

# Keep your English up to date 4 Teacher's pack

Lesson plan and student worksheets with answers

## Supersize



# BBC WORLD SERVICE LEARNING ENGLISH



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**BBC Learning English – Keep your English up to date**  
**Lesson Plan: Teacher's notes**  
**Supersize**

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**Level:** Intermediate and above

**Topic:** Fast food and eating

**Aims:** Listening skills – A short talk

Language – ‘Supersize’ and other compound words with ‘super’

**Materials:** Worksheet 1 – Introductory speaking and vocabulary exercises,  
Listening section 1  
Worksheet 2 – Listening section 2  
Worksheet 3 – Extra work: Vocabulary, language and discussion  
Audio script – Available in teacher’s notes  
Recording of the talk – Available online at [bbclearningenglish.com](http://bbclearningenglish.com)

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# BBC Learning English – Keep your English up to date

## Lesson Plan: Teacher's notes

### Supersize

#### LESSON STAGES

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##### A

Explain to the students that they are going to listen to a talk by Gavin Dudeney, an expert on the English language, and that the talk is about the way English is changing. This particular talk is about the word 'supersize'.

##### B

Hand out **Student Worksheet 1**. Students do **Speaking, Exercise 1** in small groups or pairs.

##### C

Students do **Vocabulary, Exercise 2** - without dictionaries at first.

Practise the pronunciation of the vocabulary, as they will hear it in the talk.

##### D

Students read **Listening: Section 1, Exercise 3** and then listen to Section 1 of the talk. They answer questions 'a' and 'b'.

Students listen again and do **Listening: Section 1, Exercise 4**.

##### E

Hand out **Student Worksheet 2**.

Students read **Listening: Section 2, Exercise 5** and then listen to Section 2 of the talk.

They answer questions 'a' and 'b'.

##### F

Students try to answer **Listening: Section 2, Exercise 6**. They listen again to Section 2 to check/complete their answers.

##### G

If you wish to do some extra work with the class, hand out **Student Worksheet 3**.

For the vocabulary exercise, give the students copies of the audio script and play the complete talk as they read.

The language work focuses on other words made with the prefix 'super'.

The final discussion uses some of the language from the lesson.

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### Supersize

#### AUDIO SCRIPTS

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##### Listening Section 1

Elsewhere in this series we looked at ‘downsizing’, and now it’s the turn of ‘supersizing’. You may remember this term from the Morgan Spurlock film *Super Size Me* where the director attempted to live for an entire month only on food available from McDonald’s. And perhaps it’s no surprise that McDonald’s are credited for bringing this word into existence.

The idea came from a man called David Wallerstein who had worked out that people who are very hungry often feel guilty about buying two items of the same food, but can be persuaded to buy one bigger portion. Wallerstein took the idea to McDonald’s in the mid-nineties where customers suddenly found themselves being asked if they would like their menu supersized.

##### Listening Section 2

Essentially this meant buying bigger burgers, bigger chips (or fries) and a bigger drink for a little more money. And so people got more food, but their guilty feelings of greed were kept at bay because – in their eyes – they were still only buying one burger, and one bag of chips.

Supersizing spread to other areas not long after that, and enjoyed a brief period as a positive term for something bigger and better. Cars were supersized, television shows with feature-length episodes were supersized and supersizing was all the rage.

However, with increasing criticism of fast food and consumerism in general, supersizing has fallen out of favour in recent years.

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**Supersize**

**ANSWER KEY**

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**VOCABULARY**

**Exercise 2**

- |  |  |
|--|--|
| <b>a. entire</b>                       | the whole of something e.g. the whole day                                  |
| <b>b. to be credited for something</b> | people say that someone is responsible for something                       |
| <b>c. to feel guilty</b>               | to feel bad about yourself because of your actions or behaviour            |
| <b>d. to work something out</b>        | to discover something or to reach a good understanding of a situation      |
| <b>e. a portion</b>                    | a single serving of food e.g. a portion of chips                           |
| <b>f. greed</b>                        | a strong desire to have more of something than you need, particularly food |

**LISTENING: SECTION 1**

**Exercise 3**

- a.** supersize
- b.** ii. that someone buys larger servings of one food item e.g. 1 bigger beef burger?

