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)?

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______________________________________________________________________________

______________________________________________________________________________

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 2nd 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?

________________________________________________

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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?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

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