Directions: Answer the following questions as you watch the video “Portion Size Me.”

1. How much of their food dollar do Americans spend away from home?
   a. 75%
   b. 10%
   c. 50%
   d. 30%

2. What was the assignment for the individuals in the study?
   a. Eat only fast food for 30 days.
   b. Choose the right portion.
   c. Make healthy choices.

3. What did the EIU physician monitor throughout the documentary?
   a. Vital statistics, blood cholesterol, blood fat, liver enzyme tests
   b. Vital statistics, blood cholesterol, blood fat, kidney function tests
   c. Vital statistics, blood pressure, blood fat, kidney function tests

4. Where did the students eat their first meal?

5. Obesity is not at an epidemic level.
   True or False

6. How many states had an obesity rate of greater than 25% in 2004 according to the CDC?
7. What did the students say about the diet at the midpoint?
   a. They were gaining weight, and their cholesterol had gone up.
   b. They did not enjoy having to go get food when they were hungry.
   c. They felt terrible physically and were not able to exercise as they could before.
   d. They were thankful for not having to eat with their friends.

8. What was Ellen’s calorie level for the study?

9. What was Aaron’s calorie level for the study?

10. Who had difficulty in finding the right portion at fast food restaurants?

11. How was the students’ health at the end of the study?
    a. Their weight and cholesterol stayed the same.
    b. They gained weight, and their cholesterol increased.
    c. They lost weight, and their cholesterol dropped.

12. What caused the health problems for the individual in “Super Size Me?”
    a. What he ate.
    b. How much he ate.
    c. Where he ate.
Directions: Answer the following questions as you watch the video “Portion Size Me.”

1. How much of their food dollar do American’s spend away from home?
   a. 75%
   b. 10%
   c. 50%
   d. 30%

2. What was the assignment for the individuals in the study?
   a. Eat only fast food for 30 days.
   b. Choose the right portion.
   c. Make healthy choices.

3. What did the EIU physician monitor throughout the documentary?
   a. Vital statistics, blood cholesterol, blood fat, liver enzyme tests
   b. Vital statistics, blood cholesterol, blood fat, kidney function tests
   c. Vital statistics, blood pressure, blood fat, kidney function tests

4. Where did the students eat their first meal?
   Subway

5. Obesity is not at an epidemic level.
   True or False

6. How many states had an obesity rate of greater than 25% in 2004 according to the CDC?
   Nine
7. What did the students say about the diet at the midpoint?
   a. They were gaining weight, and their cholesterol had gone up.
   b. **They did not enjoy having to go get food when they were hungry.**
   c. They felt terrible physically and were not able to exercise as they could before.
   d. They were thankful for not having to eat with their friends.

8. What was Ellen’s calorie level for the study?
   1,500-1,600

9. What was Aaron’s calorie level for the study?
   4,500-5,000

10. Who had difficulty in finding the right portion at fast food restaurants?
    Ellen

11. How was the students’ health at the end of the study?
    a. Their weight and cholesterol stayed the same.
    b. They gained weight and their cholesterol increased.
    c. **They lost weight and their cholesterol dropped.**

12. What caused the health problems for the individual in “Super Size Me?”
    a. What he ate.
    b. **How much he ate.**
    c. Where he ate.
1. How much do American’s spend on eating out?
   a. 25% of their income
   b. 75% of money spent on food
   c. 75% of income
   d. 50% of money spent on food

2. What was the assignment for the subjects in “Portion Size Me?”
   a. Eat whatever fast food they wanted for 30 days.
   b. Eat healthy fast food for 30 days in the proper portion.
   c. Eat healthy fast food for 30 days, but however much they wanted.

3. Which of the following does NOT correctly state why Aaron requires more calories than Ellen per day?
   a. He is more active.
   b. He is hungrier.
   c. He is larger.
   d. He is a male.

4. Obesity is decreasing in the United States. True or False

5. When eating at a salad bar, what is one way to increase the nutritional value of your salad?
   a. Add several different types of fresh vegetables.
   b. Add several croutons and bacon bits.
   c. Use a high calorie dressing.
   d. Only have potato salad, macaroni salad, and pudding.

6. Which pizza would have the fewest calories?
   a. Thin crust pepperoni
   b. Thin crust vegetable pizza
   c. Thick crust cheese
7. What would decrease calories in a sub sandwich?
   a. Use mayonnaise.
   b. Add cheese.
   c. Order double meat.
   d. Use fresh vegetables instead of condiments.

8. How did the diet affect the subjects?
   a. They felt terrible physically.
   b. They thought it was easy to eat fast food for every meal.
   c. They adjusted to eating the right portion for them.
   d. They enjoyed not having to eat with their friends and families.

