

Obesity Unit: Health-related DVD: Super Size Me

PG-13, 96 minutes, 2004

Objective: To observe the detrimental effects of fast food on a person's health.

Rationale: Fast food is a big part of teenage culture (America, in general).

To do: Response to DVD (15 points)

Movie warning: This program is a documentary. There will be some profanity, a few sex references and drug references. There are no English subtitles for this program, so you need to pay attention.

Morgan Spurlock, from New York, decided to see what it would be like to go on a McDonald's diet for thirty days. He addresses the obesity problem in America. Complete the following questions according to the film. **Use complete sentences.** The more information you provide, the better your score. You may write on this sheet.

1. What were the rules/conditions of his McDonald's diet?
2. What part do schools play in teenage obesity?
3. What is a calorie? (to the best of your recording ability, according to the video)
4. What did the experts on the film say about food addiction?
5. How was this McDonald's diet affecting him/his health?
6. How has watching this film changed your thinking (if any) about fast food/your eating choices?

Teacher directions and notes:

1. From Amazon.com website for movie (fyi):

“Product Description

Documentary filmmaker Morgan Spurlock makes himself a test subject in this documentary about the commercial food industry. After eating a diet of McDonald's fast food three times a day for a month straight Spurlock proves the physical and mental effects of consuming fast food. Spurlock also provides a look at the food culture in America through it's schools corporations and politics. "Super Size Me" is a movie that sheds a new light on what has become one of our nation's biggest health problems: obesity.

Requirements: Running Time: 100 Min. Format: DVD MOVIE Genre: DOCUMENTARIES/MISC.

Rating: PG-13 UPC: 043396085435 Manufacturer No: 08543”

(Amazon.com, Inc., 2010, Supersize Me, Retrieved on 6/24/10 from http://www.amazon.com/Super-Size-Me-John-Banzhaf/dp/B0002OXVBO/ref=cm_lmf_tit_6_rsr0).

2. I made a worksheet for the students to fill out/take notes as they watched. If you have time, also view the extra called “The Smoking Fry.” It talks about how long the McDonalds foods take to break down. That was interesting.
3. It may be helpful to point out that condiments also add calories (and fat, etc.) to their meals.

4. *Fast Food Nation*, a fictionalized feature based on Eric Schlosser's bestselling nonfiction expose, could be another interesting account (if you have time). http://www.amazon.com/Fast-Food-Nation-Greg-Kinnear/dp/B000MEYKAU/ref=pd_sim_d_1
5. Extend the lesson: view: *Food, Inc.* http://www.amazon.com/Food-Inc-Eric-Schlosser/dp/B0027BOL4G/ref=pd_bxgy_d_img_b

“Product Description

6. Food, Inc. lifts the veil on our nation's food industry, exposing how our nation's food supply is now controlled by a handful of corporations that often put profit ahead of consumer health, the livelihood of the American farmer, the safety of workers and our own environment. Food, Inc. reveals surprising and often shocking truths about what we eat, how it's produced and who we have become as a nation” (Amazon.com, Inc., 2010, Food, Inc., Retrieved on 6/24/10 from http://www.amazon.com/Food-Inc-Eric-Schlosser/dp/B0027BOL4G/ref=pd_bxgy_d_img_b).
7. Extend the lesson: have students find nutrition facts of popular fast food items they consume (possibly from other restaurants) and make a graphic organizer of the information. They may also find healthier options from these places.

Helpful websites:

Some nutrition facts of McDonald's products: <http://www.thedailyplate.com/nutrition-calories/food/mcdonalds>

McDonald's nutrition: <http://www.nutritionsheet.com/facts/restaurants/fast-food/mcdonalds>

McDonald's condiments: <http://www.shapefit.com/mcdonalds.html>

National Healthcare Foundation Standards and Accountability Criteria:

- 1.1 Human Structure and Function
- 2.1 Concepts of Effective Communication
- 2.3 Written Communication Skills
- 3.1 Healthcare Delivery Systems
- 6.2 Ethical Practice
- 9.1 Healthy Behaviors