



Parade

The Biggest Loser Episode 2: Food Court Taste Test

By Bob Harper | January 11, 2016



This week's back-to-back episodes of *The Biggest Loser* focus on information and challenges. We start the episode in a mall food court where Team Jenn and Team Dolvett are taking part in a food trivia challenge. I tell everyone that Americans spend \$100 billion per year on this kind of food. I remember hearing that number the night we shot this challenge and I thought to myself, this can't be right but it was, and it seriously blew my mind.

The challenge tests contestants' knowledge of fat, school lunches and sodium in food court foods and gets very dramatic when both teams begin running through the food court trying to select the right foods to win a very big prize—the advantage at the next weigh in. The winners can pick someone on their team OR the losing team to sit out of the next weigh in. That is a lot of power. By the end of the challenge, Team Dolvett is victorious, winning two challenges in a row so it will be quite interesting to see what they do with their new power.

Now let's talk about more information. The teams and I meet with **Dr. Robert Huizenga** in an autopsy room. They walk in and think that there is a body under a sheet in front of us but it is the amount of sugar that Colby consumes in a year—460 pounds. I've always said that sugar is the devil and we were there to give our contestants the information they need about what this sugar is doing to their bodies. It was quite emotional especially when Dr. H. gives Rob a date, Dec. 14, 2020—the approximate day he could die if he doesn't change his ways. Dr. H. also fills a vat with 218 pounds of hydrated fat to show Toy how her weight is strangling her body. I



know that this all sounds so dramatic, but I thought it was such a powerful way to share how what we consume affects us internally. I hope the image of the fat will stick to our contestants for a long time to come.

At the last chance workout, Team Dolvett was turning up the heat to make sure they did not lose another weigh in and Dolvett and Felicia continued to butt heads. They are just not getting along AT ALL. Team Jen continued to stay focused and work hard. Jen wanted to make sure that last week was not just a fluke but a carefully planned out victory.

When we finally got to the weigh in, Team Dolvett decides to have Colby from Team Jen sit out. He had lost 12 pounds, and it seemed like Team Dolvett chose wisely. The weigh in was absolutely neck and neck until the very end. It was Lauren's weight loss of 8 pounds that sealed the deal for Team Jen to win the weigh in. Team Dolvett looked visibly upset and frustrated. Jacky and Whitney fell below the yellow line and at the elimination room, Whitney was the next person from Team Dolvett to go home. After the elimination, Felicia was FURIOUS! She feels like Dolvett was mostly to blame and she feels like her team is not as cohesive as Team Jen. The tension on Team Dolvett is mounting and something is going to have to give or it could be another bad week for them next week. Stay tuned.

<http://parade.com/450040/bobharper/the-biggest-loser-episode-2-food-court-taste-test/>