

# Film Review - Supersize Me

*Eliza McCarthy*



Supersize Me was about Michael Moore eating McDonald's for a whole year and showing everyone how unhealthy McDonald's is. He became so unhealthy it was sad. My favourite part was when the director Morgan Spurlock told the audience, that even when you eat McDonalds for a month you can put on so much weight. When the director first started this experiment, he had 11% body fat and 30 days later he had 18% body fat.

Supersize Me was interesting to watch because I did not know that McDonalds was so unhealthy. I also thought the guy, Michael Moore was very brave for eating McDonalds for one whole year, (or month) because he became so unhealthy.