

**How can you  
know how  
much you are  
eating?**

# How Much Are You Eating?

## Lesson In a Box

### Activity 3: Activity Sign

**¿Cómo puede**

**saber qué**

**cantidad**

**come ?**

# How Much Are You Eating?

## Lesson In a Box

### Activity 3: Activity Sign

### Spanish



## Activity 3

### Brown Paper Lunch Bag

**“PACK YOUR OWN LUNCHES FROM HOME”**

MICROSOFT OFFICE 2007 CLIP ART

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## Activity 3

### Different Sized Serving Spoons

**“USE A SMALLER SERVING SPOON TO PORTION OUT YOUR FOOD”**

Serving Spoons [Online Image]. (n.d.). Retrieved December 2, 2009, from  
imgghost.inidamart.com,

[http://imgghost.indiamart.com/data/1/V/MY-17003/marronhandlekitchentool\\_250x250.jpg](http://imgghost.indiamart.com/data/1/V/MY-17003/marronhandlekitchentool_250x250.jpg)

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# ORDER

		calorie range
<b>Burrito</b>	rice, beans, meat, salsa, cheese or sour cream	420-918
<b>Fajita Burrito</b>	all of the above, with peppers & onions instead of beans	390-880
<b>Burrito Bowl</b>	served in a bowl, no tortilla	130-628
<b>Tacos</b>	soft or crispy tacos with meat, salsa cheese or sour cream, romaine lettuce	310-590
<b>Salad</b>	romaine lettuce, beans, meat, salsa, cheese, chipotle-honey vinaigrette	155-823



## Activity 3

### Fast Food Chain Calorie Information on Menu Board

#### **“READING CALORIE INFORMATION AT RESTAURANTS WHEN AVAILABLE”**

Calorie Information on Menu Board [Online Image]. (n.d.). Retrieved December 2, 2009, from nycitynewsservice.com, [http://nycitynewsservice.com/wp-content/plugins/yet-another-photoblog/cache/calorie\\_1.c0k5uhrmggg8kgw4oso408s.a9sxxja1njkswwcs400wcc4cg.th.jpeg](http://nycitynewsservice.com/wp-content/plugins/yet-another-photoblog/cache/calorie_1.c0k5uhrmggg8kgw4oso408s.a9sxxja1njkswwcs400wcc4cg.th.jpeg)

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## Activity 3

### Taking Half Your Meal To-Go

#### **“TAKING HOME HALF YOUR MEAL IF IT IS MORE THAN YOU CAN EAT”**

Packing a Doggie Bag [Online Image]. (n.d.). Retrieved December 2, 2009, from 4.bp.blogspot.com, [http://4.bp.blogspot.com/\\_C\\_dw0NF2IAQ/Su3HzXCbN8I/AAAAAAAAEWg/v1eRa2rHe0E/s400/Doggy+Bag+Doings+After+Lunch+1.jpg](http://4.bp.blogspot.com/_C_dw0NF2IAQ/Su3HzXCbN8I/AAAAAAAAEWg/v1eRa2rHe0E/s400/Doggy+Bag+Doings+After+Lunch+1.jpg)

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# Nutrition Facts

Serving Size 1 ounce    Servings in bag 4

Amount Per Serving	Calories 155	Calories from Fat 93	% Daily Value*
<b>Total Fat</b> 11g			16%
Saturated Fat 3g			15%
Trans Fat			
Cholesterol 0mg			0%
Sodium 148mg			6%
<b>Total Carbohydrate</b> 14g			5%
Dietary Fiber 1g			5%
Sugars 1g			
<b>Protein</b> 2g			
Vitamin A	0%	Vitamin C	9%
Calcium	1%	Iron	3%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Activity 3

### Two People Sharing One Dessert

#### **“SPLITTING LARGE PORTIONS WITH SOMEONE ELSE”**

Sharing Dessert [Online Image]. (n.d.). Retrieved December 2, 2009, from dostgeorge.com,  
<http://www.dostgeorge.com/st-george-utah-restaurants.html>

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## Activity 3

### Nutrition Facts Label

#### **“READING THE NUTRITION FACTS LABELS ON THE FOODS YOU EAT”**

Nutrition Facts Label [Online Image]. (n.d.). Retrieved December 2, 2009, from  
3.bp.blogspot.com,  
<http://3.bp.blogspot.com/N7HrBEuDjgI/SnGzw9GYgyI/AAAAAAAAACyA/uQTUICGbbM/s400/nutrition-label224.jpg>

