

Super Size Me Video Guide

Adapted from Arlington High School Health Education

Task: As you watch the film, *Super Size Me* answer the following questions.

1. On the “chapter” page of the DVD, name two illnesses that are flashing in the upper left.	
2. What fast food chains are the kids singing about in the opening scene?	
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 get NO exercise?	
11. How many McDonald’s are in Manhattan alone?	
12. What type of chef is Morgan’s girlfriend?	
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 servings of bread are in 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 age 15, how many years LESS can one expect to live?	
20. What organ is most effected 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?”	

24. How many commercials for food does the average child see each year? What percentage is for fast food?	
25. What character do kids recognize most (and know the most about) when shown pictures?	
26. How much does McDonald's spend on advertising per year?	
27. How many times more is this than the healthy foods campaign?	
28. Is it easy to find the nutritional information for McDonald's food?	
29. What percent over his recommended weight is Morgan taking in?	
30. At his second weigh in, how much does Morgan weigh? How much has he gained overall?	
31. How many grams of sugar are in the lemonade? How does this compare to a Coke?	
32. How many meals in the school are actually cooked in one month?	
33. Does it cost more to cook "good" food for a school?	
34. Why do companies oppose schools getting rid of soda and soft drinks in schools?	
35. How many of the "fattest" 15 cities are in Texas?	
36. What is the only state that requires daily physical education for all grades? Why is this significant?	
37. How much exercise does the surgeon general recommend for children?	
38. What is a calorie?	
39. Why did Morgan lose weight at his third weigh in?	
40. What are some of the reasons that Morgan may be experiencing headaches?	
41. What does Morgan's follow-up blood work show?	
42. How is food addiction similar to drug addiction?	
43. What percentage of nutritionists believe that fast food is directly related to the obesity epidemic?	
44. What types of measures do Americans prefer over using diet and exercise to control weight?	
45. What does the doctor recommend after 21 days on the diet?	
46. How many points did Morgan's cholesterol go up?	
47. How much did Morgan's body fat percentage go up?	

48. What happened to his heart disease risk?	
49. What happened to his sex drive?	
50. What have schools in many states done in response to the McDonald's lawsuit?	
51. What have food companies and fast food restaurants done to help with the obesity epidemic?	
52. How many pounds of sugar did Morgan ingest during his diet?	
53. How many pounds of fat did Morgan ingest during his diet?	
54. How many weeks did it take for Morgan's liver function to return to normal?	
55. How long did it take for Morgan to lose the weight he gained during his month-long McDonald's diet?	