“Super Size Me” Name _____________________ Section ________

Video Sheet

Instructions: Complete EACH question based on the information from the video. If you miss part of the movie due to a missed class, write ABSENT for the section of questions you missed, then FIND AN ARTICLE on Nutrition, Fitness or Lifestyle Diseases, type a summary of the article and a reaction (two paragraphs) and turn in the article with your write-up when you submit this video sheet to Miss Halberstadt.

This worksheet is due on the day the video finishes. You must turn in this paper for full credit. According to the Movie, “Super Size Me”………

Introduction -
1. What is the total % of obese adults in the USA? 60%

2. Since 1980 the total number of overweight and obese people has doubled with 2 times the number of children and 3 times the number of adults.

3. What is the fattest State in the US? Mississippi

4. Obesity is second only to smoking as the major cause of preventable death and is responsible for 400,000 deaths a year (with related illness).

5. One in every 4 Americans visits/eats fast food a day and McDonalds feeds more than 46 million people world wide daily (which is more than the population of Spain).

6. In order to support his experiment, Morgan sets out to answer some questions that relate to the pending lawsuit mentioned previously. He wants to know if the food companies are solely to blame for the obesity epidemic. Where does personal responsibility stop and corporate responsibility begin? Is fast food really that bad for you? What would happen if “I” ate nothing but McDonalds for 30 days? Would “I” suddenly be on the fast track for becoming an obese American? Would it be unreasonably dangerous?

7. Morgan consults 3 different doctors before embarking on his “McDiet”.

8. Morgan’s initial cholesterol is 168.

9. Do any of the doctors tell Morgan NOT to do this experiment because they think it will make him really sick? Answer in your own words

10. At the “Health” Center, Bridgette Bennet, the Registered Dietician (RD) says Morgan’s BMI is within normal limits. The RD says that Morgan should be eating about 2,500 calories a day including 80 grams of fat and less than 25 grams of saturated fat. Morgan’s current weight is 185.5 lbs and current body fat is 11%.
   (what does BMI stand for body mass index?)

11. More than 60% of Americans get NO exercise. In order to mimic a typical American, Morgan has to limit his steps to less than 5,000 steps a day.
DAY 1
12. What are Morgan’s rules for diet?
   #1 = Can only **Super Size** when asked.
   
   #2 = Can buy food only sold over the counter at **McDonald’s**.
   
   #3 = He has to have everything on the menu at least **once**.
   
   #4 = He has to have **3** square meals a day.

   **“Sue the .........................”**

13. Yale Law Professor John Banzhaf explains that in terms of responsibility, the finger should be pointed at McDonalds for **luring the kids**. Listing that **birthday parties, playgrounds, happy meals with toys, and the clown**, are all examples that support his opinion.

14. In 2000 Dr. David Satcher, Former US Surgeon General declares obesity as a **national epidemic**. His biggest concern is the concept of **“super sizing”**.

15. According to Lisa Young.........................

   - How many servings of bread does a standard bagel yield? **5**
   - What is the original size of fries called now? **small**
   - How many calories are in a Super Sized Fries? **600+**
   - How many ounces of Soda does a “large” hold? **Original large=16 oz, current large = 42oz**
   - How many calories are in a Double Gulp (64 oz or ½ gallon of soda) from Seven Eleven? **600-800**
   - How many teaspoons of sugar are in a Double Gulp? **48**

16. What happens while Morgan is eating his first “super sized meal”?
   - **answer in your own words**
     - 5 minutes later
     - 10 minutes later
     - 15 minutes later
     - 22 minutes later

17. In your opinion, why does Morgan’s body react that way to the “super sized” meal?
   **answer in your own words**

   **“The Toxic Environment”**

18. What is the “toxic environment”?

   - **An environment that almost guarantees that “we” (Americans) get sick. “It is constant access to cheap, fat laden foods, gas stations that sell more candy and soda than gas. It’s a nation with more than 3 million soda vending machines (which is more than 1 for every 97 Americans), where we depend on a **car** for transportation, and where walking has become such a chore that we rely on machines to do it for us”**
19. How does Morgan feel on Day 3?  
answer in your own words
20. Morgan refers to the 3rd day of his McDiet as the three day hump and compares it to quitting smoking.
21. According to David Satcher, former US Surgeon General, “left unabated, obesity will overtake smoking as the leading preventable cause of death in this country.

22. John Banzhaf describes how young children experience “brand imprinting for later actuation in life”. How does that imprinting relate to McDonand’s?
   adults will subconsciously choose a brand they are familiar with, that they associate with positive childhood memories

“The Impact”

23. After David Satcher mentions the doubled obesity rate, Morgan lists 25 health problems linked to obesity. List 6 of them. You must have at least six, here are a few
   - 4 different kinds of cancer (list them), stroke, insulin resistance, osteoarthritis, steatohepatitis, hypereuricemia, impaired fertility, adult onset diabetes, reproductive hormone abnormalities, respiratory problems, asthma

24. According to Morgan, if current trends continue, one in every 3 children born in 2000 will develop Type II Diabetes in their lifetime.

