

Super Size Me

Film review

This film is about a man who eats Macdonald's food for 30 days (a month) for breakfast, lunch and dinner to see how bad it can be for you.

He had three doctors who examined his body to see how healthy he was. All the doctors said he was perfectly fine but after he ate food from Macdonald's for 30 days he was obese, extremely unhealthy and very tired. The doctor told him to stop the diet because it was life-threatening.

I really loved this film because there were a lot of interesting facts I didn't know which were clear and easy to understand. There was also effective and catchy music to go with the film.

I strongly recommend this film to everyone, especially people who eat from Macdonald's frequently. You will see everything that is inside the food they make which will definitely change the way you eat.

I rate this film 4 and a half out of 5.

