

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

# Portion Distortion

In “Plumped Up Portions” (p. 8), you read about how portion sizes have increased over the years. As the portions get bigger, the calories people consume increase. Complete the following activity to learn more about how the number of calories people are consuming has changed over the past 20 years.

**The Number of Calories  
in Food Portions**

Food	Then (calories)	Now (calories)
Hamburger	330	590
Bucket of Popcorn		
Turkey Sandwich		
Cola		
French Fries		



**Graph It**

1. Find the calorie counts listed in the article to complete the chart above. We did the first one for you.
2. On a separate sheet of paper, create a double bar graph showing the calorie counts of the featured foods then and now.

**Analyze It**

1. Which of the featured foods that we eat today has the most calories per serving? The fewest?
2. The calorie count of which of the featured foods has increased by the greatest number of calories over the past 20 years? The fewest?
3. Which two of the featured foods contained roughly the same number of calories as each other 20 years ago? Do they have such similar calorie counts now?
4. If you went to a restaurant 20 years ago and ordered a hamburger, french fries, and a cola, and you ate everything, how many calories would you have consumed? How many calories would it be if you ordered the same meal today? How do these figures compare?