Supersize Me in 7 mins

eslvideo.com Quiz by: rmd

1.) What is Morgan's cholesterol level at the beginning of the 30-day challenge?

○ a.) 268

○ b.) 68

○ c.) 168

2.) What did Morgan have for breakfast on the first day?

○ a.) Big Mac

○ b.) Egg McMuffin

○ c.) Double Quarter Pounder with Cheese

3.) What did he order that came with a large Coke and big French fries?

○ a.) Egg McMuffin meal

○ b.) Big Mac meal

○ c.) Double Quarter Pounder with Cheese meal

4.) How did he feel after the meal?

○ a.) He got a headache.

○ b.) He got a stomachache.

○ c.) He got a toothache.

5.) What did the speaker mention about the chicken used in McNuggets?

○ a.) Made from old chickens

○ b.) Made from chickens with large breasts

○ c.) Made from organic chickens

6.) What did the lawsuit against McDonald's claim about the processing of their foods?

○ a.) Processing makes the foods healthier.

○ b.) Processing has no effect on the foods.

○ c.) Processing makes the foods more harmful.

7.) What did Judge Robert Sweet refer to McNuggets as?

○ a.) A fast-food delicacy.

○ b.) An McFrankenstein creation.

○ c.) A healthy food option.

8.) What physical symptom did Morgan describe feeling on day 3?

○ a.) Chest pressure

○ b.) Headache

○ c.) Joint pain

9.) How did Morgan feel emotionally after consuming the Double Quarter Pounder with Cheese meal?

○ a.) Happy

○ b.) Depressed

○ c.) Energetic

10.) What did the speaker mention about the vitamins in the food consumed?

○ a.) Above recommended levels

○ b.) Below recommended levels

○ c.) Exactly at recommended levels

11.) What was the doctor's advice?

○ a.) Eat more vegetables.

○ b.) Stop eating the McDonald's food.

○ c.) Exercise more often.

12.) How much sugar did Morgan consume in 30 days of eating only McDonald's food?

○ a.) 3 pounds

○ b.) 13 pounds

○ c.) 30 pounds

13.) What happened to the speaker's cholesterol levels after consuming only McDonald's food for 30 days?

○ a.) Decreased by 65 points

○ b.) Increased by 65 points

○ c.) Increased by 165 points

14.) What was the final outcome of the speaker's 30-day McDonald's diet?

○ a.) Improved health

○ b.) Increased risk of heart failure

○ c.) No change in body fat percentage

Gap-fill

Complete these sentences with the words in the box.

Wordbank

exhausted **quit smoking** **barely** **medical** **depressed** **consumed** **preservatives** **function** **processing** **pathetic**

1.) Is fast food really that bad for you? I mean, what would happen if I ate nothing but McDonald's for 30 days straight? I knew if I was going to do this, I would need some serious _____ supervision.

2.) "Your blood tests are excellent. Your sodium cluster of 168 is superb. In terms of salts in your blood, your kidney _____, your liver function, they were all perfect. "

3.) "Yeah, could I get the double quarter-pounder with cheese meal? Look at that coke; it _____ fits in there. Look how big that french fry is. That thing is like 4 feet tall, double quarter-pounder. "

4.) I made it over the three-day hump. You know, when you ____ _____, I don't know how many of you out there smoke cigarettes, but you should stop. I quit smoking, and there's the 3-day hump. If you can make it over those three days without smoking one cigarette, you can make it past day one, day two, day three, you make it over the hump, you're fine. Same thing with this. I made it past day three; I'm alright.

5.) The lawsuit against them, McDonald's, stated in their defense that it's a matter of common knowledge that any _____ that its foods undergo serves to make them more harmful than unprocessed foods originally created.

6.) Originally made from old chickens that can no longer lay eggs, McNuggets are now made from chickens with unusually large breasts. They're stripped from the bone and ground up into a sort of chicken mash, which is then combined with all sorts of stabilizers and _____, pressed into familiar shapes, breaded, deep-fried, freeze-dried, and then shipped to a McDonald's near you.

7.) I don't feel good today, not that I feel sick, but, um, I just feel really _____, you know, for no reason. I mean, things are going great, I've got a good day. I just feel really, yeah.

8.) Walking up the stairs has gotten. . . to start to get really difficult. . . by the time I get to the top, it's really _____.

9.) Over the course of my McDonald's diet, I _____ thirty pounds of sugar from their food. That's a pound a day. On top of that, I also took in 12 pounds of fat. In only 30 days of eating nothing but McDonald's, I gained twenty-four and a half pounds. My liver turned to fat, and my cholesterol shot up sixty-five points.

10.) I felt depressed and _____ most of the time. My mood swung on a dime, and I craved this food more and more when I ate it and got massive headaches when I didn't.