9. What calorie level did Ellen aim for each day?
   a. 5,000-6,000
   b. 500-600
   c. 1,500-1,600

10. What calorie level did Aaron aim for each day?
    a. 4,500-5,000
    b. 450-500
    c. 45,000-50,000

11. Ellen had an easy time finding the right portion for her at fast food restaurants. True or False

12. How were the subjects doing medically at the half way point compared to the subject in “Super Size Me?”
    a. Better
    b. Worse
    c. Same

13. What did NOT contribute to Aaron and Ellen’s weight loss through the study?
    a. They were watching their portions.
    b. They were making healthy choices.
    c. They were eating fast food.
    d. They were writing down what they were eating.
14. When eating a chicken meal, what can you do to decrease the calories?
   a. Choose mashed potatoes with gravy and an extra biscuit as your sides.
   b. Ask for extra breading on your chicken.
   c. Take the skin off your chicken.

15. Why should Ellen avoid banana splits?
   a. Too much fruit
   b. Too many calories
   c. She doesn’t like them.

16. What were the results of the study for the students?
   a. They gained weight, and had poor medical tests.
   b. They lost weight, and had good medical tests.
   c. They lost weight, but had poor medical tests.
   d. They gained weight, but had good medical tests.

17. Is a fast-food diet a good idea for a long-term plan?
   a. Yes, there are several healthy options at fast-food restaurants.
   b. No, there are not enough healthy options at fast-food restaurants.

18. What foods have cholesterol?
   a. Meats
   b. Vegetables
   c. Fruits

19. What factors contributed to the weight gain and decreased health experienced by the subject in “Super Size Me?”
   a. He was only eating fast food.
   b. He was eating his proper portion.
   c. He was eating too much food.

20. What food groups are typically difficult to find at fast-food restaurants?
   a. Meats and breads
   b. Fruits and vegetables
   c. Breads and dairy
Test
Answer Key
(Grades 7-9)

1. How much do American’s spend on eating out?
   a. 25% of their income
   b. 75% of money spent on food
   c. 75% of income
   d. 50% of money spent on food

2. What was the assignment for the subjects in “Portion Size Me?”
   a. Eat whatever fast food they wanted for 30 days.
   b. Eat healthy fast food for 30 days in the proper portion.
   c. Eat healthy fast food for 30 days, but however much they wanted.

3. Which of the following does NOT correctly state why Aaron requires more calories than Ellen per day?
   a. He is more active.
   b. He is hungrier.
   c. He is larger.
   d. He is a male.

4. Obesity is decreasing in the United States. True or False

5. When eating at a salad bar, what is one way to increase the nutritional value of your salad?
   a. Add several different types of fresh vegetables.
   b. Add several croutons and bacon bits.
   c. Use a high calorie dressing.
   d. Only have potato salad, macaroni salad, and pudding.

6. Which pizza would have the fewest calories?
   a. Thin crust pepperoni
   b. Thin crust vegetable pizza
   c. Thick crust cheese
7. What would decrease calories in a sub sandwich?
   a. Use mayonnaise.
   b. Add cheese.
   c. Order double meat.
   d. **Use fresh vegetables instead of condiments.**

8. How did the diet affect the subjects?
   a. They felt terrible physically.
   b. They thought it was easy to eat fast food for every meal.
   c. **They adjusted to eating the right portion for them.**
   d. They enjoyed not having to eat with their friends and families.

9. What calorie level did Ellen aim for each day?
   a. 5,000-6,000
   b. 500-600
   c. **1,500-1,600**

10. What calorie level did Aaron aim for each day?
    a. **4,500-5,000**
    b. 450-500
    c. 45,000-50,000

11. Ellen had an easy time finding the right portion for her at fast food restaurants **True** or False

12. How were the subjects doing medically at the half way point compared to the subject in “Super Size Me?”
    a. **Better**
    b. Worse
    c. Same

13. What did **NOT** contribute to Aaron and Ellen’s weight loss through the study?
    a. They were watching their portions.
    b. They were making healthy choices.
    c. **They were eating fast food.**
    d. They were writing down what they were eating.
14. When eating a chicken meal, what can you do to decrease the calories?
   a. Choose mashed potatoes with gravy and an extra biscuit as your sides.
   b. Ask for extra breading on your chicken.
   **c. Take the skin off your chicken.**

15. Why should Ellen avoid banana splits?
   a. Too much fruit
   **b. Too many calories**
   c. She doesn’t like them.

16. What were the results of the study for the students?
   a. They gained weight, and had poor medical tests.
   **b. They lost weight, and had good medical tests.**
   c. They lost weight, but had poor medical tests.
   d. They gained weight, but had good medical tests.

