

Adventures in Food and Nutrition! © 2016
Chapter 3: Your Nutrition Toolbox—Math Activity**Portion Distortion**

Over the past 20 years, portion sizes in the United States have increased greatly. When served large portions, many people eat more than when served smaller portions. As you know, too many calories can lead to weight gain. Do you suffer from portion distortion? To find out, visit this website:

<https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>

Activity Questions

1. Click on *Portion Distortion I*. How many calories were in these foods 20 years ago and today? Complete the chart below.

Food	20 Years Ago	Today
Bagel		
Cheeseburger		
Spaghetti and meatballs		
French fries		
Soda		
Turkey sandwich		

2. Total both columns above. How many more calories do the foods today supply than they did 20 years ago?

3. Click on *Portion Distortion II*. Complete the chart below.

Food	20 Years Ago	Today
Coffee		
Muffin		
Pepperoni Pizza		
Chicken Caesar Salad		
Popcorn		

Name _____ Date _____

Cheesecake		
Chocolate Chip Cookie		
Chicken Stir Fry		

4. Total the number of calories in both columns in question 3. What is the difference in the calories supplied today and 20 years ago?

5. What is the risk of eating portions that are larger than recommended servings?

6. What is the risk of eating portions that are smaller than recommended servings?