Transcript

Is fast food really that bad for you? I mean, what would happen if I ate nothing but McDonald's for 30 days straight? I knew if I was going to do this, I would need some serious medical supervision.

\"Your blood tests are excellent. Your sodium cluster of 168 is superb. In terms of salts in your blood, your kidney function, your liver function, they were all perfect.\" It's the first day, and I'm on my way to breakfast. I got my Egg McMuffin; that's gonna be the first thing right there.

\"Oh, I love Big Macs. If you see this, this is probably the first time in a long time that I've ever seen a Big Mac that looks like the picture.\" \"Yeah, could I get the double quarter-pounder with cheese meal? Look at that coke; it barely fits in there. Look how big that french fry is. That thing is like 4 feet tall, double quarter-pounder.\"

I pull off, boom, boom. See, now is the time of the meal when you start getting the Mick stomachache. I know, I got some aghast. That's rockin' my arm for you. Spender, my arms. I feel like I got some McSweats going. My arms got to make twitches going in here from all the sugars going in my body right now, and I'm dying.

Let's make me puke. Hurry. Yeah, this dummy feels horrible this morning. It doesn't feel good at all. I'm getting this really weird feeling right in my midsection. Like, \"Bass! Like this be freaky.\" That is very odd. Yeah.

13:39. I made it over the three-day hump. You know, when you quit smoking, I don't know how many of you out there smoke cigarettes, but you should stop. I quit smoking, and there's the 3-day hump. If you can make it over those three days without smoking one cigarette, you can make it past day one, day two, day three, you make it over the hump, you're fine. Same thing with this. I made it past day three; I'm alright. The lawsuit against them, McDonald's, stated in their defense that it's a matter of common knowledge that any processing that its foods undergo serves to make them more harmful than unprocessed foods originally created.

\"From old chickens that can no longer lay eggs, McNuggets are now made from chickens with unusually large breasts. They're stretching the bone and ground up into a

sort of chicken mash, which is then combined with all sorts of stabilizers and preservatives, pressed into familiar shapes, breaded, deep-fried, freeze-dried, and then shipped to a McDonald's near you.\" Judge Robert Sweet called them an \"amick Frankenstein creation of various elements not utilized by the home cook.

There's been new things I've started to have, like losing chest pains, not chest pains, but like pressure, you know if you're like, I got pressure on my chest. So, uh, that figure, that's probably not a good thing. I get the double quarter-pounder with cheese value meal. I don't feel good today, not that I feel sick, but, um, I just feel really depressed, you know, for no reason. I mean, things are going great, I've got a good day. I just feel really, yeah. I got my chicken group. There's no chicken group. That's my cholesterol group.

I got my protein group, kind of a treat-my-meat group. You got meat, meat, sugar, and fat. My headache's coming back again. It feels like somebody's yanking on the tendons behind my eyes. My body officially hates me. All the vitamins that you see here, vitamin E, thiamine, riboflavin, niacin, and so on, are all under 50% of what you need.

\"The total was 165 before, now it's 225. The liver is sick, yeah, and the most likely cause of your liver sickness is a fatty liver.\" My advice to you is to stop doing what you're doing because it's sweating you, uh-uh.

I woke up, couldn't breathe without real difficulty breathing. I'm very hot, and I felt like I was having heart palpitations. I came up and walked her into the living room, just trying to get my breath back, and I want to finish, but don't want anything real bad to happen either. Absolutely outrageous.

\"Okay, for the first time, we're seeing uric acid elevators, so you're giving yourself hyperuricemia, and the danger of hyperuricemia is gout, kidney stones. The results for your liver are obscene beyond anything I would have thought, yeah. Truly, do this month, all of even as much McDonald's as most nutritionists say you're supposed to eat in eight years. Oh man.\"

Walking up the stairs has gotten to start to get really difficult. By the time I get to the top, it's really pathetic. Over the course of my McDonald's diet, I consumed thirty pounds of sugar from their food. That's a pound a day. On top of that, I also took in 12

pounds of fat. In only 30 days of eating nothing but McDonald's, I gained twenty-four and a half pounds. My liver turned to fat, and my cholesterol shot up sixty-five points. My body fat percentage went from eleven to eighteen percent, still below the national average of 22 percent for men and thirty percent for women. I nearly doubled my risk of coronary heart disease, making myself twice as likely to have heart failure. I felt depressed and exhausted most of the time. My mood swung on a dime, and I craved this food more and more when I ate it and got massive headaches when I didn't. In my final blood test, many of my body functions showed signs of improvement, but the doctors were less than optimistic.

Should people eat fast food? No, soon. You know this loss is no; it certainly needs to be very restricted and balanced with an overall healthy diet. But unfortunately, you caused some major harm to your heart, your liver, your blood. I guess the big question is, who do you want to see go first? You or them?