

**How much are
we eating?**

How Much Are You Eating?

Lesson In a Box

Activity 1: Activity Sign

¿Qué cantidad

estamos

comiendo?

How Much Are You Eating?

Lesson In a Box

Activity 1: Activity Sign Spanish

20 YEARS AGO



333 CALORIES

TODAY



???

TODAY



590 CALORIES

20 YEARS AGO



333 CALORIES

20 YEARS AGO



500 CALORIES

1 cup of spaghetti with
sauce & 3 *small*
meatballs

TODAY



???

2 cups of spaghetti with
sauce and 3 large
meatballs

TODAY



1,025 CALORIES

1 cup spaghetti with
sauce & 3 *large*
meatballs

20 YEARS AGO



500 CALORIES

1 cup of spaghetti with
sauce & 3 *small*
meatballs

20 YEARS AGO



210 CALORIES
2 ½ Ounces

TODAY



???

TODAY



610 CALORIES
7 Ounces

20 YEARS AGO



210 CALORIES
2 ½ Ounces

20 YEARS AGO



85 CALORIES
6 1/2 Ounces

TODAY



???

TODAY



250 CALORIES

20 Ounces

20 YEARS AGO



85 CALORIES

6 ½ Ounces

20 YEARS AGO



140 CALORIES
3 inch diameter

TODAY



???

TODAY



350 CALORIES
6 inch diameter

20 YEARS AGO



140 CALORIES
3 inch diameter

20 YEARS AGO



210 CALORIES

1 ½ Ounces

TODAY



???

TODAY



500 CALORIES
4 Ounces

20 YEARS AGO

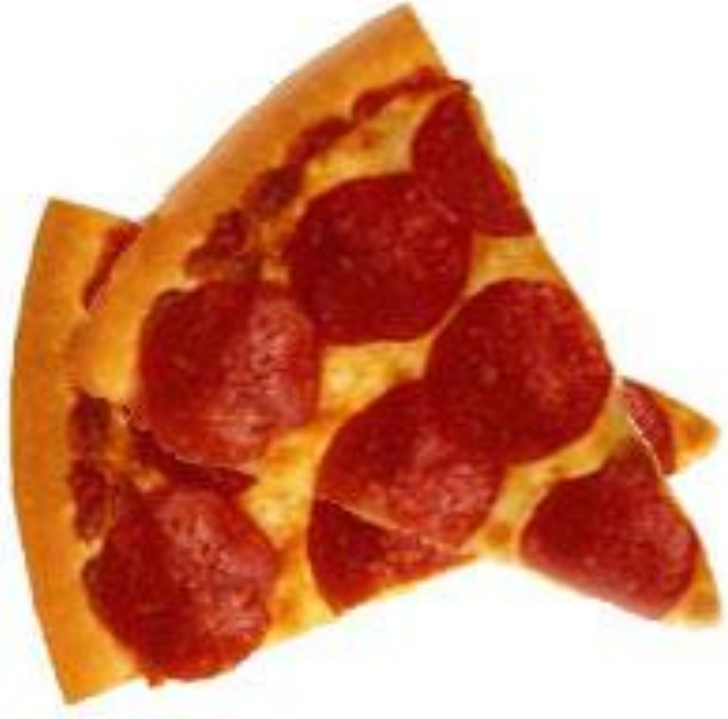


210 CALORIES
1 ½ Ounces

20 YEARS AGO



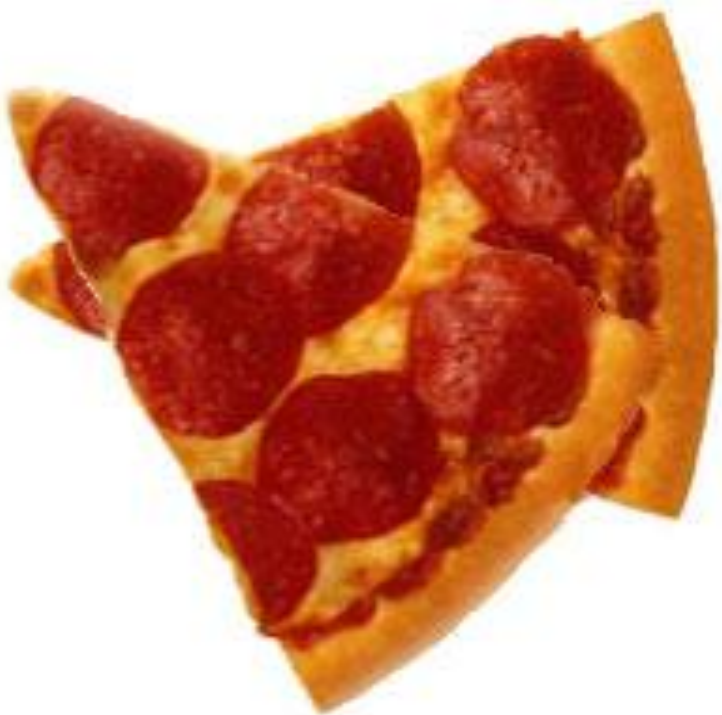
TODAY



???

