

## **SUPERSIZE ME**

### **Teacher's part**

#### **Scene order** *(in bold : scenes with figures or elements to find)*

- <b>Introduction</b> (hide subtitles)	
☞ Visit to doctors + health center (show subtitles)	
☞ <b>Walking</b> (hide subtitles)	
☞ Girlfriend + last meal (show subtitles)	
☞ <u>Day 1</u> : interviews (show subtitles)	12-16
☞ <b>Mr Banzhaf : ways to lure in children</b> (hide subtitles)	16-17
☞ <b>Evolution in food and drink sizes</b> (hide subtitles)	18-20
☞ First supersize meal (+ vomiting)	20-22
☞ Toxic environment	22-23
☞ <u>Day 3</u> : is fat the next tobacco?	23-26
☞ Brand imprinting for later actuation in life	26-27
☞ <u>The impact</u> : + figures about social cost and risks	27-30
☞ <b>Jared Fogle</b> (hide subtitles during speech, show after)	30-32
☞ Baskin-Robbins heir	32-34
☞ <b>Yoghurt vs sunday</b> (hide subtitles)	34-35
☞ <b>First weigh-in</b> (hide subtitles)	35-36
☞ Street interviews : how often do you eat fast food? (show subtitles)	36-37
☞ Chicken nuggets	37-39
☞ Medical checkup after 9 days	39-40
☞ <b>Don Gorske</b> (Big Mac eater) (hide subtitles)	40-42
☞ <b>Impact of TV commercials on kids</b> + recognising photos	42-46
☞ <u>Day 10</u> : Nutrition information	
☞ First blood analysis + second weigh-in	48-49
☞ Food in US schools	49-56
☞ <u>Day 13</u> : Texas	56-59
☞ Sport in US schools	59-1.01
☞ <b>What is a calorie ?</b>	.01-1.02
☞ <u>Day 17</u> : to be a vegetarian or not to be ?	1.02-1.04
☞ <u>Day 18</u> : sugar , third weigh-in and medical checkup	1.04-1.09
☞ <u>Addiction</u> : dieticians' advice	1.09-1.11
☞ Stomach operation	1.11-1.17
☞ <u>Day 21</u> : feeling miserable, medical check-up : warning	1.17-1.18
☞ <u>Day 22</u> : Pledge of allegiance in front of White House	1.20-1.21
☞ <u>Day 25-27</u> : Attempts to speak to McDo's spokesperson on phone	
☞ <u>Day 29-30</u> : detox diet ready, last supper, last medical check-up	1.23-1.27
☞ Final news	1.27

### **Figures quoted during the introduction** (25)

### **Teacher's part**

- ∞ 100 M Americans are overweight or obese  
= more than 60 % of all adults in the US
- ∞ since 1980, total number of overweight people has doubled (twice as many children, three times as many teenagers)
- ∞ Mississippi = fattest state in the US , 1 person in 4 obese
- ∞ West Virginia : 3<sup>rd</sup> fattest state
- ∞ obesity = second cause of mortality after smoking  
400,000 preventable deaths per year because of related illnesses
- ∞ in 2002 : 2 teenagers sued « those bastards » :  
first : 14 years old, 4'10" (=1.47m) and weighed 170 lbs (=77kg),  
the other : 19 years old, 5'6" (=1,67m) and weighed 270 lbs (=122kg)
- ∞ each day, 1 in 4 Americans visits a fast food restaurant
- ∞ 30,000 McDonald's joints in over 100 countries on 6 continents
- ∞ they feed more than 46 M people a day worldwide (more than population of Spain)
- ∞ McDonald's in the US = 43% of all fast food restaurants (= market shares)
- ∞ the journalist will eat nothing but Mc Donald's for 30 days straight

### **Useful vocabulary** (introduction)

junk food  
wallet  
waistline  
a shopping mall  
on behalf of  
to sue - to file a lawsuit  
to state a claim  
corporate responsibility  
golden arches  
global (cf globalisation)  
to put the blame on