25. Tommy Thompson, US Secretary of Health and Human Services, says that according to new research, currently 17 million Americans have Type II Diabetes which is about 1 in every 20 people. The direct medical costs have doubled in the past five years from $44 billion in 1997 to $92 billion in 2002.

26. Currently, 20% of obese children have elevated, abnormal liver function tests which can result in liver failure, transplant or death as an adult.

27. Subway Spokesperson Jared Fogel states his own addiction was to food. After his speech, Jared talks to a girl named Victoria.

   - Victoria receives a mixed message from Jared stating that she can’t afford subway and that Jared says eating subway is the only solution?

   - Jared says “the world is not going to change, only you can change”

   - What advice would YOU give to Victoria?
   answer in your own words

DAY 5

28. After 5 days, the RD Bridgette tells Morgan he is eating almost 5,000 calories a day compared to the recommended 2,500 calories a day that Morgan should eat in order to maintain his weight.

29. At Morgan’s second weigh-in, he weighs 195 lbs which is a 9.5 lb weight gain in just five days meaning he gained 5% of his body weight. Bridget tells Morgan that losing weight that fast and gaining weight that fast is not healthy!
DAY 6
30. The lawsuit document quotes McDonalds stating “that any processing that its foods undergo serve to make them more harmful than unprocessed foods”. Case and point, McNuggets.

DAY 7
31. What is Morgan experiencing?
answer in your own words

DAY 9 & 10
32. Morgan says, “I don’t feel good today. I don’t feel sick. I feel really depressed”. What does he notice a little after he eats? answer in your own words

33. In 2001 McD’s spent $1.4 BILLION worldwide on direct media advertising (radio, tv and print) versus the 5 a day fruit and vegetable budget on its best year that spent 2 million in all media which is 100 times less than just the direct media budget for one candy company.

Nutrition
34. Why do you think that most McDonalds do NOT openly display the nutritional information for their foods? answer in your own words

35. Morgan goes for his second weigh-in at the “health” center and weighs 203. He gained 17 lbs in 12 days totaling a 10% of body weight gain.

“It’s For the Kids”
36. Where is the one place the impact of our fast food world has become more and more evident? schools
37. Some days the amount of calories in each (school served) meal tops 1,000.

38. What do you typically have for lunch? (Do you know how many calories are in your lunch? Do you think the foods you eat DIRECTLY affect your behavior/mood/how tired you are/how well you do in school, sports etc…) answer in your own words

40. What effects did the healthier lunches served at the alternative school have on its students? Better behavior, students are more focused, teachers get more from them

41. Why don’t all schools offer healthy lunches? answer in your own words

DAY 13 & 14 – Texas
42. What is the fattest city in America? Houston

43. When it comes to the topic of obesity, others are “quick to point the finger” but according to GMA Vice President Gene Grabowski, where should most of the responsibility fall for the obesity epidemic? Parents and education
44. High school PE teacher Phil Lawler’s solution to the obesity epidemic is daily physical education. While Brian Philips, the elementary PE teacher from Illinois states that 45 minutes a week of physical education is not enough.
45. How does being UNHEALTHY and UNFIT/INACTIVE affect your ability to excel in school/work/activities? **answer in your own words**

46. A calorie is the measure of **energy** content of food. It’s the amount of energy needed to raise the temperature of a liter of water one degree centigrade.

**DAY 16 & 17**

47. What is a vegan? **Someone who does not eat meat or animal byproducts including milk, eggs and cheese**

48. Morgan’s girlfriend says that Morgan is **exhausted** at the end of the day.

**DAY 18**

49. How does Morgan feel on day 18? **Horrible, he has headaches**

50. Why is Morgan so tired at the end of the day (remember he is “exercising” like a typical American)? **answer in your own words**

51. Morgan says “my body officially **hates me**.”

52. Out of all of the items that McDonalds sells, which 7 have NO sugar in them?

- fries
- sausage
- iced tea
- coffee
- Diet Coke
- chicken nuggets
- hashbrowns

53. Morgan **lost** 1 lb at the second weigh in, because muscle weighs more than fat so he lost **muscle mass** but GAINED **fat mass**.