**Exercise 4**

- a.** False – ‘the director attempted to live for an entire month only on food available from McDonald’s.’
- b.** True – ‘McDonald’s are credited for bringing this word into existence.’
- c.** True – ‘David Wallerstein who had worked out that people who are very hungry often feel guilty about buying two items of the same food, but can be persuaded to buy one bigger portion.’

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**LISTENING: SECTION 2**

**Exercise 5**

- a. ii. pay a small amount of money on top of the price of a normal size meal?
- b. bigger cars – supersized cars  
longer TV shows (feature length episodes)

**Exercise 6**

- a. False – ‘their guilty feelings of greed were kept at bay because – in their eyes – they were still only buying one burger.’
- b. False – ‘enjoyed a brief period as a positive term.’
- c. False – ‘with increasing criticism of fast food and consumerism in general, supersizing has fallen out of favour’

**EXTRA WORK**

**VOCABULARY**

**Exercise 7**

- a. elsewhere
- b. attempted to
- c. consumerism

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**LANGUAGE**

**Exercise 8a**

- a. supermodel: they wear the clothes at a fashion show and earn a lot of money
- b. superfood: it is very good for your health; it may help fight some illnesses
- c. superstar: a very famous person, perhaps a sports person, a film actor or musician
- d. supermarket: a large shop which sells food and other domestic products
- e. superbug: a bacteria that medicine cannot kill; it causes deaths in hospitals
- f. supernatural: things that come from a mysterious power and seem not to have a scientific or natural explanation
- g. superhero: a fictional character with special powers, often found in comic books
- h. superpower: a country with great military and economic strength that has a large influence over the world

**Exercise 8b**

- a. superstar
- b. superbug
- c. supermodel
- d. superhero
- e. superpowers
- f. supermarket
- g. supernatural
- h. superfood

## WORKSHEET 1

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### SPEAKING

1. **Discuss these questions with your partner.**
  - a. How often do you eat out at restaurants, or buy your lunch from a sandwich shop?
  - b. How often do you go to fast food restaurants, such as KFC or McDonald's?
  - c. What do you think about these fast food places? Consider the taste and quality of the food, the prices, the quality of the service, the atmosphere of the restaurants etc.
  - d. Many fast food restaurants are popular with children and teenagers. Why do you think this is?
  - e. What would you say are the positive things about fast food restaurants, and what are the negative points about them?

### VOCABULARY

2. **Match these words and phrases to their definitions.**

- |  |  |
|--|--|
| a. <b>entire</b>                       | a single serving of food e.g. a portion of chips                           |
| b. <b>to be credited for something</b> | a strong desire to have more of something than you need, particularly food |
| c. <b>to feel guilty</b>               | to discover something or to reach a good understanding of a situation      |
| d. <b>to work something out</b>        | the whole of something e.g. the whole day                                  |
| e. <b>a portion</b>                    | people say that someone is responsible for something                       |
| f. <b>greed</b>                        | to feel bad about yourself because of your actions or behaviour            |

## LISTENING SECTION 1

- 3. Now, listen to Gavin Dudeney talking about a new word in English and answer these questions.**
- a. What is the new word that he discusses?
  
  - b. Does the word mean...
    - i. that someone buys extra items of food e.g. 2 beef burgers?
    - ii. that someone buys larger servings of one food item e.g. 1 bigger beef burger?
    - iii. that someone buys food more often from the same place e.g. always at McDonald's?
- 4. Listen to Section 1 again and decide if the following statements are true or false, according to Gavin Dudeney.**
- a. In the film *Super Size Me*, the director only ate food from McDonald's for several months.
  - b. McDonald's are said to have created the new word.
  - c. David Wallerstein realised hungry people didn't buy two items of food, but that they would buy one bigger item.

