

Viewing Guide for "Super Size Me", Morgan Spurlock

Directions: Please answer all questions. You won't quite finish the movie in class. Go to my website or HULU on the web to finish at home

**Directions:**

1. Watch the movie and take notes on the following questions.
2. Write a paragraph about the movie and your thoughts on it.
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1

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2



Name \_\_\_\_\_ Block \_\_\_\_\_

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### *DURING THE MOVIE...*

1. What is a major reason why Morgan Spurlock decides to try this "experiment"?
2. Describe his health status BEFORE starting the McDonald's diet.
3. How does he change his walking or exercising routine for this time period?
4. List out his rules for this project.
5. Describe several examples of how our idea of one serving size has become distorted in