54. What helped Morgan to feel better after the weigh in? **eating**

55. What do you think is happening to Morgan and WHY? **answer in your own words**

56. What is Morgan’s cholesterol level NOW (before the McDiet, it was 165)? **225**

57. What is happening to Morgan’s liver? **Inflamed, sick, and becoming fatty**

58. The doctor says that if a person was doing that to his liver with alcohol it would result in **liver failure**. Can you survive without a healthy liver? **answer in your own words**

59. Morgan asks the doctor if he can “wipe out his liver” in the next two weeks and the doctor said it would be **unlikely**, but he says to stop doing what he is doing. The doctor says to Morgan, “you are **sick** and you are making yourself sick. Based on Morgan’s experiment, are Americans making themselves SICK????????????????????????????????????** **answer in your own words**

**ADDITION**

60. A “Heavy User” by McDonald’s standards is someone who eats McDonalds **once**/week and a “Super Heavy User” eats at McDonalds **three-five** /week.
61. **72%** of people who eat at McD’s are considered to be Heavy Users and **22%** are Super Heavy Users.

62. **2** out of **100** nutritionists suggest one should eat fast food **2** times a week, **28** out of **100** say one should eat fast food once a week to once a month, **45** say to NEVER eat fast food, but **95** of the nutritionists agreed that fast food is a major contributor to the obesity epidemic.

63. What happened to the “Health Center”? **it closed**

64. “Apparently, we (Americans) don’t put much value on health in America anymore, we spend $30 billion on diet products and weight loss programs always pushing the newest way to stay thin without exercise.

65. Bruce Howlet is diabetic (Type II – Adult Onset Diabetes) and has **hypertension**.

66. One day at work Bruce went blind, but his sight came back once he stopped drinking diet sodas and got his sugars under control. **DAY 21 – 2:00AM**

67. Morgan wakes up in the middle of the night. He says he’s having difficulty **breathing**, he’s **very hot** and having **heart** palpitations.

68. The results from Morgan’s liver tests are **obscene**, beyond anything “I would have thought”. The Dr. tells Morgan that he never thought a high fat diet could pickle the liver and if Morgan was an alcoholic, he would tell him to stop drinking or he would **die**.

69. Dr. Steven Siegel says to **stop the diet**.

70. The people in DC can not recite the **Pledge of Allegiance**, but have no problem remembering the **Big Mac Slogan**. Is that funny?????????????

71. Why won’t federal government ever regulate the food industry better? **answer in your own words**

72. How many times does Morgan try calling Lisa Howard, the representative from McDonalds? **At least 13**

73. At the final weigh-in, Bridgett reviews the results from each week. His initial weight was 185.5lbs, then **194 lbs**, **203 lbs**, **202 lbs**, and finally **210 lbs**. He gained **24.5 lbs** in 30 days.

74. The judge dismissed the case after 6 months of deliberation stating that the 2 girls failed to show that eating McDonald’s was what caused their “injury”, but after just 30 days of the “diet”, Morgan gained **24.5 lbs**, his liver turned to **fat**, his cholesterol went up **65 pts.** Morgan’s body fat went from **11%** to **18%** (which is still below the national average of **22%** for men and **30%** for women). He doubled his risk of coronary heart disease, making him **twice** as likely to have heart failure, he was **depressed** and **exhausted** most of the time, his moods swung on a dime, and his sex life was nonexistent. The more McDonalds food he ate the more he craved it and he got **headaches** when he didn’t eat it.

75. Finally Morgan states that “if the ever growing paradigm is ever going to shift, it’s up to **you”**!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!
“Super Size Me” Movie Reflection Questions:  

1. From the beginning of the movie (#6), Morgan poses 5 questions that he sets out to answer with his 30 day McDiet experiment. Answer those questions.

   a. Are the food companies solely to blame for the obesity epidemic? (Explain your answer)

   b. In your opinion, where does personal responsibility stop and corporate responsibility begin? (Explain your answer)

   c. Is fast food really that bad for you? (Explain your answer)

   d. What happens when people eat high fat meals all of the time? (What happens physically, mentally and emotionally and socially? - Explain your answer)

   e. Did Morgan put himself on the “fast track” for becoming an obese American and was it “unreasonably dangerous? (Explain your answer)

2. The “toxic environment” explained in the movie refers to our society making us sick. In your own words, explain why living in the “toxic environment” presents a challenge for Americans to stay healthy.

3. Morgan’s overall health was negatively affected by this 30 day diet. Explain the holistic effect of having poor physical health. How did being physically sick affect his mental/emotion and social well-being?

4. If Morgan’s health during his 30 day diet reflects the life of a typical American, explain why our society is full of “sick” people (not JUST physically ill; consider depression, behavior issues, social concerns, etc.....).
5. Explain what health care costs related to the obesity epidemic have to do with you, your family and your future.

6. Without including ANYTHING about McDonald’s or fast food, list THREE things you learned from this movie.
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7. What do you think is the OVERALL message of this movie?

8. There’s an expression, “you are what you eat”. Explain how your diet and level of activity impact your health (meaning the triangle = quality of life).

9. List three foods you eat regularly that you know you should cut out from your diet (or reduce your intake). List a healthy alternative for each choice.
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10. List THREE positive changes you and your family can make in order to feel better and be healthier.
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