

Study Guide

SUPERSIZE ME



FACTS & FIGURES

- ❑ **What** - Documentary 2004
- ❑ **Who** - director, narrator and star Morgan Spurlock
- ❑ **Premise** - a healthy man who questions America's eating habits lives on a diet of nothing but McDonald's fast food for a month to investigate the effects on his health
- ❑ **Issues raised**
 - the health implications of eating fast food high in fat, salt and additives
 - where does personal responsibility and corporate responsibility start
 - the influence of advertising and marketing on children



Supersize Me Teaching Guide

Andrew F. Smith



Supersize Me Teaching Guide:

Complete Guide to Blended Learning Caitlin R. Tucker, 2022-05-31 Skillfully shifting between online and in person learning has become expected of teachers In this essential guide you will learn how to harness technology to enhance student learning in both realms Combining theory reflection and personal experience author Catlin R Tucker equips educators with a wide variety of strategies and tools to support student and educator success in blended environments and beyond K 12 teachers and administrators will Gain insight on why blended instruction provides paths for effective student centered teaching Learn to navigate flexible learning landscapes Understand different collaborative and community oriented strategies for successful blended teaching Utilize thoughtful reflection questions to examine your own school or district Discover strong theoretical frameworks and models for online and offline instruction Contents Introduction Chapter 1 Blended Learning Chapter 2 Building Your Blended Learning Technology Toolbox Chapter 3 Teachers as Designers of Learning Experiences Chapter 4 Teachers as Instructors and Content Area Experts Chapter 5 Teachers as Facilitators of and Partners in Learning Chapter 6 Developing a Dynamic Learning Community Chapter 7 The 5Es Instructional Model and Student Centered Inquiry Chapter 8 Taking Blended Learning to the Next Level Conclusion Appendix Glossary References and Resources Index

Don't Eat This Book Morgan Spurlock, 2006-05-02 Don t eat this groundbreaking hilarious book but if you care about your country s health your children s and your own you better read it For thirty days Morgan Spurlock ate nothing but McDonald s as part of an investigation into the effects of fast food on American health The resulting documentary earned him an Academy Award nomination and broke box office records worldwide But there s more to the story and in Don t Eat This Book Spurlock examines everything from school lunch programs and the marketing of fast food to the decline of physical education He looks at why fast food is so tasty cheap and ultimately seductive and interviews experts from surgeons general and kids to marketing gurus and lawmakers who share their research and opinions on what we can do to offset a health crisis of supersized proportions

The Media Teacher's Handbook Elaine Scarratt, Jon Davison, 2012-03-15 The Media Teacher s Handbook is an indispensable guide for all teachers both specialist and non specialist delivering Media Studies and media education in secondary schools and colleges It is the first text to draw together the three key elements of secondary sector teaching in relation to media study the theoretical the practical and the professional in order to support media teachers throughout their careers Section One Contexts explores the history of rationale for and justification of studying the media from 1900 to the present day and considers the tensions implicit in the subject caused by opposing views of culture Section Two Curriculum comprises seven chapters that focus on studying the media from Key Stages 3 and 4 in English through GCSE and A Level Media Studies It also explores approaches to teaching the Creative and Media Diploma media and citizenship and practical media production Section Three Career Development is designed to support those establishing and leading Media Studies departments and those who are charged with the initial

preparation and professional development of teachers Written by experts involved in the teaching training and examination of Media Studies this one stop resource is packed with illustrative case studies and exemplar schemes of work which can be easily adapted for your own needs Suggested Reading and Recommended Resources sections at the end of each chapter list additional books films DVDs groups agencies organisations contact details websites and other materials which will support your teaching even further The Media Teacher s Handbook is an essential guide to the theory pedagogy and practice of media education that will enable you to teach your subject expertly and with confidence

Food in America Andrew F. Smith, 2017-02-16 This three volume work examines all facets of the modern U S food system including the nation s most important food and agriculture laws the political forces that shape modern food policy and the food production trends that are directly impacting the lives of every American family Americans are constantly besieged by conflicting messages about food the environment and health and nutrition Are foods with genetically modified ingredients safe Should we choose locally grown food Is organic food better than conventional food Are concentrated animal feed operations destroying the environment Should food corporations target young children with their advertising and promotional campaigns This comprehensive three volume set addresses all of these questions and many more probing the problems created by the industrial food system examining conflicting opinions on these complex food controversies and highlighting the importance of food in our lives and the decisions we make each time we eat The coverage of each of the many controversial food issues in the set offers perspectives from different sides to encourage readers to examine various viewpoints and make up their own minds The first volume Food and the Environment addresses timely issues such as climate change food waste pesticides and sustainable foods Volume two entitled Food and Health and Nutrition addresses subjects like antibiotics food labeling and the effects of salt and sugar on our health The third volume Food and the Economy tackles topics such as food advertising and marketing food corporations genetically modified foods globalization and megagrocery chains Each volume contains several dozen primary documents that include firsthand accounts written by promoters and advertisers journalists politicians and government officials and supporters and critics of various views related to food and beverages representing speeches advertisements articles books portions of major laws and government documents to name a few These documents provide readers additional resources from which to form informed opinions on food issues