## WORKSHEET 2

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### LISTENING SECTION 2

**5. In the second part of the talk, Gavin explains more about the new word.**

**Listen to Section 2 of the talk and answer these questions.**

- a.** When people supersize their meal...
- i. pay the same amount of money as a normal size meal?
  - ii. pay a small amount of money on top of the price of a normal size meal?
  - iii. pay twice as much money as the price of a normal size meal?
- b.** Which two examples does Gavin give to show how the use of the word has spread?

**6. Listen again to Section 2. Are the following sentences true or false?**

- a.** People feel more guilty about the food they eat when they ‘supersize’ their meal
- b.** ‘Supersize’ was seen as a positive word for a long time.
- c.** ‘Supersize’ is not seen as a positive thing now because it was too expensive for the consumers, for the restaurant customers.

## WORKSHEET 3 - EXTRA WORK

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### VOCABULARY

7. Find the phrases in the text that have the following meanings.
- in another or different place
  - tried to do something
  - an economic system or lifestyle that is dominated by people spending money on material possessions that are not essential for life.

### LANGUAGE

- 8a. In the word 'supersize', 'super' is a prefix which means more, better or bigger than usual. Complete the words below with words from the box. Use the definitions and examples to help you.

market   natural   model   power   star   food   hero   bug
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- super\_\_\_\_: they wear the clothes at a fashion show and earn a lot of money
- super\_\_\_\_: it is very good for your health; it may help fight some illnesses
- super\_\_\_\_: a very famous person, perhaps a sports person, a film actor or musician
- super\_\_\_\_: a large shop which sells food and other domestic products
- super\_\_\_\_: a bacteria that medicine cannot kill; it causes deaths in hospitals
- super\_\_\_\_: things that come from a mysterious power and seem not to have a scientific or natural explanation
- super\_\_\_\_: a fictional character with special powers, often found in comic books
- super\_\_\_\_: a country with great military and economic strength that has a large influence over the world

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### 8b Use the words from exercise 8a to complete the sentences below.

- a. David Beckham is certainly a \_\_\_\_\_; he is famous in so many countries, such as America, Japan and Russia.
- b. There has been an outbreak of that new \_\_\_\_\_ at the hospital, so they're closing many of the wards.
- c. Kate Moss is an incredibly successful \_\_\_\_\_. I think she has been one for over ten years now, and she still looks great in the latest designs.
- d. I think Spiderman is my favourite \_\_\_\_\_. Superman is really boring.
- e. I think it is harder to say which countries are \_\_\_\_\_ these days. The world is changing a lot, I mean, perhaps India will be one soon.
- f. There's a campaign against Tesco in my town. People don't want them to open another \_\_\_\_\_ as it will badly affect all the small shops.
- g. I'm afraid I don't believe there are \_\_\_\_\_ phenomena. I'm sure everything can be explained by science, even ghosts.
- h. Garlic is a \_\_\_\_\_ as it helps fight colds. Also, green tea is one because it is high in vitamin C.

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### Discussion

#### 9. Discuss these questions with your partner.

- a. Do you know the names of any supermodels? What do you think of them? Do you think models are paid too much for such simple work?
- b. Which superhero movies have you seen? Did you like them? Have you ever read superhero stories in comic books?
- c. Which countries do you think are superpowers these days? Do you worry about the power that they have?
- d. Supermarkets provide convenient shopping at a reasonable price for consumers. Supermarkets destroy local communities and take the heart out of towns. Do you agree with these points? Which side of the argument is most important?
- e. Have your hospitals been affected by superbugs? Do you know how we can prevent serious superbug problems?
- f. How many superstars can you think of in 30 seconds? Why are they superstars? What do you think of them?
- g. Do you know of any superfoods? Do you eat many?
- h. Ghosts, telepathy and communicating with the spirits of the dead are all examples of supernatural phenomena. Do you think they exist?
- i. Have you ever supersized your meal?