Useful vocabulary

1. **Overweight**: sobrepeso
2. **Obese, obesity**: obeso, obesidad
3. **Binge**: comilona, atracón
4. **Franchise**: franquicia
5. **Epidemic (n.,adj.)**: epidemia, epidémico
6. **To develop a disease**: contraer o desarrollar una enfermedad
7. **Commercials, advertisements**: anuncios (publicidad)
8. **Nutritional information**: información nutricional
9. **Blood pressure**: tensión, presión sanguínea
10. **To sue sb for sth**: demandar a alguien por algo
11. **To eat out**: comer fuera de casa
12. **Saturated fats**: grasas saturadas
13. **Health care**: asistencia sanitaria
14. **General practitioner**: médico de cabecera
15. **Dietician**: especialista en dietética
16. **BMI (Body Mass Index)**: IMB (Índice de Masa Corporal)
17. **Carbohydrates**: carbohidratos
18. **Junk food**: comida basura
19. **Gout**: gota
20. **Stabilizers**: estabilizantes
LISTENING ACTIVITIES

1. Before starting his one-month McDonald’s diet, Morgan decides that he needs to have some medical supervision. *We are at the beginning of the film.*

Answer these questions:

1. How many doctors will supervise Morgan’s experiment? What are their medical specialities?
2. Does Morgan take any medications of any sort?
3. Does Morgan smoke? Did he smoke in the past?
4. What is Morgan’s cholesterol level before the binge?
5. What do doctors expect to happen to Morgan’s cholesterol levels and triglycerides after the binge?
6. Will Morgan’s mood be affected by his McDonald’s diet? How will he probably feel, according to one of the doctors?
7. According to the dietician, is Morgan’s BMI (Body Mass Index) within normal limits?
8. What is Morgan’s body fat percentage?
9. What do podometres do?
10. How many McDonald’s restaurants are there in Manhattan?

2. Morgan Spurlock interviews John Robbins, a Health Advocate, author of *Diet for a New America.* Complete the gaps in his monologue. *This interview is approximately at minute 30 of the film, just after a speech by Jared Fogled, a man who weighed 425 lb but achieved to lose weight and now leads a healthy life.*

“I’ve been sick as a kid, and I grew up eating a lot of ice-cream, more than you can believe. We had an ice-cream cone-shaped swimming pool in our back yard. We had a commercial freezer with not only all 31 flavours in it but all ...................  ............. that were under ................... and I made myself the official taster, I had to prove everything, in my mind. And, I mean, I loved it, what kid wouldn’t? I mean, I ................... had unlimited ice-cream. I ate ice-cream for breakfast, but I was sick, a lot, and I wasn’t .......... .................., I didn’t, actually, y’know, I was really ill, and I didn’t feel good. So I tried eating more ice-cream you can see all the vicious circle which took place. One of the determining factors for me was my uncle Burt Baskin, my dad’s partner and brother-in-law, ................... of the company. He died of a ........... ................ I think he was ....... My uncle ................ about 240lbs. Heavy set
fellow. And when he died, as a young man, I asked my dad: d’you think there could be a ....................... between his failure heart attack and the amount of ice-cream he would eat?, and my father said: ‘No, his ticker just got tired and stopped working.’ By this time he’d ......................... and sold more ice-cream than any human being that had ever lived on this planet. He didn’t want to think that the product he was selling was .................. anybody, that it had .............................. the death of his brother-in-law and partner, and in many ways best friend, I mean, ...... ............... Ben Cohen, the Ben of Ben & Jerry’s, a couple of years ago he had a quintuple bypass procedure at the age of 49. My uncle Burt Baskin, of Baskin-Robbins dies at the age of 51 of a heart attack. My father, Ivy Robbins, the other founder of the company, ended up with very serious .................. You can’t deny these links. You just can’t.”

3. Note-taking activity. Pay attention to the scenes after the interview with Don Gorske. They deal with publicity and the fast food market for about 6 minutes. Take some notes and use them to make a summary of the main contents of these talks.

4. Junk food in American schools. This is more or less in the middle of the film. Morgan investigates on some school lunch programs.

Are these statements true or false? Justify your answer:

2. Sodexho Company provides food for schools in the USA and for prisons all over the world.
3. Barbara Brown, representative for Sodexho, believes that nutrition education won’t make children able to make the right food choices and therefore schools should restrict which products children can purchase.
4. Park Middle School, Beckley, West Virginia, is on the Federal Lunch School Program
5. In Park Middle School, cooks are only cooking 6 meals out of 36 per month.
6. Kay Glover, head cook of that school, believes that things were easier in the past, when no preheated or reconstituted packaged foods were prepared.
7. Appleton High School believes that children’s behaviour can be changed through diet.
8. Appleton is a private school.
9. Appleton’s school lunch program is more expensive than other school lunch programs.

5. Answer these questions:

1. Why does Morgan Spurlock decide to eat nothing but McDonald’s food for 30 days?
2. In which ways is McDonald’s contributing to obesity in children and adolescents?
3. Who is Don Gorske and what is he famous for?
4. Name some of the cities that Morgan visits during his one-month McDonald’s diet.
5. Which is the fattest city in the United States?
6. What happened to the lawsuit against McDonald’s?
7. What is Morgan’s opinion on McDonald’s super size?