

Super Size Me Worksheet

The worksheet below is meant to reinforce the points discussed in the movie Super Size Me. In order to answer these questions, please go to Mr. Barrs' Wiki page on the Middle School Section of the Carol Morgan School Website and click on the link "Overweight and Obesity Rates in the USA". You are expected to turn this in during your next Health class for a responsibility grade.

Use **Table 1** to answer questions 1-3.

1. From the latest statistics available (2003-04), what percent of American's are overweight? (Note: The statistics for overweight include those classified as Obese.) _____
2. What percent are Obese during this same time period? _____
3. Based on Table 1, is the American public getting healthier or less healthy? _____

Use the text titled "**US Obesity at an All-Time High**" to complete the missing information on questions 4-10.

4. According to former US Surgeon General David Satcher, obesity counts for _____ premature deaths per year.
5. Obesity raises our risk for _____, diabetes, _____, high blood pressure, cancer and other chronic diseases.
6. "Even a modest weight loss of 5-10% of body weight decreases _____, cholesterol and blood sugars," says Dr. Zebrack.
7. She advocates choosing an activity that you _____ and can fit into your daily life. And little things add up, she says. "Take a walk around the block. Park farther than usual from work or shopping. Take one or more flight of stairs instead of the elevator. Reduce _____ like TV, video games and computer use."
8. Physical activity is vital to weight loss and a healthier body, says Dr. Zebrack. "Building _____ helps to burn more calories," she points out.
9. "Your goal for physical activity should be at least _____ minutes per day, _____ days per week, although some experts are now recommending we raise that goal to an hour per day."
10. Behavioral changes play a necessary part in any weight-loss program, and Dr. Zebrack recommends the following:
 - Eat your heaviest meal in the _____ or at _____
 - Drink a glass of water before eating
 - Eat more _____
 - Eat _____ portions
 - Limit the number of meals eaten out, especially fast food
 - Keep healthy snacks easily at hand around the house and at work
 - Get social support from friends and relatives, or from established programs.