

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?

- | | |
|---------------------------------|--|
| <input type="checkbox"/> Food | <input type="checkbox"/> Holidays |
| <input type="checkbox"/> Sport | <input type="checkbox"/> Chicken story |
| <input type="checkbox"/> Nature | <input type="checkbox"/> 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?

- | | |
|---|---|
| <input type="checkbox"/> Kentucky Fried Chicken | <input type="checkbox"/> Dominoes Pizza |
| <input type="checkbox"/> Pizza Hut | <input type="checkbox"/> Burger King |
| <input type="checkbox"/> Mac Donalds | <input type="checkbox"/> Wendys |

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

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

- | | | |
|--------------------------------------|----------------------------------|--------------------------------------|
| <input type="checkbox"/> Restaurants | <input type="checkbox"/> People | <input type="checkbox"/> Companies |
| <input type="checkbox"/> Cars | <input type="checkbox"/> Houses | <input type="checkbox"/> Food |
| <input type="checkbox"/> Beaches | <input type="checkbox"/> Animals | <input type="checkbox"/> 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
- Junk food
- A diet
- Obesity is soaring
- threaten
- It is going up!
- Food that is not good for your health. It is usually full of fat or sugar!
- The way you eat
- Scare/make someone be afraid
- 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
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-Fast foods are appreciated and popular in Europe too

True	False
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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 onlywhen asked.
 - N°2 He can only eat food from
 - N°3 He has to have on the menu
 - N°4 He must eatmeals 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?

- | | | |
|---------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> never | <input type="checkbox"/> Four times a week | <input type="checkbox"/> Every week |
| <input type="checkbox"/> Once a week | <input type="checkbox"/> Everyday | <input type="checkbox"/> Once a month |
| <input type="checkbox"/> Twice a week | <input type="checkbox"/> Many times a day | <input type="checkbox"/> 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