

Name _____ Date _____ Period _____



HUMAN BIOLOGY SUPER SIZE ME

1. Since 1980 the number of overweight Americans has _____.
2. Obesity is _____ only to smoking **as our nation's top** preventable health problems.
3. **How many McDonald's world wide?** _____ Restaurants in _____ countries on _____ continents.
4. **How many days did Morgan Spurlock eat at McDonald's for** this documentary? _____
5. How many doctors did he visit before he started the study? _____
6. **How would you rate Morgan's overall health when he started?** _____
7. What was his starting cholesterol? _____ Triglycerides? _____
8. How tall is Morgan? _____ What was his weight? _____ BMI rating? _____ % of body fat? _____
9. How many steps does the average American walk everyday? _____
10. Manhattan has more _____ (how many? _____) than anywhere else in the world.
11. **How do you feel about lawsuits against McDonald's and other fast food establishments?** _____
12. How have fast food restaurants changed their serving sizes over the years? _____
13. How many teaspoons of sugar in a 7-11 double big gulp (64 oz.)? _____ This amount equals one cup!
14. **When does Morgan "super size" his meals?** _____
15. **What did the "McGurples" turn into?** _____
16. **Name two ways McDonald's and other fast food restaurants attract young children:** _____

17. Name at least two health problems associated with obesity: _____

18. If current weight trends continue, 1 in 3 kids will develop diabetes later in life. In the past 5 years the direct medical costs for diabetes has _____.
19. What are your options when you have liver failure? _____
20. How much did Jared from the Subway Sandwiches commercials weigh before he lost weight? _____
21. Is there a link between ice cream and heart problems? _____
22. **How many calories is Morgan eating a day at McDonald's** _____
23. How much weight has he gained in 5 days? _____
24. Morgan says he doesn't **really ever feel hungry but, he wants to eat** _____.
25. The average American child sees _____ advertisements a year for sugared cereal, soda pop, fast food and candy.
26. What picture did all of the elementary kids recognize? _____
27. **Is nutrition information always available in the McDonald's stores?** _____
28. How much weight has Morgan gained in twelve days? _____
29. Have school lunch choices changed for the better or worse? _____
30. Why are some companies opposed to removing soda machines from schools?

31. Texas has _____ of the top 15 fattest cities in America.
32. Do kids in America get enough physical exercise/education in school? _____
33. Day 18: Morgan feels his body officially _____ him and he feels terrible.
34. **What has happened to Morgan's blood pressure and cholesterol?** _____
35. **How is Morgan's mood affected by eating?** _____
36. Nutritionists believe that _____ is a major contributor to the obesity epidemic in America.

37. We spend _____ times more money on diet gimmicks than on exercise and health.
38. What surgery can obese patients have that will reduce their stomach size to that of an apple? _____
39. On day 21 Morgan woke up in the middle of the night and thought that he was _____.
40. **What major vital organ are Morgan's doctors most worried about?** _____
41. **At the end of 30 days, Morgan will have eaten as much McDonald's food as most nutritionists say you should eat in _____ years.**
42. **List Morgan's final weight: _____ (difference? _____);**
Cholesterol: _____ and body fat: _____
43. How much sugar did Morgan consume in the last month? _____
Fat? _____
44. Give a brief summary of your feelings after seeing the documentary:
- _____
- _____
- _____
- _____
- _____