

supersize_me.docx

by

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Supersize Me Discussion

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Supersize Me Discussion

Morgan is incredibly healthy because several doctors conducted the medical tests before the experiment. Jacko TV (2020) stated that Morgan's blood and eye level were good, the weight was 185.5, and the body fat percentage was 11 percent. Moreover, visiting many doctors was essential to back up the experiment with scientific evidence because it would show the difference between the good health status at the start and the end. Therefore, their health status was above average based on his age group physically.

If Morgan was interested in maintaining his weight, he should have eaten 2500 calories every day. Nevertheless, the perfect intake for calories depends on several things, such as the individual's age and physical activity, because energy requirement reduces as people age. On McDonald's diet, Morgan ate an average of 5000 calories every day.

Ronald McDonald was recognized the best by first graders because of the marketing and advertisement on television. McDonald's uses different strategies to market themselves directly to children, such as cartoons, the clown, and free toys. Ronald should be banned because of the distorting foods. Ronald McDonald is the deadliest clown than pennywise because it has killed many more people than the Joker and Pennywise combined. Ronald McDonald was intended to advertise to children, but fast-food companies like McDonald's are associated with high rates of obesity.

The rate of obesity in children and adults in the United States has intensified significantly. Jacko TV (2020) stated that almost 100 million people in America are either obese or overweight, indicating over 60 percent of the United States adults. Since 1980, the number of obese people in America has doubled. Currently, there are twice as many overweight children

and thrice as that adult. To reduce this number, people should start being cautious about what they eat, control their food intake, and perform physical exercise.

Morgan experienced gradual, increasingly stomach discomfort and finally vomits. These changes are because Morgan's body was not used to extreme amounts of sugar intake. The foods Morgan took had a lot of sugar, making the body react to the toxic foods.

Reference

Jacko TV. (2020). Supersize Me (2004)- Documentary (SWESUB).

<https://www.youtube.com/watch?v=wSZWxjeua3g>

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