



LACTOSE INTOLERANCE: FACT OR FICTION?

INTRODUCTION

You, or someone you know, may be lactose intolerant—but do you really know what that means? This worksheet will test your knowledge by having you evaluate several statements about the trait.

PROCEDURE

Read the statements in the table below before watching the film *Got Lactase? The Co-evolution of Genes and Culture*. Discuss each statement with a partner and decide whether the statement is true or false. Then, in the column labeled "Before," circle T for any statement you think is true and F for any statement you think is false. After watching the film, discuss the statements with your partner again and circle either T or F in the column labeled "After."

Before	After	Statement
T / F	T / F	1. Baby mammals depend on milk to survive.
T / F	T / F	2. Milk is a healthy food for an adult cat.
T / F	T / F	3. Throughout human history, people have always consumed the milk of other animals.
T / F	T / F	4. Lactose is a sugar in milk.
T / F	T / F	5. Most human adults around the world can digest the lactose in milk; a minority of people cannot digest lactose.
T / F	T / F	6. Digesting lactose causes a person's blood glucose levels to increase.
T / F	T / F	7. Lactose intolerance is an allergy to milk and milk products.
T / F	T / F	8. Lactose intolerance is a genetic trait.

After completing the table, write one or two sentences to explain your answer to each statement. Include any evidence from the film that supports your answer. If your answer changed after watching the film, explain why it changed.

ANSWERS

1. Baby mammals depend on milk to survive.

2. Milk is a healthy food for an adult cat.



3. Throughout human history, people have always consumed the milk of other animals.

4. Lactose is a sugar in milk.

5. Most human adults around the world can digest the lactose in milk; a minority of people cannot digest lactose.

6. Digesting lactose causes a person's blood glucose levels to increase.

7. Lactose intolerance is an allergy to milk and milk products.

8. Lactose intolerance is a genetic trait.

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