEIR BODIES, MINDS AND BEHAVIOUR? WE WILL FIND ANSWERS TO THESE QUESTIONS AND MORE:

- DO CHILDREN LISTEN TO THEIR APPETITE SIGNALS?
 - WHAT BREAKFAST WILL MAKE YOUR KIDS MORE FOCUSED AT SCHOOL?
 - DOES DIET REALLY HAVE AN EFFECT ON BEHAVIOUR?
 - HOW DO YOU GET YOUR KIDS TO EAT THEIR FRUIT AND VEGETABLES?
 - CAN WATCHING TV REALLY MAKE YOU FAT?
 - CAN HIDING COOKIES HELP YOUR KIDS RESIST THE URGE?
-

AND THROUGHOUT THE PROGRAMME, WE SHOW YOU HOW FOOD HABITS FORMED EARLY IN LIFE AFFECT YOU AS AN ADULT.



In this experiment, the kids' tongues were dyed blue to help show the taste buds. The bluer the tongue, the more taste buds. People with lots of taste buds are called 'supertasters'.

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HOW TO BE HEALTHY



The human body evolves to digest the foods we feed it, but evolution can't keep pace with the intensively farmed, highly processed foods we now consume. Discover the health benefits if we turn back the clock and eat the foods our ancestors ate.

You will need

- 1 group of self-confessed fast food junkies
 - 1 'Evolutionary' diet (containing vegetable protein, fibre, plant sterols and nuts)
 - 1 'Modern' diet (containing processed foods)
 - 1 secluded habitat
-

First take the fast food junkies and examine their health status. The high levels of cholesterol, salt and sugar in their blood are all bad news for their long-term cardiovascular health.

Next, divide the group in two, putting half on the 'Evo' diet. Set the remaining half aside with the 'Modern' diet and store both groups in the secluded habitat for two full weeks.

When the two weeks is up, repeat the health exam in step one. You should see a marked reduction in bad LDL cholesterol in the Evo group, leading to a reduced risk of heart disease, hypertension and stroke. You'll notice little change in the Modern group.

6 x 50 or 6 x 60 minutes

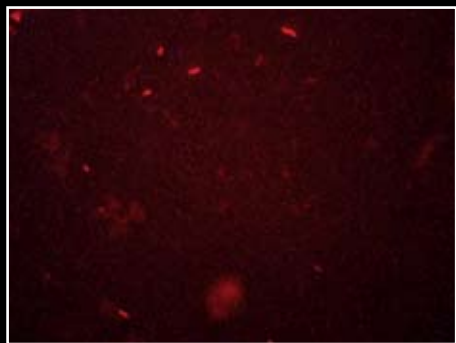
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THE TRUTH ABOUT FOOD

COULD THE DIET OF OUR PRIMITIVE ANCESTORS REALLY HOLD THE SECRET TO RADICAL IMPROVEMENTS IN OUR HEALTH? AS WELL AS THIS OVER-ARCHING EXPERIMENT TO TRAVEL BACK IN TIME AND LEARN FROM OUR EVOLUTIONARY COUSINS, WE ASK:

- WHAT ARE THE 'FRIENDLY' BACTERIA IN PROBIOTIC PRODUCTS AND COULD THEY REALLY HELP US FEEL BETTER?
- CAN 'DETOX DIETS' CLEANSE AND REJUVENATE OUR BODIES?
- HOW DO HIGH FIBRE FOODS REDUCE OUR RISK OF CANCER?
- CAN WHAT YOU EAT MAKE YOU FART LESS? (OR MORE!)

AT THE END OF THE PROGRAMME WE REVEAL SIMPLE WAYS TO BOOST YOUR HEALTH BY REVAMPING YOUR DIET – NAMING THE FOODS YOU SHOULD MAKE 'TOP OF YOUR SHOP'.



Microscope images show the gut before (left) and after a probiotic diet. The 'friendly' bacteria are highlighted in red.

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THE TRUTH ABOUT FOOD

REVEALED

THE TRUTH ABOUT FOOD

EVERY DAY WE READ NEWSPAPER ARTICLES PROCLAIMING THAT RED MEAT WILL GIVE US CANCER AND EGGS CAN CAUSE HEART DISEASE, ONLY TO READ THE NEXT DAY THAT THE SAME FOOD WILL PROLONG OUR LIFE, PREVENT DISEASE AND GIVE US HEALTHY CHILDREN. IS THERE ANY TRUTH IN ANY OF THIS? IT'S TIME TO FIND OUT.

THE TRUTH ABOUT FOOD IS THE BIGGEST EVER UNDERTAKING OF ITS KIND - A HUGE, TELEVISED INVESTIGATION DELIVERING FOR THE FIRST TIME REAL AND PROVABLE EVIDENCE OF JUST HOW YOUR DIET INFLUENCES EVERY AREA OF YOUR LIFE.

EACH EPISODE FOCUSES ON A DIFFERENT ASPECT OF HOW EATING THE RIGHT FOODS CAN CHANGE YOUR LIFE FOR THE BETTER:

- HOW TO BE SLIM
- HOW TO BE YOUNG AND BEAUTIFUL
- HOW TO FEED THE KIDS
- HOW TO BE HEALTHY
- HOW TO BE SEXY
- HOW TO BE THE BEST

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