17. Is a fast food diet a good idea for a long-term plan?
   a. Yes, there are several healthy options at fast-food restaurants.
   **b. No, there are not enough healthy options at fast-food restaurants.**

18. What foods have cholesterol?
   a. Meats
   b. Vegetables
   c. Fruits

19. What factors contributed to the weight gain and decreased health experienced by the subject in “Super Size Me?”
   a. He was only eating fast food.
   b. He was eating his proper portion.
   **c. He was eating too much food.**

20. What food groups are typically difficult to find at fast-food restaurants?
   a. Meats and breads
   **b. Fruits and vegetables**
   c. Breads and dairy
1. Name three things that were part of the assignment for the subjects in “Portion Size Me.”
   a. ______________________________________
   b. ______________________________________
   c. ______________________________________

2. Name four reasons Aaron gets to eat more than Ellen.
   a. ______________________________________
   b. ______________________________________
   c. ______________________________________
   d. ______________________________________

3. How much do Americans spend on eating out?
   ______________________________________

4. What food groups are difficult to find at fast-food restaurants?
   ______________________________________

Multiple Choice

5. What did Dr. Sheila Baker monitor during the study?
   a. Vital statistics, heart rate, kidney function
   b. Vital statistics, blood cholesterol, blood fat, liver enzyme tests
   c. Blood cholesterol, gall bladder function, blood fat
   d. Liver enzyme tests, vital statistics, blood protein

6. When eating at a salad bar, what is one way to increase the nutritional value of your salad?
   a. Add several different types of fresh vegetables.
   b. Add several croutons and bacon bits.
   c. Use a high calorie dressing.
   d. Only have potato salad, macaroni salad, and pudding.
7. Which pizza would have the fewest calories?
   a. Thin crust pepperoni
   b. Thin crust vegetable pizza
   c. Thick crust cheese

8. What would decrease calories in a sub sandwich?
   a. Use mayonnaise.
   b. Add cheese.
   c. Order double meat.
   d. Use fresh vegetables instead of condiments.

9. How did the diet affect the subjects?
   a. They felt terrible physically.
   b. They found it to be easy to eat fast food for every meal.
   c. They adjusted to eating the right portion for them.
   d. They enjoyed not having to eat with their friends and families.

10. What calorie level did Ellen aim for each day?
    a. 5,000-6,000
    b. 500-600
    c. 1,500-1,600

11. What calorie level did Aaron aim for each day?
    a. 4,500-5,000
    b. 450-500
    c. 45,000-50,000

12. Why was it easier for Aaron to find the right portion at fast food restaurants than for Ellen?
    a. Fast-food portions were too large for Ellen, as she was allowed more calories per day than Aaron.
    b. Fast-food portions were too small for Aaron, as he was allowed fewer calories per day than Ellen.
    c. Fast-food portions were too large for Ellen, as she was allowed fewer calories per day than Aaron.
    d. Fast-food portions were too large for Aaron, as he was allowed fewer calories per day than Ellen.

13. How were the subjects doing medically at the half way point compared to the subject in “Super Size Me?”
    a. Better
    b. Worse
    c. Same
14. What did NOT contribute to Aaron and Ellen’s weight loss through the study?
   a. They were watching their portions.
   b. They were making healthy choices.
   c. They were eating fast food.
   d. They were writing down what they were eating.

15. When eating a chicken meal, what can you do to decrease the calories?
   a. Choose mashed potatoes with gravy and an extra biscuit as your sides.
   b. Ask for extra breading on your chicken.
   c. Take the skin off your chicken.

16. What were the results of the study for the students?
   a. Weight gain, increase in cholesterol, poor liver function
   b. Weight loss, increase in cholesterol, good liver function
   c. Weight gain, decrease in cholesterol, good liver function
   d. Weight loss, decrease in cholesterol, good liver function

17. What foods have cholesterol?
   a. Meats
   b. Vegetables
   c. Fruits

18. What factors contributed to the weight gain and decreased health experienced by the subject in “Super Size Me?”
   a. He was only eating fast food.
   b. He was eating his proper portion.
   c. He was eating too much food.

True or False

19. Obesity is at an epidemic level. True or False

20. A banana split is a good dessert choice for a small female. True or False

21. A fast food diet would be a great long term eating plan. True or False

22. Writing down what you eat is a good way to control your intake. True or False
Test Answer Key (Grades 9-12)

1. Name three things that were part of the assignment for the subjects in “Portion Size Me.”
   a. Only eat fast food for 30 days.
   b. Choose the proper portion.
   c. Make healthy choices.

