PORTION DISTORTION
STATION CARDS:

POPCORN

20 Years Ago

Today

270 calories, 5 cups

??? calories, ??? cups

Courtesy of the National Heart Lung and Blood Institute, Dept. of Health & Human Services.

How many cups are in today’s container of popcorn? How many calories do you think it contains? What is the additional number of calories?
PORTION DISTORTION
STATION CARDS:

CHEESEBURGER

20 Years Ago  

Today

333 calories  

??? calories

Courtesy of the National Heart Lung and Blood Institute, Dept. of Health & Human Services.

How many calories are in today’s fast food cheeseburger? How many additional calories is this compared to the hamburger from 20 years ago?
PORTION DISTORTION
STATION CARDS:

SPAGHETTI & MEATBALLS

20 Years Ago

Today

500 calories, 1 cup

??? calories, ??? cups

Courtesy of the National Heart Lung and Blood Institute, Dept. of Health & Human Services.

How many cups are in today’s plate of spaghetti?
How many calories do you think it contains? What is the additional number of calories?
PORTION DISTORTION
STATION CARDS:

SODA

20 Years Ago

85 calories, 6.5 oz.

Today

??? calories, ??? oz.

Courtesy of the National Heart Lung and Blood Institute, Dept. of Health & Human Services.

How many cups are in today’s bottle of soda? How many calories do you think it contains? What is the additional number of calories?
PORTION DISTORTION
STATION CARDS:

FRENCH FRIES

20 Years Ago

Today

210 calories, 2.4 oz.  ??? calories, ??? oz.

Courtesy of the National Heart Lung and Blood Institute, Dept. of Health & Human Services.

How many cups are in today's container of fries?
How many calories do you think it contains? What is the additional number of calories?
PORTION DISTORTION
STATION CARDS:

PIZZA

20 Years Ago

500 calories

Today

??? calories

Courtesy of the National Heart Lung and Blood Institute, Dept. of Health & Human Services.

How many calories are in 2 slices of today’s pizza?
How many additional calories is this compared to the pizza from 20 years ago?
PORTION DISTORTION
STATION CARDS:

MUFFIN

20 Years Ago       Today

210 calories, 1.5 oz.   ??? calories, ??? oz.

How big is today’s muffin? How many calories do you think it contains? What is the additional number of calories?

Courtesy of the National Heart Lung and Blood Institute, Dept. of Health & Human Services.
PORTION DISTORTION
STATION CARDS:

BAGEL

20 Years Ago

Today

140 calories, 3-inch size    ??? calories, ??? size

Courtesy of the National Heart Lung and Blood Institute, Dept. of Health & Human Services.

How big do you think today’s bagel is? How many calories do you think it contains? What is the additional number of calories?