

Name _____

Period _____

Biology

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 job 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. _____

13. Why is McDonald's marketing to children an issue at all?

14. 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? _____

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

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

17. 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)?

18. How does Morgan feel after his first Supersize meal?

19. Why do you think this happened? _____

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

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

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

23. Who did the first graders recognize the best? _____

How can this be so? _____

24. 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"?

25. What is the "fattest" state? Which city? _____

26. How much weight does Morgan gain in 5 days? _____

How much weight does he gain at his 2nd weigh-in? _____

27. What are the results of Morgan's first blood tests?

28. What is the general health of Morgan's liver after this project?

29. Why does the health of Morgan's liver decline the most during this project?

30. Explain what a gastric-bypass is _____

31. On day 21, what do Morgan’s doctors tell him to do? _____

Why? _____

32. 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?

33. What are the results of Morgan’s final weigh in? _____

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

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

QUESTIONS FOR YOU TO PONDER...

36. What can be done to reduce the obesity problem in the US?

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

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

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

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

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

42. Does our society promote an unhealthy attitude toward food? Explain.
