

# Super-Size Me Film Worksheet

Name \_\_\_\_\_

Date \_\_\_\_\_

**Learning target:** I can explain the health effects of eating large amounts of fast food on my body.

**Directions:** Please answer the following questions based on the information you watch in the film today.

1. What is the 2<sup>nd</sup> (only to smoking) leading cause of preventable death in the U.S.? \_\_\_\_\_
2. This condition causes \_\_\_\_\_ deaths per year with associated related illnesses.
3. Each day \_\_\_\_\_ in \_\_\_\_\_ Americans visit a fast food restaurant.
4. McDonalds operates nearly \_\_\_\_\_ joints in 100 countries.
5. What percentage of the restaurants do McDonalds own in the U.S.? \_\_\_\_\_
6. How many days is Morgan going to eat a fast food only diet? \_\_\_\_\_
7. What are the three types of doctors that Morgan enlisted to help with this experiment?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
8. What are the three measurements of health that doctors checked in this film (e.g. triglycerides)?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
9. At the beginning of this film, is Morgan at a healthy weight (yes/no)? \_\_\_\_\_
10. The dietitian in the film recommended that Morgan have less than \_\_\_\_\_ grams of **saturated** fat.
11. One of Morgan's rules was that he would only \_\_\_\_\_ his meals if asked? Fast food is a major contributor to obesity because of this answer.

12. In the last 20-25 years, overweight or obesity has \_\_\_\_\_ in children?
13. List three problems this is linked to later in life.
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
14. 1 out of every 3 children born in the year 2000 will develop \_\_\_\_\_ in their lifetime.
15. How many Americans now have Type II diabetes, according to the Department of Health and Human Services? \_\_\_\_\_
16. How many years will a person lose if they have Type II diabetes before the age of 15?  
\_\_\_\_\_ to \_\_\_\_\_ years.
17. Direct medical costs have doubled from 1997 to 2002. They went from \_\_\_\_\_ to \_\_\_\_\_ in 2002.
18. What percent of children have abnormal liver tests? \_\_\_\_\_
19. How much did Jared Fogle, Subway Spokesman, weigh before he began the Subway diet? \_\_\_\_\_
20. How many calories a day is Morgan getting from eating fast food? \_\_\_\_\_
21. A regular size yogurt (without granola) at McDonalds has nearly the same amount of calories as a \_\_\_\_\_.
22. What percent of Morgan's body weight did he gain after the first week of eating only McDonalds?  
\_\_\_\_\_
23. In the film, the dietitian tells Morgan he is only getting \_\_\_\_\_ percent of the amount of vitamins and minerals he needs.
24. How many items on McDonald's menu do not contain any sugar? \_\_\_\_\_
25. After eating fast food for a while, Morgan develops an inflamed liver, also known as \_\_\_\_\_
26. Over the course of 30 days, how much weight did Morgan gain? \_\_\_\_\_ pounds

27. What are the three unhealthy side effects that Morgan experienced by following this type of diet for a month?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

28. **Reflection Question 1:** What do you believe are the biggest factors that contributed to Morgan's poor health in this film (eating McDonalds is not a valid response)? Please explain in detail.

29. **Reflection Question 2:** What would your recommendation be to Morgan in the future? Do you think he should limit fast food or not eat it at all? Please explain the reason for your choice.