

Super Size Me on DVD!

Filmmaker Morgan Spurlock makes himself a test subject of this documentary about the commercial food industry.

Rigorously eating a diet of McDonald's fast food, three times a day for a month straight. Spurlock is out to prove the physical and mental effects of consuming fast food. The whole movie targets obesity in the United States and compares portions in different countries.

I saw this movie on DVD and I blew me away! There was a special segment on the DVD called, "The Smoking Fry" this is where Spurlock puts several Mc Donald's sandwiches with a side of fries into separate jars to let them decompose for a few months. I get sick when I see anything decompose so this part didn't frighten me, what frightened me was all the sandwiches broke down in mold except the French fries! They looked like you just bought them yesterday. I thought that was somewhat disturbing.

This is an eye opening movie, especially when he visits the schools. I remember elementary schools looking healthy, but as time progressed into middle school and high school the lunches got a whole lot worse. This is a movie that parents, students, teachers and people that just love fast food should see.

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