**Reminders** : 1lb (pound) = 453g  
1 oz (ounce) : 28.35 g  
1 inch = 2.54 cm  
1 foot = 30.48 cm  
1 mile = 1.609 m

### **Figures after visits to doctors** (15)

- 60% of Americans get no exercise
- 2,000 steps= 1 mile
- 2,500 to 3,000 steps a day if person working in office
- 5,000 steps a day = average American
- in NY, people walk on average 4 to 5 miles a day (= 6 to 8 km)
- 3 Mc Donald's restaurants in 1 mile on his way to office
- Manhattan = less than 13 miles long, 2 miles wide, 22.4 sq miles (= 60 km<sup>2</sup>)
- 83 Mc Donald's restaurants in Manhattan = 4 per sq mile (= 2 per km<sup>2</sup>) = largest concentration worldwide
- twice as many Mc Donald's as Burger King
- more than all other fast food restaurants combined

### **Useful vocabulary**

- above average
- to embark on a one-month binge (faire des excès)
- a thorough exam
- to fast
- outstanding general health
- to feel miserable
- a food log (journal de bord)
- organic food
- a Mc Donald shack
- to lure the kids in

All the ways to lure the children in : playgrounds (often the only one around), birthdays parties, pioneered the Happy Meal with toys, the clown, cartoons on TV featuring the clown

### **First day**

- sensible portion of meat = 3 ounces (85g) = size of a deck of cards
- usually in restaurants : 4 to 5 times the size
- ☞one bagel = 5 slices of bread
- ☞original size of french fries when Mc Donald first opened = now small = 200 calories
- ☞supersize fries = 600 calories
- ☞when Burger King first opened : the 12 oz drink was small, the 16 oz was large
- ☞now : 12 oz (33cl) = kiddie, 16 oz (45 cl) = small, 32 oz (= 90cl) = medium, 42 oz (120cl) = large
- ☞at 7/11 : drinks up to 64 oz (almost 2 liters) = half a gallon : 600 to 800 calories depending on the amount of ice = 48 teaspoons of sugar

### **Second day**

- Toxic environment = constant access to cheap, fat-laden food
- Gas stations sell more candies and soda than gas
- 3 million soda vending machines = one for every 97 American
- 17 million Americans suffer from diabetes = 1/20
- If diabetes starts before the age of 15, you can lose between 17 and 27 years of life span
- Direct cost of diabetes has doubled in the past 5 years, from 44 billion \$ in 1997 to 92 billion dollars in 2002
- 20% of obese children have abnormal liver functions. Half of them have scarring = early stages of cirrhosis = as adults : either transplant or death.

### **Useful vocabulary**

- Walking has become such a chore
- I've got a weird feeling
- It's freaky
- to quit smoking
- obesity will overtake smoking as the leading cause of preventable death
- to hector somebody (harceler)
- mind your own business

### **Final outcome of experiment (after it's over)**

- final weight : 210 lbs (= 95.25 kg)
- original weight : 185.5 lbs
- final news : lawsuit dismissed (girls couldn't prove eating McDo's food was the cause of their injuries)
- final medical results :
  - he gained 24.5 lbs (= 11 kg)
  - liver turned to fat
  - cholesterol increased by 65 g
  - body fat % : increased from 11% to 18 % (national average = 22% for men, 30% for women)
  - doubled the risk of coronary heart disease (now twice as likely to have heart failure)
  - felt depressed and exhausted, mood changed, sex life non-existent
  - massive cravings for food and headaches (when didn't get it)

Doctors doubt these results will ever get back to normal : if had gone on, would have developed a coronary heart disease.