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## Activity 3

### People taking the time to prepare a meal

#### **“TAKING THE TIME TO PREAPRE A HEALTHY MEAL”**

Preparing a Meal [Online Image]. (n.d.) Retrieved December 2, 2009 from sefton-careers.co.uk,  
<http://www.sefton-carers.co.uk/images/dp1pic-3.jpg>

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### Activity 3

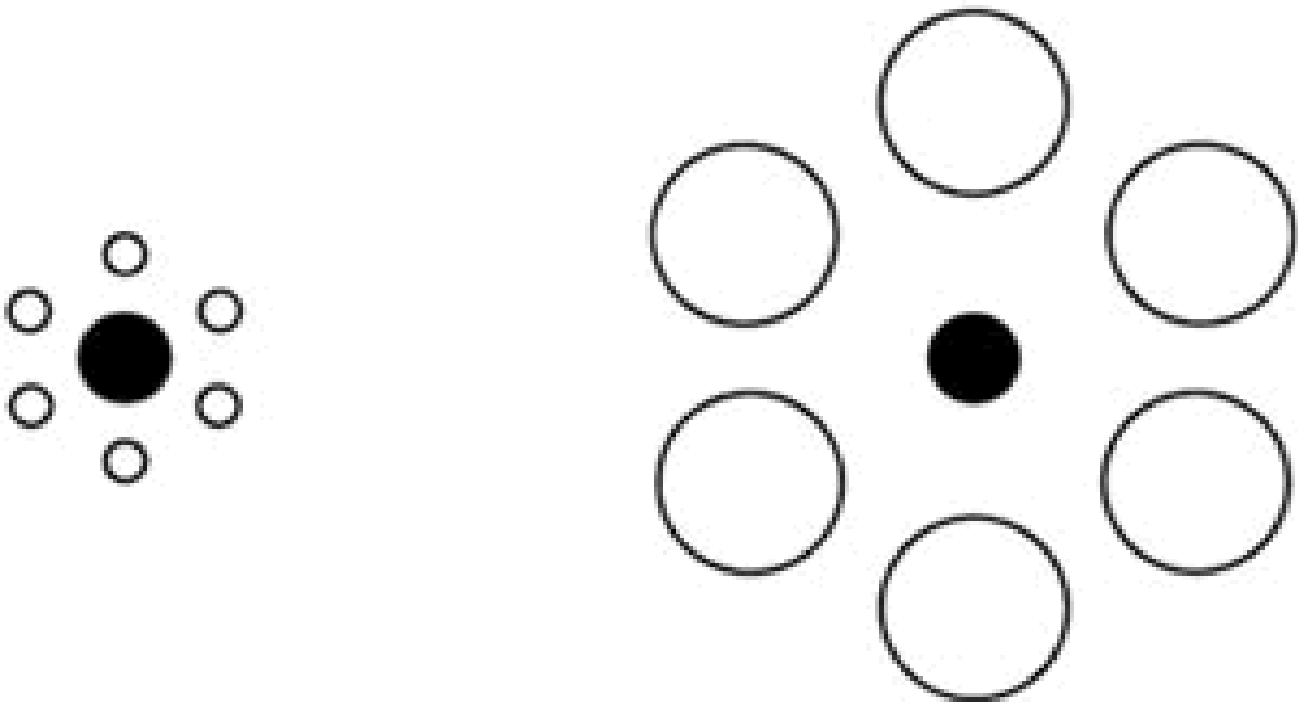
## OPTIONAL TABLE IMAGE

### Plate Size Optical Illusion

Plate Size Optical [Online Image]. (n.d.). Retrieved December 2, 2009, from  
wisebread.com,  
[http://www.wisebread.com/optical-illusions-that-make-you-fatter-and-your-wallet-  
lighter](http://www.wisebread.com/optical-illusions-that-make-you-fatter-and-your-wallet-lighter)

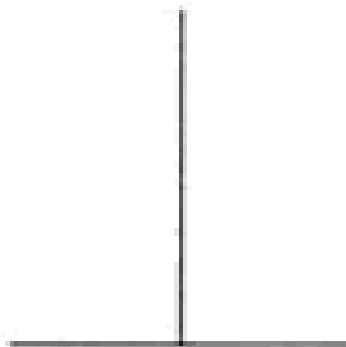
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**The Size-Contrast Illusion:  
Which Black Dot Is Bigger?**



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**The Horizontal-Vertical Illusion:  
Which Line Is Longer?**



## Activity 3

# OPTIONAL TABLE IMAGE

## Plate & Glass Size Optical Illusion

Plate & Glass Size Optical Illusion [Online Image].  
(n.d.). Retrieved December 2, 2009, from  
mindlesseating.org,  
<http://www.mindlesseating.org/teachers.htm>