Supersize me

First Extract: Chapter 1 (47seconds) - Soundless -

1- Who do you think they are?………………………………………………………………………

2- Where are they? ……………………………………………………………………………….

3- What are they doing?…………………………………………………………………………..

4- What may the song be about?

- ❑ Food
- ❑ Sport
- ❑ Nature
- ❑ Holidays
- ❑ Chicken story
- ❑ Religion

First Extract: Chapter 1 (47seconds)

Now, listen carefully and check if your impressions were good……

1- Do you recognise some famous food restaurants' names?   Yes/No
Which ones?

- ❑ Kentucky Fried Chicken
- ❑ Pizza Hut
- ❑ Mac Donalds
- ❑ Dominoes Pizza
- ❑ Burger King
- ❑ Wendys

Second extract: Chapter 1 (47seconds – 1'55)

1- What is bigger in America than anywhere else in the world?

- ❑ Restaurants
- ❑ Cars
- ❑ Beaches
- ❑ People
- ❑ Houses
- ❑ Animals
- ❑ Companies
- ❑ Food
- ❑ Skyscrapers

America now has become the _____ in the world.
Everything is _____ in America than anywhere else in the world.

2- Describe what you saw in the movie extract:
_____
_____
_____
_____
_____

3- What can you say about the way American people look ?……………………………………….
 Do you think they all look like that?…………………………………………………………..

4- To your mind, is this a stereotyped vision of the American society? Why?
……………………………………………………………………………..…………………………..

Third extract : Chapter 1 (2'49) - Frozen Image -

1- The Newspaper Front Page
Read the article and match the words with their right definitions

❑ Processed snacks	❑ It is going up!
❑ Junk food	❑ Food that is not good for your health. It is usually full of fat or sugar!
❑ A diet	❑ The way you eat
❑ Obesity is <u>soaring</u>	❑ Scare/make someone be afraid
❑ threaten	❑ Already-made food that can be eaten at any time of the day

2- *According to the newspaper:*

-Obesity can only be found in America | True | False |

-Fast foods are appreciated and popular in Europe too | True | False |

Third Extract : Chapter 1 (2'49-3'00) - Visual Representation of the Article-

1- What does the map show you?………………………………………………………………
2- You can deduce that…..
- ❑ Mac Donald has not widespread everywhere in the world
- ❑ Mac Donald has widespread all around the world
- ❑ Mac Donald is not the international leader of fast food industry

Fourth Extract: Chapter 1 (3'58- 4'17)

1- What is the central/main question of the documentary?
- ❑ Is Mac Donald that bad for you?
- ❑ Is fast food really that bad for you?
- ❑ Are hamburgers good for your health?

2- The man asks if he eats only but Mac Donald for 30 days straight, would he be …………
- ❑ on the fast track to become an obese American
- ❑ a really slim and healthy American

The man asks if he eats only but Mac Donald for 30 days straight, would it be ……………………
- ❑ unreasonably dangerous
- ❑ Really good

Fifth Extract: Chapter 1 & 2 - the movie - (4'17- 5'06)

1- Describe as much food as you could see:
_____
_____
_____

2- Where are people eating their food? …………………………………………………………………

Sixth Extract: Chapter 4 (15'13 –15'35) - The Rules -

Just for fun a woman is interviewed, spot her accent… What nationality is she?

1- Rules of the Mac Diet: N°1 He can only ………………..when asked.
                             N°2 He can only eat food from ………………
                             N°3 He has to have ……………………… on the menu
                             N°4 He must eat ………..meals a day

Seventh Extract: Chapter 8 (37'10 – 37'48)

The man interviews some people about their eating habit
1- Do they eat Mac Donald's?…………………………………………………………………….
2- How often?

❑ never	❑ Four times a week	❑ Every week
❑ Once a week	❑ Everyday	❑ Once a month
❑ Twice a week	❑ Many times a day	❑ twice a year

3- Do they super size their meals?…………………………………………………………………...
4- Look at these people, do they look obese?…………………………………………………..
   Conclusion: ……………………………………………………………………………………

Final Extract: Chapter 19 (1'30'02 – 1'30'44)- The Results of the Mac Diet-

1- The consequences of the Mac Diet on this man are ….   ❑ Positive   ❑ Negative

Have you understood the consequences of the Mac Diet on this man?

He has gained 24 and a half pound! He has put on weight really quickly.	True	False
He has got no cholesterol after the Mac Diet.	True	False
He felt depressed and exhausted all the time during the experience.	True	False
He has doubled the risk of a heart disease.	True	False
He is three times more likely to have a heart failure now!	True	False
His sex life was very active during the Mac Diet	True	False
He ended up being addicted to Mac Donald food !	True	False