

Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## VIDEO WORKSHEET

### Review:

After watching *Get Wise to Portion Size*, answer the following review questions.

1. According to the video, 96% of chain restaurant entrées exceed which dietary guidelines?

---

---

2. Why are super-sized food portion sizes an issue?

---

---

---

3. What are some strategies to avoid overeating large food portions at restaurants?

---

---

---

---

---

---

4. Match the portion size with the equivalent measuring device.

\_\_\_\_\_ 3 oz. meat

\_\_\_\_\_ ½ cup

\_\_\_\_\_ 1 teaspoon

\_\_\_\_\_ 1 cup

\_\_\_\_\_ 1 tablespoon

\_\_\_\_\_ 1 oz. cheese

A. length of thumb

B. 2 cupped hands

C. palm of hand

D. thumb tip

E. 1 cupped hand

F. 3 thumb tips

5. How have plate and bowl sizes influenced portion size?

---

---

---

---

6. What are some strategies for limiting portion sizes when eating meals at home?

---

---

---

---

---

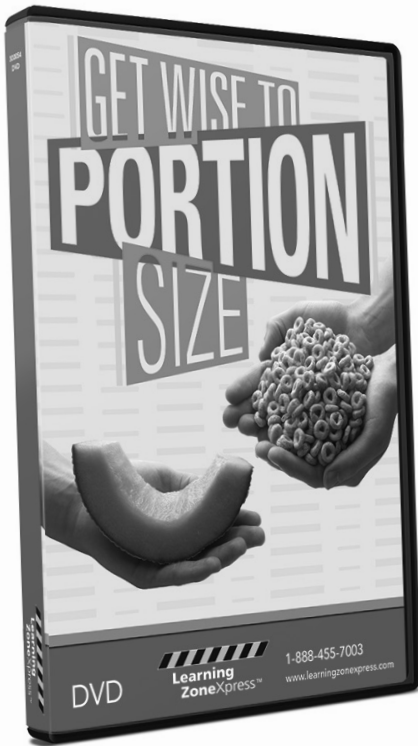
---

---

---

---

---



# ANSWER KEY

## Review:

After watching *Get Wise to Portion Size*, answer the following review questions.

1. According to the video, 96% of chain restaurant entrées exceed which dietary guidelines?

***Sodium, fat, and saturated fat***

---

---

2. Why are super-sized food portion sizes an issue?

***As food portions sizes have increased, it's caused people to eat more calories and gain more weight.***

***The average adult is now 26 pounds heavier than 60 years ago.***

---

---

3. What are some strategies to avoid overeating large food portions at restaurants?

***Split an entrée with a friend***

***Ask for a take home box right away and place half your meal in the box***

***Order an appetizer, soup, or salad***

***Share a dessert***

---

---

---

---

4. Match the portion size with the equivalent measuring device.

  C   3 oz. meat

  E   ½ cup

  D   1 teaspoon

  B   1 cup

  F   1 tablespoon

  A   1 oz. cheese

A. length of thumb

B. 2 cupped hands

C. palm of hand

D. thumb tip

E. 1 cupped hand

F. 3 thumb tips

5. How have plate and bowl sizes influenced portion size?

***Since the early 1990s, the standard size of a dinner plate increased from 10 inches to 12 inches and bigger bowls and glasses were also introduced. Filling these plates with food mean you're serving yourself more than if you're using a smaller sized plate.***

6. What are some strategies for limiting portion sizes when eating meals at home?

***Use a smaller plate, bowl, or glass***

***Slow down by putting your fork or spoon down in between each bite***

***Chew your food thoroughly***

***Skip taking a second helping***

***Serve food from the kitchen instead of having the food on the table and serving family style***

***Limit distractions like watching TV, playing with your smartphone, or driving***