

Super size me analysis essay



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In the documentary *Super-Size Me*, Morgan Spurrious sets out to prove how harmful and dangerous fast food, in particularly McDonald's, can be to a person's health and wellbeing. After hearing the McDonald's Corporations defense against the lawsuit filed by two obese teenagers, who claimed that their overweight conditions were the cause of eating at the fast food establishment, filmmaker and director Morgan Spurrious came up with the idea to start a similar experiment on himself, by eating McDonald's for 30 days for all three meals of the day.

The idea of this was to prove just how bad eating at fast food restaurants for a person's health, and to show the corporation that eating fast food consistently can drastically affect someone's body functions. I'm going to be going over 5 important chapters in the film, and will discuss each one in depth. The first chapter is chapter 4: First Medical Exam. This chapter dealt with Morgan heading off to 3 medical experts, a cardiologist, gastroenteritis's, and a general practitioner all check him out at the beginning of the experiment.

Splotch's overall health and body is over the average of an American, and is a reflect start for this kind of experiment. The reactions of the experts once knowing what Spurrious was doing was rather strange, none of them seemed all that shocked as to what he was doing, and none of them were asking him not to do it. Although, the three doctors say that after the experiment, Mooring's health probably won't change all that much, and considering that by the end of the film he had almost completely ruined his health, I would say that they were exactly 100% right about that.

The second chapter I will be discussing is chapter 8; Day two, Mustache Ache. This chapter would probably be one of the most memorable for most people from the film, and one of the most impacting. During this chapter, Morgan purchases his first ever super-sized meal in the documentary, as well as ordering it with one of the fattest burgers on the menu. The chapter shows him eating his meal, slowly progressing through the time, with titles showing how long it is taking him to eat the meal.

While consuming his Super-sized double quarter pounded meal, Morgan begins to feel odd, explaining that “ this is the time of the meal when you start getting the Mustache Ache. You start with the McCarty, you get the Encourages in there. You get the McBride, then you get the Mustache Ache. ” Eventually Morgan reaches 22 minutes into the meal, and vomits up his Super-sized burger and fries, while the camera man reaches over the car to get a shot of his vomit. This shot helps to not only let us imagine what’s happening, but to show us that he really has vomited, and we can now visually see it, let alone hear it.

This chapter creates an uneasy feel on the audience, and creates the idea that McDonald’s really is an unhealthy place. The Third chapter to be discussed is chapter 17, Artistic Genius. Spurious interviews a number of kids, and asks them to say who the person on the photo is. Some of them can guess who George Washington is, and one of the boys knows who Wendy is, while the others can recognize her. None of the kids have a clue who Jesus was, while all four of them can easily tell who the last one is; Ronald McDonald.

Much of Macs advertising is aimed at children, and it's been effective. Every month, approximately can recognize McDonald's before they can speak. To me, this chapter showed a bit of aught towards what is being advertised and taught towards young children, they can easily be taught about cartoon characters or fast foods faces, but know nothing about world's important historic people. The fourth chapter is chapter 30: Phone calls to McDonald's. This chapter doesn't show much importance towards Splotch's experiments, but play a vital and important role in the film.

Morgan has been calling up The Golden Arches several times to try and book in an interview, but is consistently getting let down and ignored. Even in chapter 34; more phone calls to McDonald's are made, and he still isn't getting his interview. This shows that McDonald's isn't willing to actually talk to Morgan, to make any comment to his possible questions. We can all assume that he was going to be asking about the law case, and talk about why their food is so unhealthy and so on.

McDonald's shows the audience that they aren't willing to admit they are selling off their unhealthy food to people, and this shows us that they're too afraid to say anything. The final chapter is chapter 33; final medical exam. This chapter commences after Spurious completes his " Mac Attack" and goes in to get his IANAL results. Over the course of 30 days, Morgan gained 24.5 pounds, his liver turned to fat, and his cholesterol shot up 65 points. His body fat percentage went from 11 to 18 percent.

He nearly doubled his risk of coronary heart disease, felt depressed and exhausted most of the time, moods swings and a poor sex life. All of this

along with cravings for the food within only one month. It's safe to say that eating this food consistently is definitely bad for your health. In conclusion to this, it's very obvious that this film has a very strong and important effect on its audience. Chapter 4, the first medical exam helps to set up the documentary so we have a fair idea of how healthy Morgan is going into the experiment, as well as to help compare his final results.

Chapter 8, Mustache Ache, helps set up the effect of the Emceed, as well as show how nasty the food can be to someone body, especially to a healthy one. Chapter 17, artistic genius has a real dominant effect on the audience, showing us how much advertisement fast food restaurants are putting out there, just for the extra money. Chapter 30, phone calls to McDonald's, really shows its watchers how McDonald's really responds to its appearance, showing that it's not willing to prove its unhealthy effect on the population.

Lastly, chapter 33; final medical exam, really helps to conclude the adventure, and let its audience know the poor effect of just 30 days of fast food. To me, this Documentary really helped to show how bad constantly eating fast food can be for someone. It helped me realize that there really are some people out there always eating take out, and as much as they may not know it, it's slowly ending their lives. The final question is, " Who do you want to see go first? You? Or them?"