Doctors' opinions about fast food :

- 1: should be balanced with healthy diet and exercise
- 2: doesn't need to be disgusting, could be nutritious
- 3: cheap food which keeps you full, you get your money's worth

Recommendation : no fast food for a year

Doctor would never have thought it would damage the liver in that way

Impact of initial lawsuit : several schools have banned sugary soft drinks in schools

## Student's part

## SUPERSIZE ME

### DETAILED QUESTIONNAIRE (figures)

#### Figures quoted during the introduction (25)

- ∞ \_\_\_\_\_ Americans are overweight or obese  
= more than \_\_\_\_\_ of all adults in the US
- ∞ since \_\_\_\_\_, the total number of overweight people has \_\_\_\_\_ (\_\_\_\_\_ as many children, \_\_\_\_\_ times as many teenagers)
- ∞ Mississippi = fattest state in the US, \_\_\_\_\_ person in \_\_\_\_\_ is obese
- ∞ West Virginia : \_\_\_\_\_ fattest state
- ∞ obesity = \_\_\_\_\_ cause of mortality after smoking  
\_\_\_\_\_ preventable deaths per year because of related illnesses
- ∞ in \_\_\_\_\_ : \_\_\_\_\_ teenagers sued « those bastards » :  
first : \_\_\_\_\_ years old, size : \_\_\_\_\_ (=1.47m) and weight \_\_\_\_\_ lbs (=77kg),  
the other : \_\_\_\_\_ years old, size : \_\_\_\_\_ (=1,67m) and weight \_\_\_\_\_ lbs  
(=122kg)
- ∞ each day, \_\_\_\_\_ Americans visits a fast food restaurant
- ∞ there are \_\_\_\_\_ McDonald's joints in over \_\_\_\_\_ countries on \_\_\_\_\_ continents
- ∞ they feed more than \_\_\_\_\_ M people a day worldwide (more than population of Spain)
- ∞ McDonald's in the US = \_\_\_\_\_ of all fast food restaurants (= market shares)
- ∞ the journalist will eat nothing but Mc Donald's for \_\_\_\_\_ days straight

#### Useful vocabulary (introduction)

junk food  
wallet  
waistline  
a shopping mall  
on behalf of  
to sue - to file a lawsuit  
to state a claim  
corporate responsibility  
golden arches  
global (cf globalisation)  
to put the blame on

**Reminders** : 1lb (pound) = 453 g  
1 oz (ounce) = 28.35 g  
1 foot = 30.48 cm  
1 inch = 2.54 cm  
1 mile = 1.609 m

#### Figures after visits to doctors (15)

- \_\_\_\_\_ of Americans get no exercise
- \_\_\_\_\_ steps = \_\_\_\_\_ mile
- \_\_\_\_\_ to \_\_\_\_\_ steps a day if the person is working in an office
- average American walks \_\_\_\_\_ steps a day
- in NY, people walk on average \_\_\_\_\_ miles a day (= 6 to 8 km)
- \_\_\_\_\_ Mc Donald's restaurants in \_\_\_\_\_ mile on his way to office
- Manhattan = less than \_\_\_\_\_ miles long, \_\_\_\_\_ miles wide, \_\_\_\_\_ sq miles  
(= 60 km<sup>2</sup>)
- \_\_\_\_\_ Mc Donald's restaurants in Manhattan = \_\_\_\_\_ per sq mile (= 2 per km<sup>2</sup>) =  
largest concentration worldwide
- \_\_\_\_\_ as many Mc Donald's as Burger King
- more than all other fast food restaurants combined

### **Useful vocabulary**

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- to embark on a one-month binge (faire des excès)
- a thorough exam
- to fast
- outstanding general health
- to feel miserable
- a food log (journal de bord)
- organic food
- a Mc Donald shack
- ∞to lure the kids in

Quote all the ways to lure the children in (5) :