2. Name four reasons Aaron gets to eat more than Ellen.
   a. He is a male.
   b. He is taller.
   c. He weighs more.
   d. He is more active.

3. How much do Americans spend on eating out?
   - 50% of money spent on food

4. What food groups are difficult to find at fast-food restaurants?
   - Fruits and vegetables

Multiple Choice

5. What did Dr. Sheila Baker monitor during the study?
   b. Vital statistics, blood cholesterol, blood fat, liver enzyme tests
   c. Blood cholesterol, gall bladder function, blood fat
   d. Liver enzyme tests, vital statistics, blood protein

6. When eating at a salad bar, what is one way to increase the nutritional value of your salad?
   a. Add several different types of fresh vegetables.
   b. Add several croutons and bacon bits.
   c. Use a high calorie dressing.
   d. Only have potato salad, macaroni salad, and pudding.
7. Which pizza would have the fewest calories?
   a. Thin crust pepperoni
   b. **Thin crust vegetable pizza**
   c. Thick crust cheese

8. What would decrease calories in a sub sandwich?
   a. Use mayonnaise.
   b. Add cheese.
   c. Order double meat.
   d. **Use fresh vegetables instead of condiments.**

9. How did the diet affect the subjects?
   a. They felt terrible physically.
   b. They found it to be easy to eat fast food for every meal.
   c. **They adjusted to eating the right portion for them.**
   d. They enjoyed not having to eat with their friends and families.

10. What calorie level did Ellen aim for each day?
    a. 5,000-6,000
    b. 500-600
    c. **1,500-1,600**

11. What calorie level did Aaron aim for each day?
    a. **4,500-5,000**
    b. 450-500
    c. 45,000-50,000

12. Why was it easier for Aaron to find the right portion at fast food restaurants than for Ellen?
    a. Fast food portions were too large for Ellen, as she was allowed more calories per day than Aaron.
    b. Fast food portions were too small for Aaron, as he was allowed fewer calories per day than Ellen.
    c. **Fast food portions were too large for Ellen, as she was allowed fewer calories per day than Aaron.**
    d. Fast food portions were too large for Aaron, as he was allowed fewer calories per day than Ellen.

13. How were the subjects doing medically at the half way point compared to the subject in “Super Size Me?”
    a. Better
    b. Worse
    c. Same
14. What did NOT contribute to Aaron and Ellen’s weight loss through the study?
   a. They were watching their portions.
   b. They were making healthy choices.
   c. They were eating fast food.
   d. They were writing down what they were eating.

15. When eating a chicken meal, what can you do to decrease the calories?
   a. Choose mashed potatoes with gravy and an extra biscuit as your sides.
   b. Ask for extra breading on your chicken.
   c. Take the skin off your chicken.

16. What were the results of the study for the students?
   a. Weight gain, increase in cholesterol, poor liver function
   b. Weight loss, increase in cholesterol, good liver function
   c. Weight gain, decrease in cholesterol, good liver function
   d. Weight loss, decrease in cholesterol, good liver function

17. What foods have cholesterol?
   a. Meats
   b. Vegetables
   c. Fruits

18. What factors contributed to the weight gain and decreased health experienced by the subject in “Super Size Me?”
   a. He was only eating fast food.
   b. He was eating his proper portion.
   c. He was eating too much food.

**True or False**

19. Obesity is at an epidemic level. **True** or False

20. A banana split is a good dessert choice for a small female. **True** or **False**

21. A fast food diet would be a great long term eating plan. **True** or **False**

22. Writing down what you eat is a good way to control your intake. **True** or **False**
What Should I Order?

When eating fast food, it is hard to determine what menu options are healthier, and it is even harder to make the decision to order those healthy options. Knowing which fast foods are healthier before going to the fast-food restaurant will help you to be able to choose healthy menu options. The following selections are ranked in order from better to worse.