Mapping Comprehensive Units to the ELA Common Core Standards, 6-12 Kathy Tuchman Glass, 2013-05-09 Your blueprint for skilled Common Core literacy alignment Learn to artfully navigate Common Core or any state province standards with concrete step by step instruction from master teacher and curriculum specialist Kathy Tuchman Glass Confidently map a unit of study aligned to Common Core s rigorous evidence based writing and reading requirements Dive into in depth analyses of informational text with supporting essential questions Glass walks you through the entire process with manageable chunks that eliminate overwhelm Chapters include thorough explanations step by step exercises and detailed templates assessments charts tips and prompts

centered around key CCCS concepts for grades 6-12. Teachers, curriculum committees, grade-level teams, and professional development leaders will learn to challenge and engage students in all content areas using the CCCS ELA framework. Use existing curriculum and materials to design new CCCS-aligned units of study. Identify mandatory CCCS ELA essential understandings for informational text, evidence-based writing, and other critical competencies. Conduct resource-rich workshops and professional development. This all-in-one instructional guide with a companion website for extra help improves your professional capacity to create, revise, or critique quality-driven units and lessons aligned to the ELA Common Core. Get this essential blueprint to building high-quality 6-12 grade-level curriculum for skilled CCCS literacy-aligned success. Like them or hate them, the Common Core Standards represent one of the most significant opportunities for improvement schools have faced in decades. This book will be a great help to anyone engaged in the act of translating the Common Core into actual teaching practices. Jim Knight, Author of *High Impact Instruction*

Handbook of Obesity Intervention for the Lifespan
Larry James, John C. Linton, 2008-12-10
Environmental, genetic, psychological, and societal factors interact to produce obesity, a chronic condition of epidemic proportions. *The Handbook of Obesity Intervention for the Lifespan* guides professionals in meeting this complex challenge with a multidisciplinary palette of evidence-based interventions that can be tailored to men and women across the lifespan, regardless of background. This unique reference combines salient research data and hands-on clinical applications for use with overweight patients from the very young to the very old and includes a treatment resources section with extra materials to bolster therapy, all geared toward respectful, encouraging treatment and lasting weight loss results.

[Encyclopedia of Junk Food and Fast Food](#)
Andrew F. Smith, 2006-08-30
Eating junk food and fast food is a great all-American passion. American kids and grownups love their candy bars, Big Macs, and supersized fries. Doritos, Twinkies, and Good Humor ice cream bars. The disastrous health effects from the enormous appetite for these processed fat and sugar-loaded foods are well publicized now. This was particularly dramatically evidenced by Super Size Me, 2004 filmmaker Morgan Spurlock's 30-day all-McDonald's diet in which his liver suffered the same poisoning as if he had been on an extended alcohol binge. Through increased globalization, American popular food culture is being increasingly emulated elsewhere in the world, such as China, with the potential for similar disastrous consequences. This A-to-Z reference is the first to focus on the junk food and fast food phenomena from a multitude of angles in addition to health and diet concerns. More than 250 essay entries objectively explore the scope of the topics to illuminate the American way through products, corporations, and entrepreneurs; social history; popular culture; organizations; issues; politics; commercialism; and consumerism and much more. Interest in these topics is high. This informative and fascinating work with entries on current controversies such as mad cow disease and factory farming, the food pyramid, movie tie-ins, and marketing to children will be highly useful for reports, research, and browsing. It takes readers behind the scenes, examining the significance of such things as uniforms, training, packaging, and franchising. Readers of every age will also enjoy the nostalgia factor, learning about the background of iconic drive-ins, the

