

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_\_\_\_ Culinary Arts – Vetter

**FOOD PORTION DISTORTION QUIZ:**

**TEST YOUR DIET IQ**

<http://hp2010.nhlbihin.net/portion/portion.cgi?action=question&number>

1. A bagel 20 years ago was 3 inches in diameter and had 140 calories.

Q: How many calories do you think are in today’s bagel? **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

2. A cheeseburger 20 years ago had 333 calories.

Q: How many calories do you think are in today’s cheese burger? **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

3. A portion of spaghetti and meatballs 20 years ago had 500 calories.

Q: How many calories are in today’s portion? **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

4. A 6.5-ounce portion of soda had 85 calories 20 years ago.

Q: How many calories do you think are in today’s portion? **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

5. 2.4 ounce of French fries of 20 years ago had 210 calories.

Q: How many calories do you think are in today’s portion? **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

6. A turkey sandwich had 320 calories 20 years ago.

Q: How many calories do you think are in today’s turkey sandwich? **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

<http://hp2010.nhlbihin.net/portion/portion2.cgi?action=question&number=1>

7. Coffee with milk and sugar 20 years ago was 8 ounces and 45 calories.

Q: How many calories are in today’s mocha coffee? **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

8. A muffin 20 years ago was 1.5 ounces and had 210 calories.

Q: How many calories do you think are in a muffin today? **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

9. Two slices of pepperoni pizza 20 years ago had 500 calories.

Q: How many calories do you think are in today’s large pizzas? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10. A chicken Caesar salad had 390 calories 20 years ago.

Q: How many calories are in today’s chicken Caesar salad? **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

11. A box of popcorn had 270 calories 20 years ago.

Q: How many calories do you think are in today’s tub of popcorn? **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

12. A slice of cheesecake was 260 calories 20 years ago.

Q: How many calories do you think are in today’s cheesecake? **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

13. A cookie was 55 calories 20 years ago.

Q: How many calories do you think are in today’s cookie? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

14. Chicken stir-fry was 435 calories 20 years ago.

Q: How many calories do you think are in today’s chicken stir-fry? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_





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1. A bagel 20 years ago was 3 inches in diameter and had 140 calories.

Q: How many calories do you think are in today’s bagel? **350 (50 min.)**

2. A cheeseburger 20 years ago had 333 calories.

Q: How many calories do you think are in today’s cheese burger? **590 (1hr. 30 min.)**

3. A portion of spaghetti and meatballs 20 years ago had 500 calories.

Q: How many calories are in today’s portion? **1,025 (2 hr. 35 min.)**

4. A 6.5-ounce portion of soda had 85 calories 20 years ago.

Q: How many calories do you think are in today’s portion? **250 (35 min.)**

5. 2.4 ounce of French fries of 20 years ago had 210 calories.

Q: How many calories do you think are in today’s portion? **610 (1 hr. 10 min.)**

6. A turkey sandwich had 320 calories 20 years ago.

Q: How many calories do you think are in today’s turkey sandwich? **820 (1 hr. 25 min.)**

<http://hp2010.nhlbihin.net/portion/portion2.cgi?action=question&number=1>

7. Coffee with milk and sugar 20 years ago was 8 ounces and 45 calories.

Q: How many calories are in today’s mocha coffee? **350 (1 hr. 20 min.)**

8. A muffin 20 years ago was 1.5 ounces and had 210 calories.

Q: How many calories do you think are in a muffin today? **500 (1 hr. 30 min.)**

9. Two slices of pepperoni pizza 20 years ago had 500 calories.

Q: How many calories do you think are in today’s large pizzas? **850 (1 hr.)**

10. A chicken Caesar salad had 390 calories 20 years ago.

Q: How many calories are in today’s chicken Caesar salad? **790 (1 hr. 20 min.)**

11. A box of popcorn had 270 calories 20 years ago.

Q: How many calories do you think are in today’s tub of popcorn? **630 (1 hr. 15 min.)**

12. A slice of cheesecake was 260 calories 20 years ago.

Q: How many calories do you think are in today’s cheesecake? **640 (55 min.)**

13. A cookie was 55 calories 20 years ago.

Q: How many calories do you think are in today’s cookie? **275 (1 hr. 15 min.)**

14. Chicken stir-fry was 435 calories 20 years ago.

Q: How many calories do you think are in today’s chicken stir-fry? **865 (1 hr. 5 min.)**

