**Super Size Me Video Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ June 3, 2019**

**Pre-video Questions:**

1. How many meals do you eat at a fast-food restaurant in an average month?
2. What are the advantages and disadvantages of eating fast-food?

ADVANTAGES:

DISADVANTAGES:

**Video Questions:**

Morgan Spurlock is the person featured in this documentary. Watch as he undergoes a month long experiment to assess the effects of fast food on his body. As you watch the video answer the questions below.

1. Worldwide, how many people eat at McDonald’s in an average day?

2. What are the three types of doctors that Morgan sees at the beginning of his experiment?

3. What is Morgan’s starting cholesterol and triglyceride levels?

Cholesterol:

Triglyceride:

4. What is Morgan’s starting weight and body fat percentage?

Weight:

Body Fat:

5. How many McDonald’s are in Manhattan?

6. What is Morgan’s girlfriend’s occupation?

7. How does Morgan feel after his first super size meal?

8. In the year 2000, one in five children will develop what (if their current diet doesn’t change)?

9. After five days on the McDonald’s diet, how many calories is Morgan getting?

10. How are chicken McNuggets made?

11. Who do the first graders recognize?

12. What is a calorie?

13. What is the health of Morgan’s liver at day 18? How about his blood pressure?

Blood Pressure:

Liver:

14. What is gastric-bypass surgery?

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

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

17. What were the results of the McDonalds’ court case?

**Final Assignment Questions: Value 30**

Answer the questions below **on your own paper**, and write a paragraph explaining your opinion.

1. Should fast food companies be held responsible for the obesity problems? Explain

the reasons for your opinion.

1. Does your school provide healthy choices for a nutritious lunch? What would you change

about the school lunches to make them more healthy? Provide specific examples (no

ranting)!

1. What can be done (provide specific recommendations) to help solve the obesity epidemic in the United States (or anywhere)?