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Calories</th>
<th>Fat (g)</th>
<th>Cholesterol</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 McDonald’s® Hamburger</td>
<td>260</td>
<td>9</td>
<td>30</td>
</tr>
<tr>
<td>2 Subway® Roast Beef Sandwich</td>
<td>290</td>
<td>5</td>
<td>20</td>
</tr>
<tr>
<td>3 Taco Bell® Ranchero Chicken Soft Taco</td>
<td>270</td>
<td>14</td>
<td>35</td>
</tr>
<tr>
<td>4 Wendy’s® Ultimate Chicken Grill Sandwich</td>
<td>360</td>
<td>7</td>
<td>75</td>
</tr>
<tr>
<td>5 KFC Tender Roast Sandwich</td>
<td>390</td>
<td>19</td>
<td>70</td>
</tr>
<tr>
<td>6 Dairy Queen® Crispy Chicken Sandwich</td>
<td>590</td>
<td>34</td>
<td>40</td>
</tr>
<tr>
<td>7 Arby’s® Market Fresh Roast Ham and Swiss</td>
<td>700</td>
<td>31</td>
<td>85</td>
</tr>
<tr>
<td>8 Hardee’s® ½ lb. Six Dollar Burger</td>
<td>1,060</td>
<td>72</td>
<td>150</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Side Items</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 KFC Green Beans</td>
<td>50</td>
<td>1.5</td>
<td>5</td>
</tr>
<tr>
<td>2 Wendy’s® Fresh Fruit Cup</td>
<td>80</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>3 McDonald’s® Medium French Fries</td>
<td>350</td>
<td>16</td>
<td>0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Salads (without dressing)</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Subway® Grilled Chicken and Baby Spinach Salad</td>
<td>140</td>
<td>3</td>
<td>50</td>
</tr>
<tr>
<td>2 McDonald’s® Caesar Salad with Grilled Chicken</td>
<td>200</td>
<td>6</td>
<td>70</td>
</tr>
<tr>
<td>3 Arby’s® Martha’s Vineyard Salad</td>
<td>250</td>
<td>8</td>
<td>60</td>
</tr>
<tr>
<td>4 Wendy’s® Chicken BLT Salad</td>
<td>330</td>
<td>18</td>
<td>105</td>
</tr>
<tr>
<td>5 Taco Bell® Fiesta Taco Salad</td>
<td>870</td>
<td>47</td>
<td>65</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Drink</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 McDonald’s® 1% Lowfat Milk</td>
<td>100</td>
<td>2.5</td>
<td>10</td>
</tr>
<tr>
<td>2 Large Soda</td>
<td>300</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>3 Hardee’s® Regular Chocolate Shake- Soft Serve</td>
<td>710</td>
<td>7</td>
<td>20</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dessert</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Wendy’s® Junior Frosty</td>
<td>160</td>
<td>4</td>
<td>15</td>
</tr>
<tr>
<td>2 Taco Bell® Cinnamon Twists</td>
<td>160</td>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>3 Arby’s® Apple Turnover with Icing</td>
<td>380</td>
<td>11.5</td>
<td>0</td>
</tr>
<tr>
<td>4 McDonald’s® Oreo® McFlurry</td>
<td>560</td>
<td>16</td>
<td>50</td>
</tr>
</tbody>
</table>
Assignment

Visit [http://www.nat.uiuc.edu/energy/ec.html](http://www.nat.uiuc.edu/energy/ec.html) and enter your weight, height in inches, age, gender, and activity level to determine your calorie needs per day. Divide that number by 3 to determine the amount of calories you should consume per day.

Now enter 160 pounds, 67 inches, 50 years old, and male into the energy calculator. Determine how many calories would be needed for the following activity levels:

- 8 hours resting, 8 hours inactive, 8 hours very light activity
- 8 hours resting, 6 hours inactive, 8 hours very light activity, 2 hours light exercise
- 8 hours resting, 6 hours inactive, 8 hours very light activity, 2 hours moderate exercise
- 8 hours resting, 6 hours inactive, 8 hours very light activity, 2 hours heavy activity

Obtain nutritional information from three of the following fast food restaurants, either by asking for a brochure at the restaurant or by downloading the information from the restaurant’s website. Read through the information from each restaurant to better identify low calorie, low fat options.

- Taco Bell: [www.tacobell.com](http://www.tacobell.com)
- Wendy’s: [www.wendys.com](http://www.wendys.com)
- Arby’s: [www.arbys.com](http://www.arbys.com)
- McDonald’s: [www.mcdonalds.com](http://www.mcdonalds.com)
- KFC: [www.kfc.com](http://www.kfc.com)
- Pizza Hut: [www.pizzahut.com](http://www.pizzahut.com)
- Dairy Queen: [http://www.dairyqueen.com](http://www.dairyqueen.com)
- Hardee’s: [www.hardees.com](http://www.hardees.com)

Now that you know how many calories you need each day and at each meal, plan a day of menus from your favorite fast food restaurants. Keep in mind calories, fat, and variety when choosing your options. Report the number of calories and fat calories for each menu selection, a total for each meal, and a total for the entire day. Calculate the percentage of calories from fat for the entire day. Remember that calories from fat should be kept to less than 30% per day.