

“Supersize Me” Worksheet

You will need to use looseleaf for some of the responses.

What are the three types of doctors he sees?

What are his starting blood levels and health levels?

What is his starting weight and body fat percentage?

How many McDonald’s are in Manhattan?

What does his girlfriend do?

What is his first meal?

How does he feel 10 minutes into his first supersize meal?

What is known as a “toxic environment”?

In the year 2000, one in five children will develop what? (if their current diet doesn’t change)

After five days on the McDonald’s diet, how many calories is he getting?

How are chicken McNuggets made?

Who did the first graders recognize?

What is the “fattest” state? What city?

What is a calorie?

What is the general health of his liver?

Explain what a gastric-bypass is

On day 21, what does his doctors tell him to do?

What are the results of his final weigh in?

What is the result of the court case?

Thought Questions:

- What can be done about the obesity problem in the Canada?
- How often do you eat fast food? Do you feel you could stop?
- Should fast food companies be held responsible for the obesity problem? Why?
- What are your thoughts on fast food?
- Do you believe that people can have food addictions? Why or why not?