**Your Brain on Sugar (Morsel: Blood glucose and willpower)**

The following video discusses the brain’s response to sugary substances: <https://www.ted.com/talks/nicole_avena_how_sugar_affects_the_brain/transcript?language=en>

The video is nearly 5 minutes long, so it fits into class meetings or as a good introduction to chapter 5 for asynchronous homework. Students can be provided questions to answers or discussion points to consider as they watch. Some examples are:

* What area(s) of the brain respond most strongly to sugars?
* Describe the changes in dopamine levels as we eat desired substances and eat them repeatedly.
* Why does the brain respond to novel foods and variety more strongly than routine foods we eat?
* How does eating sugar affect dopamine levels?
* What would you say about addictive properties of sugar based on this video?