

SUPERSIZE ME

Teacher's part

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

- Introduction (hide subtitles)	
☞ Visit to doctors + health center (show subtitles)	
☞ Walking (hide subtitles)	
☞ Girlfriend + last meal (show subtitles)	
☞ <u>Day 1</u> : interviews (show subtitles)	12-16
☞ Mr Banzhaf : ways to lure in children (hide subtitles)	16-17
☞ Evolution in food and drink sizes (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
☞ Jared Fogle (hide subtitles during speech, show after)	30-32
☞ Baskin-Robbins heir	32-34
☞ Yoghurt vs sunday (hide subtitles)	34-35
☞ First weigh-in (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
☞ Don Gorske (Big Mac eater) (hide subtitles)	40-42
☞ Impact of TV commercials on kids + 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
☞ What is a calorie ?	.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 : 3rd 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 km²)
- 83 Mc Donald's restaurants in Manhattan = 4 per sq mile (= 2 per km²) = 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)

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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 km²)
- _____ Mc Donald's restaurants in Manhattan = _____ per sq mile (= 2 per km²) =
largest concentration worldwide
- _____ 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

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

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USEFUL VOCABULARY

Useful vocabulary (introduction)

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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

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