

ESCAPE

PORTION DISTORTION



Breakout Review

Kim Graybill

www.FamilyConsumerSciences.com

Challenge #1: Then & Now

Give students a copy of the below chart comparing food portions and calories of 20 years ago to today's portions and calories.

How many extra calories have we been consuming in the last 20 years? Do the math to discover the code to open the next challenge. **Code:** 3057

Food		20 Years Ago	Today
Bagel		140 calories (3" diameter)	350 calories (6" diameter)
Muffin		210 calories (1.5 oz)	500 calories (4 oz)
Cheeseburger		333 calories	590 calories
Pasta (Spaghetti & Meatballs)		500 calories	1025 calories
French Fries		210 calories (2.4 oz)	610 calories (6.9 oz)
Soda		85 calories (6.5 oz)	250 calories (20 oz)
Theater Popcorn		270 calories (5 cups)	630 calories (1 tub)
Turkey Sandwich		320 calories	820 calories
Pizza		500 calories (2 slices)	850 calories (2 calories)

Challenge #2: How well do you know the recommended portions for foods?

[Portion Control Quiz](#) is based on an article from Reader's Digest. This [version](#) contains the answers. The QR code version is for students and does NOT contain the answers.

Scan the QR code and take the portion control quiz and keep track of your answers. If your answers are correct, the # of times each letter is used, in order, will equal the code to the next challenge.

Code: A=5 B=3 C=3 D=0 (5330)

Challenge #3: Do's & Don'ts to Help Avoid Portion Distortion

QR Code Resource Link [How to Avoid Portion Size Pitfalls](#)

There are a lot of tips and tricks we can implement to help avoid portion distortion when eating at home or in restaurants. See if you can figure out the Do's & Not Do's of avoiding portion distortion. Get the envelope of statements from the teacher and follow the instruction.

Read each statement below and decide if it a **DO** or a NOT DO. Count up the number of each starting with "DO" to determine the code to the next challenge. If using a single digit, place a zero in front of it. **Code:** 0907

Eat directly from the snack bag.

Use smaller plates, bowls and glasses.

Serve food family style.

Eat while watching a movie.

Know approximate portion sizes of foods based on common objects.

Share a meal or dessert with someone if eating out.

Eat slowly.

Serve foods on individual plates.

Serve yourself second helpings, especially desserts.

Ruin your dinner or lunch by eating a piece of fruit just before the meal.

Measure your food.

Drink water before eating.

Make single serving snack packs.

Eat the entire meal at a restaurant to avoid leftovers.

Frequent buffets often & eat your money's worth.

Keep unhealthy foods in sight at all times to improve your will-power.

Challenge #4: Know your Recommended MyPlate Servings

To avoid portion distortion, it's important for you to understand what foods you need on a daily basis. The USDA offers many resources to help you determine your body's essential needs such as MyPlate.

What is your Personal MyPlate Plan regarding food group servings/intake? Scan the QR Code to get to the website and enter your personal information. Screenshot your results or save as a PDF, and...

Be the first group to share with your teacher your personal recommendations from MyPlate to show that you successfully have a plan to follow that will help you escape portion distortion!

Note: Each member of your group must have personal recommendations to show and must be shared as a group...not one at a time.

Challenge #1: Then & Now

Comparing food portions and calories of year's ago to today's portions and calories, how many extra calories have we been consuming in the last 20 years? Do the math to discover the code to open the next challenge.

Food		20 Years Ago	Today
Bagel		140 calories (3" diameter)	350 calories (6" diameter)
Muffin		210 calories (1.5 oz)	500 calories (4 oz)
Cheeseburger		333 calories	590 calories
Pasta (Spaghetti & Meatballs)		500 calories	1025 calories
French Fries		210 calories (2.4 oz)	610 calories (6.9 oz)
Soda		85 calories (6.5 oz)	250 calories (20 oz)
Theater Popcorn		270 calories (5 cups)	630 calories (1 tub)
Turkey Sandwich		320 calories	820 calories
Pizza		500 calories (2 slices)	850 calories (2 calories)

CODE _____

Challenge #2: How well do you know the recommended portions for foods?

Scan the QR code and take the portion control quiz and keep track of your answers. If your answers are correct, the # of times each letter is used will equal the code to the next challenge. **See teacher after third attempt for guidance.



Code= _____
A= _____
B= _____
C= _____
D= _____

Challenge #3: Do's & Don'ts to Help Avoid Portion Distortion

Create an imaginary T-Chart with Do's on one side and Don'ts on the other. Pull a slip from the envelope, read it and place it in the correct column. If you get stuck, scan the QR Code for help.



Count up the number of "Do's" and the number of "Don'ts" to determine the code to the next challenge. If using a single digit, place a zero in front of it.
Code: _____

Cut Apart & Place in an Envelope

Keep unhealthy foods in sight at all times to improve your will-power.

Eat directly from the snack bag.

Use smaller plates, bowls and glasses.

Serve food family style.

Eat while watching a movie.

Know approximate portion sizes of foods based on common objects.

Share a meal or dessert with someone if eating out.

Eat slowly.

Serve foods on individual plates.

Serve yourself second helpings, especially desserts.

Ruin your dinner or lunch by eating a piece of fruit just before the meal.

Measure your food.

Drink water before eating.

Make single serving snack packs.

Eat the entire meal at a restaurant to avoid leftovers.

Frequent buffets often & eat your money's worth.

Challenge #4: Know your Recommended MyPlate Servings

To avoid portion distortion, it's important for you to understand what foods you need on a daily basis. The USDA offers many resources to help you determine your body's essential needs such as MyPlate.

What is your Personal MyPlate Plan regarding food group servings/intake? Scan the QR Code to get to the website



Click Start to begin the “Get Your MyPlate Plan”

***Enter your personal information into the program; Click Calculate Food Plan
Click on the results that reflect the # of calories required for a “healthy” weight
Screenshot or save as a PDF the MyPlate Plan with calorie/food group
recommendations***

Be the first group to share with your teacher your personal recommendations from MyPlate to show that you successfully have a plan to follow that will help you escape portion distortion!

Note: Each member of your group must have personal recommendations to show and must be shared as a group...not one at a time!



