## Test Your Knowledge-Portions

1. Serving Sizes: Which shape represents a single serving of: (Choose one of the shapes from the bank for each of the food groups)

- Grains: 1 slice of bread
- Fruit: 1 Medium fresh fruit
- Vegetable: 1 cup of salad
- Dairy: $1 / 2$ cup ice cream
- Protein: 3oz of meat/poultry/fish
- Fats and Oils: 1 teaspoon


2. Portion Distortion: compare the portion sizes of each food from 20 years ago and today. Can you guess the calorie difference? How long do you think it would take for each activity, for you to burn the extra calories?

|  | 20 years ago | Today | Can you guess the calorie difference? |
| :---: | :---: | :---: | :---: |
| Muffin | $\begin{gathered} 1.5 \mathrm{oz} \\ 210 \text { calories } \end{gathered}$ | 4 oz <br> ? calories | $\begin{aligned} & 180 \\ & 290 \\ & 350 \end{aligned}$ |
| Chicken Caesar Salad | 112 cups 390 calories | 312 cups <br> ? calories | $\begin{aligned} & 400 \\ & 500 \\ & 600 \end{aligned}$ |
| Chocolate Chip Cookie | 1.5" diameter 55 calories | 3.5" diameter $\qquad$ calories | $\begin{gathered} \hline 95 \\ 110 \\ 220 \end{gathered}$ |
|  | 3" diameter 140 calories | 6" diameter $\qquad$ calories | $\begin{aligned} & 110 \\ & 210 \\ & 310 \end{aligned}$ |
| Coffee | 8 oz (w/ whole milk and sugar) 45 calories | 16 oz Mocha Coffee (w/ whole milk and mocha syrup <br> ? calories $\qquad$ | $\begin{aligned} & 115 \\ & 225 \\ & 305 \end{aligned}$ |
| Spaghetti and Meatballs | 1 cup pasta \& sauce and 3 small meatballs 500 calories | 2 cups pasta \& sauce and 3 large meatballs $\qquad$ ? calories | $\begin{aligned} & 325 \\ & 450 \\ & 525 \end{aligned}$ |
|  | 6.5 oz <br> 85 calories | $\begin{gathered} 20 \mathrm{oz} \\ ? \\ ? \end{gathered}$ | $\begin{aligned} & 165 \\ & 175 \\ & 185 \end{aligned}$ |

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