

Name \_\_\_\_\_

Period \_\_\_\_\_

Date \_\_\_\_\_

### SUPERSIZE ME VIDEO QUESTIONS

1. How many Americans eat a meal in a fast food restaurant daily? \_\_\_\_\_
2. If we consider this project an experiment, why did Morgan make several doctors' visits before he started this project?  
\_\_\_\_\_  
\_\_\_\_\_
3. In general what is Morgan's health status at the beginning of this project?  
\_\_\_\_\_  
\_\_\_\_\_
4. What effects do the doctors think this diet will have on Morgan?  
\_\_\_\_\_  
\_\_\_\_\_
5. What is Morgan's starting weight and body fat percentage?  
weight: \_\_\_\_\_ body fat \_\_\_\_\_
6. How many calories should Morgan eat each day to maintain his weight? \_\_\_\_\_
7. How many calories does Morgan eat each day on his McDonald's diet? \_\_\_\_\_
8. Roughly how many steps in a mile of walking? \_\_\_\_\_  
How many steps does an average office worker take in a day? \_\_\_\_\_  
How many steps does Morgan limit himself to? \_\_\_\_\_
9. How many McDonald's are in Manhattan alone? \_\_\_\_\_  
Is that a lot? \_\_\_\_\_
10. What does Morgan's girlfriend do? \_\_\_\_\_

11. What are Morgan's rules for this project?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

12. List 4 ways that McDonald's markets directly to children?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Why is McDonald's marketing to children an issue at all? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

13. The portions of food that we consider normal servings have become distorted in recent years. Consider these numbers from the film:

- a. How many slices of bread does one (1) bagel equal? \_\_\_\_\_
- b. How many calories in a SuperSize fries? \_\_\_\_\_
- c. How many calories in a small McDonald's fries? \_\_\_\_\_
- d. How many ounces in a SuperSize soda? \_\_\_\_\_
- e. How many ounces in a DoubleGulp soda from 7-11? \_\_\_\_\_
- f. How much sugar is in that DoubleGulp soda? \_\_\_\_\_

14. What has happened to the rate of obesity in children and teens in the U.S. in recent years?

---

---

15. With their current diet, 1 in 4 American children will develop what disease (2000 stats)?

---

Why is this a serious health issue? What are the long term impacts if a child develops diabetes before age 15 (especially due to obesity or poor diet)?

---

---

---

16. How does Morgan feel after his first Supersize meal? \_\_\_\_\_

---

Why do you think this happened? \_\_\_\_\_

---

---

17. One of the scientists interviewed refers to us eating and living in a "toxic environment". What does he mean?

---

---

18. Why are they repeatedly comparing cigarette smokers and overweight people?

---

---

---

19. Why is the processing of Chicken McNuggets a health issue?

---

---

20. Who did the first graders recognize the best? \_\_\_\_\_

How can this be so? \_\_\_\_\_

---

21. What is the main issue regarding the comparative advertising budgets of the fast food industry, the candy companies, and the “5 A Day Fresh Fruit & Vegetable Campaign”?

---

---

---

22. What is the “fattest” state? Which city? \_\_\_\_\_

23. How much weight does Morgan gain in 5 days? \_\_\_\_\_

How much weight does he gain at his 2<sup>nd</sup> weigh-in? \_\_\_\_\_

24. What are the results of Morgan’s first blood tests? \_\_\_\_\_

---

---

25. What is the general health of Morgan’s liver after this project? \_\_\_\_\_

---

---

Why is it the health of Morgan’s liver that declines the most during this project?

---

---

26. Explain what a gastric-bypass is \_\_\_\_\_

---

---

27. On day 21, what do Morgan's doctors tell him to do? \_\_\_\_\_

---

Why? \_\_\_\_\_

---

---

28. Morgan experiences withdrawal-like symptoms between meals and addictive type euphoria after a meal. What's physiologically going on inside his body at these different times?

---

---

---

---

29. What are the results of Morgan's final weigh in? \_\_\_\_\_

30. What was the result of the McDonald's lawsuit court case? Do you agree or disagree with the ruling? Explain.

---

---

---

31. How long does it take Morgan to lose all the weight he gained in this 30-day project?

---

## QUESTIONS FOR YOU TO PONDER...

32. What can be done to reduce the obesity problem in the US? \_\_\_\_\_

---

---

---

---

33. How often do you eat fast food? Do you feel you could stop? Why or why not?

---

---

---

---

34. Did this movie change your view of fast food? Did this movie change your view of your own eating habits?

---

---

---

---

35. Should fast food companies be held responsible for the obesity problem in the US?

---

---

---

---

36. Do you think this school offers a nutritious meal? How would you change it?

---

---

---

---

---

37. Do you believe that people can have food addictions? Why or why not?

---

---

---

---

---

---

38. Does our society promote an unhealthy attitude toward food?

---

---

---

---

---

---