story behind the mascots facts about their favorite candy bar and collectables Each entry ends with suggested reading Besides an introduction a timeline glossary bibliography resource guide and photos enhance the text Sample entries A Advertising Automobiles Ben Burger King Carhops Center for Science in the Public Interest Christmas Cola Wars Employment Fair Food Fast Food Nation Hershey Milton Hollywood Injury Krispy Kreme Lobbying Nabisco Obesity PepsiCo Salt Soda Fountain Teen Hangouts Vegetarianism White Castle Yum Brands Inc *The Complete Idiot's Guide to Success as a Chef* Leslie Bilderback CMB,2007-02-06 How to thrive in one of today s top ten dream professions Despite the long hours arduous training and grueling physical work the allure of being a professional chef has made it one of the fastest growing career markets in America today In this must have guide a master chef and baker gives practical up to date advice on everything aspiring chefs and expert chefs looking for the next career move need to know including how to apprentice at a five star restaurant connect with renowned chefs and bakers open their own restaurant and much much more Expert author with decades of restaurant experience One of today s top ten dream professions in America Culinary institutes have seen an explosion in their enrollment of between 50% to 100% annually Covers gourmet restaurants upscale hotels catering specialty food shops gourmet takeout bakeries and much more *The College Student's Guide to Mental Health* Mia Nosanow,2024-02-27 Easy accessible guidance for addressing an essential element to college success mental health While being in college can be an exciting time it can also be a period of uncertainty anxiety loneliness and even depression The College Student s Guide to Mental Health is for any college student who wants to understand and maintain mental and emotional health Mia Nosanow a licensed psychologist and college therapist has drawn upon her more than twenty years of direct experience counseling a diverse college student body to write a comprehensive mental and emotional health manual designed specifically for college students Presented in clear practical language and organized in short chapters this book breaks down common problems and provides actionable strategies for addressing them Whether students want to understand challenging emotions transform negative thoughts improve relationships or explore the connection between time management and mental health these topics and more can be found in this one book a valuable tool for college students as well as the families and professionals who support them **Personal Well-Being Lessons For Secondary Schools: Positive Psychology In Action For 11 To 14 Year Olds** Boniwell, Ilona,Ryan, Lucy,2012-03-01 This book offers practitioners working with 11 14 year olds a highly practical education resource for running well being lessons [The ADHD Empowerment Guide](#) James W. Forgan,Mary Anne Richey,2021-09-23 Rated one of the Best ADHD Books of All Time by Book Authority The ADHD Empowerment Guide is different from other parenting ADHD books because it helps parents identify and build upon their child s strengths and natural talents in order to develop a specific plan to unlock their child s potential Parents are invited to complete two easy to follow questionnaires to identify their child s natural abilities as well as determine key characteristics in their child that research has shown to help children with ADHD succeed in life These

characteristics include emotional control integrity grit resiliency resourcefulness organization motivation school fit support systems and productive use of technology Using the practical strategies presented strength building activities and the information learned from the questionnaires parents can develop a success plan that will unlock their child s potential and build a positive outlook on the journey of raising a child with ADHD The authors two professionals who have been there and done that with their own children with ADHD illustrate their strategies and content by highlighting successful people with ADHD who excelled in various areas and share some of their success secrets to raising a successful child with ADHD **The ^AOxford Handbook of Philosophical and Qualitative Assessment in Music Education** David J. Elliott, Marissa Silverman, Gary E. McPherson, 2019-07-01 The Oxford Handbook of Philosophical and Qualitative Assessment in Music Education offers critical perspectives on a wide range of conceptual and practical issues in music education assessment and evaluation as these apply to music education in schools and community settings The Ultimate Survival Guide to Being a Girl Christina De Witte, 2018-08-07 Addressing the struggles of young girls everywhere this hilariously relatable comic guide to life provides real advice and encourages a new generation of teen girls to find confidence and embrace individuality With friends love social media body image and more navigating young adulthood can seem impossible The Ultimate Survival Guide to Being a Girl provides humorous and highly relatable guidelines for all of the struggles young girls face presented in author Christina De Witte s signature comic style and told from the point of view of her lovable Instagram and Internet character Chrostin A Hyperbole and a Half for the young adult audience the book includes comics and hands on advice about serious issues like mental health and self care and also deals with questions on every young girl s mind like Can you survive on pizza alone Quirky hilarious and sincere The Ultimate Survival Guide to Being a Girl empowers young women to challenge society s unrealistic standards of beauty and embrace their individuality This is sure to be a favorite for teen girls **The Digital Filmmaking Handbook** Mark Brindle, 2014-01-07 Part of the perennially best selling Quercus Digital Photography series this comprehensive guide features everything you need to know to make a digital film from conception to finished product Using clear step by step instruction The Digital Filmmaking Handbook concisely illustrates the technical and creative challenges of digital filmmaking for novices and professionals alike spanning topics from conception to execution Planning a shoot how to make a storyboard Set preparation dressing and lighting a set Principal photography filming with HD and DSLR cameras including the latest advice on equipment accessories and software Advanced editing software and practices Post production digital effects and Packed with tips and tricks to develop both your creative vision and your technical know how The Digital Filmmaking Handbook is the ultimate resource for all your filmmaking needs From the Trade Paperback edition Orca Soundings Resource Guide Susan Geye, Janice Reynolds, 2009-09 New Resource Guides available for Hi Low fiction from Orca Book Publishers Orca Soundings are teen novels for reluctant readers Orca Currents are middle school novels for reluctant readers Written at a grade 2 0 to grade 4 5 reading level these compelling contemporary novels have proven

incredibly popular with teachers and librarians looking for material that will engage their most reluctant of readers Orca has always provided professionally written teachers guides to accompany these books Now we offer a complete resource guide to enable classroom integration of these popular titles Including sections on reading levels book discussion groups literacy circles assessment and follow up activities this resource guide enables a teacher to implement the Orca Soundings and Orca Currents series as part of a comprehensive independent reading and literacy unit

