

Name \_\_\_\_\_

## The Fantastic Fiber: Your Secret to a Healthy Diet

### Open-Ended Response Questions

1. Share a personal experience or story about how increasing your fiber intake positively impacted your health or well-being. What changes did you notice, and how did it make you feel?
2. Imagine a scenario where a friend asks for advice on how to incorporate more fiber into their diet. Provide three practical suggestions, along with explanations, to help your friend increase their fiber intake.
3. Discuss the potential consequences of a diet low in fiber and the long-term benefits of including fiber-rich foods in one's daily meals. Why is fiber essential for overall health?
4. Reflect on the idea that "making friends with fiber" can lead to a healthier and happier life. Share your thoughts on how embracing fiber-rich foods can contribute to a person's well-being and overall quality of life.

