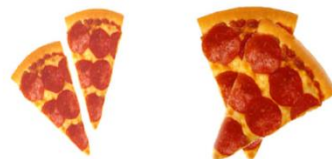


Lesson 8a Activity: Then and Now

Portion sizes while eating out have continued to increase over the years. Answer the following questions to test your portion size knowledge! How many calories are you REALLY consuming when you eat outside the home?

1. In the 1980s a slice of pizza was 500 calories, today a slice of pizza is...?

- a. 650
- b. 750
- c. 850
- d. 950



2. In the 1980s one bagel was 140 calories, today one bagel is...?



- a. 200
- b. 250
- c. 280
- d. 350

3. In the 1980s a serving of movie theater popcorn was 270 calories, today a serving of movie theater popcorn is...?

- a. 370
- b. 550
- c. 630
- d. 1,020



4. In the 1980s an entrée salad was 390 calories, today an entrée salad is...?



- a. 240
- b. 350
- c. 620
- d. 790

5. In the 1980s an average coffee drink was 45 calories. today an average coffee drink is...?

- a. 145
- b. 270
- c. 330
- d. 450



6. In the 1980s a spaghetti dish was 500 calories, today a spaghetti dish is...?



- a. 575
- b. 690
- c. 850
- d. 1,025