Planet Health Jill Carter, 2007 The second edition of Planet Health An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity offers an innovative approach to teaching health education You can use this proven evidence based curriculum to teach students about nutrition and physical activity while helping them build skills and competencies in language arts math science social studies and physical education The curriculum is designed for use by teachers in core academic areas as well as in physical education and health This new edition includes revised nutrition and physical activity information ensuring that you're equipped with the most up to date science The book also includes an all new CD ROM with plenty of reproducible worksheets parent information and newsletters school health resources and other teacher resource materials Like the popular first edition Planet Health provides 35 complete ready to use lesson plans and 31 microunits that promote healthy nutrition and activity materials and instructions to implement Power Down a two week campaign to reduce television and other media viewing time which you can launch in the classroom or school wide and FitCheck a self assessment tool to help students track and improve their activity levels In addition the book includes access to a Web site which features a teacher training PowerPoint presentation a Planet Health FAQ and more Planet Health Second Edition encourages students to think holistically about how health behaviors are interrelated and it offers a constructivist approach to teaching and learning With this approach you can build on your students knowledge and experiences to create an active inquiry based student centered learning environment one in which students learn best as they construct meaning for themselves Developed by educators and scientists at the Harvard School of Public Health Planet Health Second Edition is aligned with the Massachusetts Department of Education Curriculum Frameworks learning standards for health language arts math science and technology and history and social science and it meets the standards in many other states Every Planet Health lesson incorporates a range of language arts learning standards and engages students through discussion ideas for small or large groups in which they cooperatively learn and solve health related issues Active discussions are used to encourage higher level thinking and cognition and peer group work fosters social development This new edition of Planet Health is the perfect antidote to kids inactivity poor food choices and high levels of screen viewing time Acquiring good habits regarding nutrition and physical activity in adolescence often carries over into adulthood Help your students develop good habits now with Planet Health Second Edition and they'll have a better chance of growing into healthy adults

English Next, 2012 Teaching with Movies Teresa O'Bannon, Marni Goldenberg, 2008 The book contains a movie finder that categorizes movies by topics and

themes for recreation leisure tourism sport management and physical education curricula It also has these features 19 core concepts such as environmental issues leadership diversity and commercial recreation so you can easily find movies that reinforce specific themes guidance in preparing for teaching and evaluating movies in your classroom a strong foundation for justifying the use of movies as educational tools and tools for effectively teaching each movie Including framing methods discussion questions and debriefing activities for further exploration of recreation related concepts

Literature for Young Adults Joan L. Knickerbocker, James A. Rycik, 2019-08-28 Now in its second edition this book explores a great variety of genres and formats of young adult literature while placing special emphasis on contemporary works with nontraditional themes protagonists and literary conventions that are well suited to young adult readers It looks at the ways in which contemporary readers can access literature and share the works they're reading and it shows teachers the resources that are available especially online for choosing and using good literature in the classroom and for recommending books for their students' personal reading In addition to traditional genre chapters this book includes chapters on literary nonfiction poetry short stories and drama and film Graphic novels diversity issues and uses of technology are also included throughout the text The book's discussion of literary language including traditional elements as well as metafictional terms enables readers to share in a literary conversation with their peers and others when communicating about books This book is an essential resource for preservice educators to help young adults understand and appreciate the excellent literature that is available to them New to the second edition New popular authors books and movies with a greater focus on diversity of literature Updated coverage of new trends such as metafiction a renewed focus on nonfiction and retellings of canonical works Increased attention to graphic novels and multimodal texts throughout the book eResources with downloadable materials including book lists awards lists and Focus Questions

The Elementary Teacher's Guide to the Best Internet Resources Bárbara Cruz, James A. DuPlass, 2007 Elementary Education on the Internet offers a contemporary approach to cataloging lesson plans and resources on the Internet and criteria for you to use in selecting websites and lesson plans on the Internet 1 Options and ideas for gathering and cataloging Internet resources for the most effective use in the classroom 2 Connections to standards and national and state professional organizations help keep your lessons aligned with critical curriculum standards 3 A chapter on each content area makes it easy to locate relevant websites for the subjects being taught In service Elementary School Teachers Parents and Curriculum Specialists

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