### **First day**

- sensible portion of meat = \_\_\_\_\_ ounces (85g) = size of a deck of cards
- usually in restaurants : \_\_\_\_to \_\_\_\_times the size
- ∞one bagel = \_\_\_\_ slices of bread
- ∞original size of French fries when Mc Donald first opened = now small = \_\_\_\_\_ calories
- ∞supersize fries = \_\_\_\_\_ calories
- ∞when Burger King first opened : the \_\_\_\_\_ oz drink was small, the \_\_\_\_\_ oz was large
- ∞now : \_\_\_\_\_ oz (33cl) = kiddie, \_\_\_\_\_ oz (45 cl) = small, \_\_\_\_\_ oz (= 90cl) = medium, \_\_\_\_\_ oz (120cl) = large
- ∞at 7/11 : drinks up to \_\_\_\_\_ oz (almost 2 liters) = half a gallon : \_\_\_\_\_ to \_\_\_\_\_ calories depending on the amount of ice = \_\_\_\_\_ teaspoons of sugar

### **Second day**

What is a toxic environment ?

Gas stations sell more \_\_\_\_\_ than gas

- \_\_\_\_\_ million soda vending machines = one for every \_\_\_\_\_ American

- \_\_\_\_\_ million Americans suffer from diabetes = \_\_\_\_\_

-If diabetes starts before the age of \_\_\_\_\_, you can lose between \_\_\_\_\_ and \_\_\_\_\_ years of life span

-Direct cost of diabetes has \_\_\_\_\_ in the past \_\_\_\_\_ years, from \_\_\_\_\_ billion \$ in \_\_\_\_\_ to \_\_\_\_\_ billion dollars in \_\_\_\_\_

- \_\_\_\_\_ of obese children have abnormal liver functions. \_\_\_\_\_ of them have scarring = early stages of cirrhosis = as adults : either transplant or death.

### **Useful vocabulary**

- Walking has become such a chore
- I've got a weird feeling
- It's freaky
- to quit smoking
- obesity will overtake smoking as the leading cause of preventable death
- to hector somebody (harceler)
- mind your own business

## **SUPERSIZE ME**

### **USEFUL VOCABULARY**

#### **Useful vocabulary** (introduction)

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wallet  
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to sue - to file a lawsuit  
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to put the blame on

**Reminders** : 1lb (pound) = 453g  
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#### **Useful vocabulary** (after visits to doctors)

-above average  
-to embark on a one-month binge (foire des excès)  
-a thorough exam  
-to fast  
-outstanding general health  
-to feel miserable  
-a food log (journal de bord)  
-a Mc Donald shack  
-organic food

#### **Useful vocabulary** (first and second day)

-to gain weight / to put on weight  
-a cab  
-to lure the kids in  
-to pioneer the happy meal  
-to be concerned about the kids  
-it's like a workout  
-to get a stomachache  
-to belch  
-to puke  
-walking has become such a chore  
-I've got a weird feeling  
-It's freaky  
-to quit smoking  
-obesity will overtake smoking as the leading cause of preventable death  
-to hector somebody (harceler)  
-mind your own business

**USEFUL VOCABULARY****Useful vocabulary**

- junk food
- wallet
- waistline
- a shopping mall
- on behalf of
- to sue - to file a lawsuit
- to state a claim
- corporate responsibility
- golden arches
- global (cf globalisation)
- to put the blame on somebody / to blame somebody
- above average
- to embark on a one-month binge\*
- a thorough exam
- to fast
- outstanding general health
- to feel miserable
- a food log (journal de bord)
- a Mc Donald shack\*
- organic food
- to gain weight / to put on weight
- a cab
- to lure the kids in
- to pioneer the happy meal
- to be concerned about the kids
- it's like a workout
- to get a stomachache
- to belch
- to puke\*
- walking has become such a chore
- I've got a weird feeling
- It's freaky\*
- to quit smoking
- obesity will overtake smoking as the leading cause of preventable death
- to hector somebody
- mind your own business
- 17 years lifespan
- the liver
- to feel like crap\*
- to be athletic
- it's gross\*
- it's balloney\*
- a nugget
- to freak out
- to close down
- cost-efficient = cost-effective= profitable

**Reminders** : 1 lb (pound) = 453g  
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