500CALORIES

TODAY



850 CALORIES

20 YEARS AGO



500 CALORIES

20 YEARS AGO



270 CALORIES

5 cups

TODAY



???

TODAY



630 CALORIES
11 cups

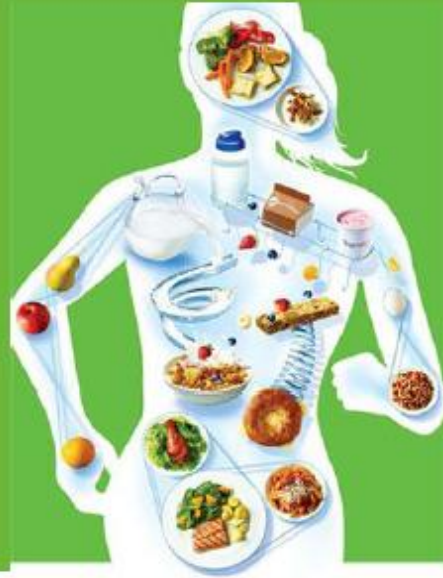
20 YEARS AGO



270 CALORIES
5 cups

CALORIE DIFFERENCE

400



French Fries

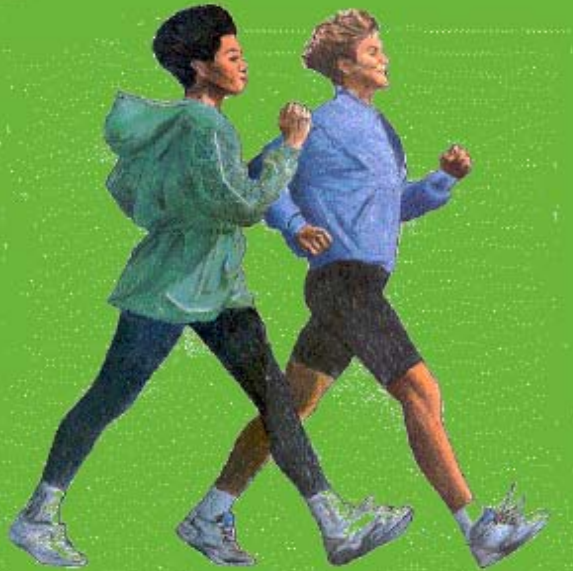
CALORIE DIFFERENCE

525



Spaghetti with Sauce

How long would it take to burn off these calories?



1 hour and 35 minutes of walking

1 hours and 15 minutes of house cleaning

40 minutes of climbing stairs

How long would it take to burn off these calories?



1 hour and 40 minutes of dancing

1 hour and 10 minutes of playing basketball

3 hours of house cleaning

CALORIE DIFFERENCE

290



Muffin

CALORIE DIFFERENCE

210



Bagel

How long would it take to burn off these calories?

55 minutes of dancing

1 hour of walking (3.5 miles per hour)

18 minutes of climbing stairs



How long would it take to burn off these calories?

40 minutes of dancing

1 hour and 10 minutes house cleaning

20 minutes of jogging (5 miles per hour)



CALORIE DIFFERENCE 360



Popcorn

CALORIE DIFFERENCE 257



Hamburger

How long would it take to burn off these calories?



1 hour 10 minutes of light gardening

1 hour and 20 minutes of walking

2 hours of house cleaning

How long would it take to burn off these calories?

35 minutes of playing basketball

55 minutes of walking

45 minutes of dancing



CALORIE DIFFERENCE

165



Juice

CALORIE DIFFERENCE

350



Pizza

How long would it take to burn off these calories?

35 minutes of walking

1 hour house cleaning

30 minutes of dancing



How long would it take to burn off these calories?

**1 hour and 20 minutes of walking
(3.5 miles per hr)**

**1 hour and 5 minutes of
dancing**

35 minutes of climbing stairs





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1 BAGEL

5 Slices of Bread

How Much Are You Eating?

Lesson In a Box **Activity 1**

1 Bagel is Equal to 5 Slices of Bread

OPTIONAL TABLE IMAGE

Bagel Image:

Bagel [Online Image].(n.d.). Retrieved December 3 2009, from plus.maths.org, http://plus.maths.org/latestnews/sep-dec04/bagel/iStock_bagel_small.jpg

Bread Image:

Bread Slices [Online Image]. (n.d.). Retrieved December 3, 2009, from just2good.files.wordpress.com, <http://just2good.files.wordpress.com/2009/01/cottage-cheese-bread.jpg>

Don't be Fooled by Portion Sizes

20 Years Ago

Today



Calorie difference = 500



Calorie difference = 340

**Food servings are bigger today than ever.
You may think you are eating well, but you are probably
eating far more calories than you realize.**

**Don't be fooled by portion sizes.
Cut your meal in half, or get the smaller size.**

How Much Are You Eating?

Lesson In a Box
Activity 1

OPTIONAL POSTER

**TO HANG UP ON WALL
IF SPACE ALLOWS**

Don't be Fooled by Portion Sizes Poster. Accessed December 2, 2009, from NYC Department of Health and Mental Hygiene, nyc.gov,
<http://www.nyc.gov/html/doh/downloads/pdf/csi/obesity-wallPoster-9.pdf>