

Super Size Me Movie Questions

NAME: _____

PERIOD: _____

Day 1

- 1) On the “chapter” page of the DVD, name 2 illnesses that are flashing in the upper left.
- 2) What fast food chains are the kids singing about in the opening screen?
- 3) What is the “fattest” state in America?
- 4) How many deaths per year are associated with obesity?
- 5) How many people does McDonald’s serve around the world every day?
- 6) What three types of doctors does Morgan ask to help?
- 7) Does Morgan have anything medically wrong with him before he starts?
- 8) How many calories per day does Morgan need?
- 9) How much does Morgan weigh before he starts?
- 10) What percentage of Americans gets NO exercise?
- 11) How many McDonald’s are in Manhattan alone?
- 12) What type of chef is Morgan’s girlfriend?

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- 13) What percentage of the time does the average American eat out?
- 14) What are some ways that McDonald's "lure" kids in?
- 15) How many serving of bread is a typical bagel?
- 16) How many tablespoons of sugar are in a 711 Double Big Gulp?
- 17) What is the "Toxic Environment?"
- 18) In the last 20 – 25 years how much has the incident of obesity increased?
- 19) If type II diabetes starts before 15 years of age, how many years LESS can one expect to live?
- 20) What organ is most affected by obesity?
- 21) After 5 days, Morgan has a weigh-in. How much does he weigh? How much has he gained?
- 22) How many days does it take for Morgan to feel "pressure" in his chest?
- 23) How many days does it take for Morgan to feel "depressed?"

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Day 2

- 1) How many commercials for food does the average child see each year? What percentage is for fast food?
- 2) What character do kids recognize most (and know the most about) when shown pictures?
- 3) How much does McDonald's spend per year on advertising?
- 4) How many times less is this than the healthy foods campaign?
- 5) Is it easy to find the nutritional information for McDonald's food?
- 6) What percent over his recommended weight is Morgan taking in?
- 7) At his second weigh-in, how much does Morgan weigh? How much did he gain total?
- 8) How many grams of sugar are in the lemonade? How does this compare to a coke?
- 9) How many meals in the school are actually cooked in one month?
- 10) Does it cost more to cook "good" food for a school?
- 11) Why do companies oppose schools getting rid of soda and soft drinks in schools?

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- 12) How many of the “fattest” 15 cities are in Texas?
- 13) What is the only state that requires daily physical education for all grades? Why is this significant?
- 14) How much exercise does the surgeon general recommend for children?
- 15) What is a calorie?
- 16) Why did Morgan lose weight at his third weigh-in?
- 17) What are some reasons that Morgan may be experiencing headaches?
- 18) What does Morgan’s follow-up blood work show?
- 19) How is food addiction similar to drug addiction?
- 20) What percentage of nutritionists believe that fast food is directly related to the obesity epidemic?
- 21) What types of measures do Americans prefer over using diet and exercise to control weight?
- 22) What does the doctor recommend after 21 days on the diet?

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Day 3

- 1) What does the spokesperson for the GMA state?
- 2) What are some of the companies he represents?
- 3) What slogan do the people who don't know the Pledge of Allegiance know?
- 4) How much did Morgan weigh at his final weigh in? How much weight did he gain over the month?
- 5) How many points did his cholesterol go up?
- 6) How much did his body fat go up?
- 7) What happened to his heart disease risk?
- 8) What happened to his sex drive?
- 9) What have schools in many states done in response to the McDonald's lawsuit?
- 10) What have food companies and fast food restaurants done to help with the obesity epidemic?
- 11) How many pounds of sugar did Morgan ingest during his diet?
- 12) How many pounds of fat did Morgan ingest during his diet?

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- 13) What city is now the “fattest” in America?
- 14) How many weeks did it take for his liver function to return to normal?
- 15) How long did it take Morgan to lose the weight he gained during his month-long diet?

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Super Size Me: Questions to ponder.....

Read the following questions and respond.

- 1) What can be done to reduce the obesity epidemic in the United States? What initiative(s) is currently being proposed in New York State?
- 2) How often do you eat fast food? Can you stop? Why or why not?
- 3) Did this movie change your idea about fast food?
- 4) Did this movie make you take a look at your own eating habits? How?
- 5) Should fast food companies be held responsible for the obesity problem in the United States? Why or why not?
- 6) Does our school provide nutritious meals? How can we change that?
- 7) Do you believe in food addiction? Why or why not?
- 8) Does our society promote an unhealthy attitude toward food? Why or why not?
- 9) How do fast food campaigns compare to healthy eating initiatives/campaigns? How can healthy initiatives raise more money for advocacy?
- 10) What is one current healthy initiative? Who is the main sponsor and what are they doing to promote health?