Super-Sized Lies In Documentaries: Critical Essay

Are Documentaries Just One Big Super-Sized Lie?

Aleisha Gibson investigates how documentaries are misleading and manipulative. They create a false reality where they twist the truth of the situation and leave out significant information. Thursday 28th November, 2019

Super-Sized Lies are in most documentaries this day in age. “Super-Size Me” alleged that McDonald’s is why Americans are so fat and unhealthy. Absolutely, this may be a contributing factor regarding why Americans are fat but many other factors need to be considered.

Documentaries have changed over the decades. They start with all the information including every little detail whether it be minor or major. However, this day in age everything has changed. They are selective with the information they provide and only invite you to read what they want you to read. They also use many technique to distort the truth and manipulate your perspective on the situation. They also leave out key factors that need to be considered when coming to a conclusion.

Documentaries have been constructed in a particular format and supposedly been designed to provide the reality and facts of official documents. Documentaries used to be one of the most reliable sources of information but now they go through selective processes and strategies to present their opinion rather than facts. However, I’m not claiming that the documenting industry is entirely false nor always meddling with the truth just that our society needs to be more skeptical. Our society rather than believing everything presented it needs to be taken in as a grain of sand. How do we actually know if they are really presenting us with all the facts or are they just presenting their side of the story? Have you ever stopped and thought about what they are presenting you in documentaries that could actually be false?

The documentary “Super-Size Me” used numerous techniques to twist your point of view to believe that Mc Donald’s will make you fat and create many health complications. Morgan Spurlock who directed and starred in this film ate only Mc Donald’s food for over a period of 30-days. The entire documentary, images, and videos of fat, bottoms are presented which you would’ve linked to entire purpose of the film. But, what we don’t know is how they actually got fat. Watching the documentary I noticed how Mr. Spurlock avoided any sort of exercise going to the extent of getting a taxi to a Mc Donald’s just down the road. Who says that the lack of exercise is not to blame for him becoming fat and unhealthy? Lastly, there is one situation in the film shows where he continued to force himself to eat even though he was full which then shortly lead him to throw up. A sensible human would have stopped eating rather than forcing their body to the point of throwing up. Automatically, he blamed Mc Donald’s food for his sickness rather the fact he overate. He rather blame then tell the entire truth.

The documentary videoed every day but Mr. Spurlock left important information about previous difficulties. After the 30 day trial, his liver was almost as horrendous as an alcoholic’s where he also experienced depression and the shakes. He claimed that he had not had any prior health complications before starting. However, Mr Spurlock didn’t mention that he had an alcoholism

issue since the age of 13 which cast doubts on his claim of being in pristine condition before starting. He admitted to “The Wall Street Journal” about countless acts of sexual misconduct along with admitting his long history of alcohol abuse.

“Super-Size Me” just proves how much we should not trust documentaries. They are sneaky when they process their information to only invite you to read what they want you to read. Documentaries are also well known for their visual and text techniques to convince you otherwise. Most importantly they leave out key information that has a major impact on their claim. Next time you’re watching a documentaries ask yourself are they really telling me the entire truth.