
Portion Distortion Poster Learning Zone

prevent portion distortion - food.unl - portion sizes have gotten bigger over the past 20 years, and so have we! larger portions add up. just 100 extra calories per day can lead to a weight gain of 10 pounds per year. maintaining a healthy weight is a balancing act ... balance calories in with calories out. if you downsize your portion size and feel a smaller portion looks too **avoiding portion distortion - ergonomics plus** - avoiding portion distortion think prevention! prevention is always better than treatment! understanding portion distortion is a proactive strategy to live longer and stay well. images & information courtesy of choosemyplate to avoid portion distortion, it's important for you to understand what foods you need on a daily basis.

understanding portion size - fccla - portion distortion quiz you've probably noticed that food portions in restaurants and other places have grown in size and provide enough food for at least two people. larger portion sizes can lead to bigger waistlines and weight gain. take the portion distortion quiz below to see if you know how today's **portion distortion - color me healthy** - portion sizes and school-age children portion distortion this list shows the size of a portion you may choose or be served when eating out. they are not recommendations. this chart compares these portions to pyramid servings, so that you can judge how they might fit into your overall daily eating plan. food sample portion you receive compare to ... **parent tips: portion size matters** - parent tips portion size matters portion size - the amount of food or drink a person chooses to eat or drink at one time. portion sizes: then and now . compare portion sizes from 20 years ago with today's portions. see how the extra calories can add up (lots of energy in). **lesson #6: just say yes to... healthy portion sizes!** - • tell participants that portion sizes for many packaged foods, snacks, and fast food have grown over the years. • use food models, pictures from portion distortion resources, or a portion distortion poster to illustrate how over-sized portions can add empty calories to our diets and make it difficult for us to **avoid portion distortion - health** - portion distortion difference 165 more calories today 590 calories difference 257 more calories 20 years ago 85 calories today 250 calories lifting weights for 1 hour and 30 minutes burns ... healthy south dakota, workplace wellness poster, portion sizes, serving size, good nutrition **portion distortion gains in weight** - portion distortion gains in weight 1993 2011 in england 53% of adults were overweight or obese the average bmi was 25.8 overeating by just 100 calories a day can lead to a 5kg (11lb) increase in weight in a year, which is 25kg (neary 4 stone) in just 5 years (similar to a heavy suitcase) 62% of adults were overweight or obese the average bmi ... **lesson 2 stamp out portion distortion - boys girls club utah** - healthy habits, too resource guide > lesson 2: stamp out portion distortion 102 lesson 2 lesson 2 stamp out portion distortion. healthy habits, too resource guide > lesson 2: stamp out portion distortion 103 ... poster and explain that common, everyday items are helpful for remembering the right portion, or serving sizes, for different foods. **lesson plans for teachers 2 - pamf** - portion size bookmarks food label pyramid posters portion distortion poster workbooks- absent students- wk 1 student pre- tests newsletter/spanish also dolly with wheels (for carrying materials) bell/chime (to signal silence) anatomy tunic magnets pens/white board portion-size ziplocs **serving size card - national heart, lung, and blood institute** - grain products 1 cup of cereal flakes = fist 1 pancake = compact disc ½ cup of cooked rice, pasta, or potato = ½ baseball 1 slice of bread = cassette tape 1 piece of cornbread **nutrition tool kit - health insurance alabama** - the nutrition tool kit to use as part of your workplace wellness program. this kit includes links to three separate topics: portion distortion, facts on food labels, and information on myplate, the usda's official food guide. also included in the kit are educational materials for each topic. the nutritional tool kit may be **nutrition education materials available** - portion distortion poster. ic number - 54064. see: portion distortion poster • go for the whole grain poster. ic number - 52664. see: go for the whole grain poster • child activity posters, set of ten. ic number - 55644. ten posters displaying children participating in various physical activities. • eat a rainbow posters. **do you suffer from - health** - you may suffer from portion distortion. por-tion distor'-tion, n., suffering from a distorted perception of what is the proper size serving of an item (especially food).....often promoted and reinforced by fast food marketing gimmicks and jumbo-sized servings at fancier eating establishments. **lesson four my food pyramid - body mind spirit home page** - using the grains food group poster, direct their attention to the daily amount box and tell them it's important to eat the amount in the box in a day, but not more. write the word "moderation" under "variety." • hand out a portion distortion tear pad sheet to each student. review it and answer any questions they may have. **healthy eating and physical activity for teens** - healthy eating and physical activity for teens stacey coston waverly high school waverly, new york ... portion distortion interactive quiz" and "mypyramid tracker." for more information on nutrition and physical activity, review the "physical activity for ... healthy eating and physical activity for teens 8 : **family program - adults fruits and vegetables portion ...** - family program - adults fruits and vegetables portion distortion ... portion distortion, breakfast and home cooking. o we will taste two or three recipes each session. o discussions are welcome throughout the program. ... done on a poster or on a whiteboard, then proceed with the discussion below **complete program booklet - gscnc** - portion distortion (5 minutes) (hang up carefirst portion poster) 1. ask girls: what is a "serving size?" 2. ask girls: how do we know how much food is in a "serving size?" a. nutrition labels will tell you how much is in a serving size for that food. b. this poster provides a guide that helps us measure approximately how much food makes up

health basics start with proportionality time overview of ... - order or download and print portion distortion poster terms and vocabulary 1. daily value (dv) - percent of a nutrient that is provided by one serving of food based on the daily recommended nutrient need if consuming a 2000 calorie daily diet (i.e., a frame of reference) 2. **food and nutrition service supporting materials** - marketing materials overview congratulations on participating in usda's power up! now it's time to share the news about this exciting program with those outside the classroom—from family members and friends, to school district administrators, **educational resources for loan - center for rural health** - portion distortion poster - with obesity a national health concern, this poster offers a quick look at healthy portions. illustrates to both children and adults the differences between recommended serving sizes and what is often served. also shows the easiest ways to measure portions. **general services administration federal acquisition service** - general services administration federal acquisition service ... 760-1 4234 portion distortion poster each 9.04 760-1 4273 myplate post set of six each 36.24 ... 760-1 4488 portion puzzle poster set of 4 each 24.15 760-1 4491 breakfast is brain power each 9.04 **weight loss challenge - myherbalife** - for tips and tools, visit the weight loss challenge section on myherbalife (tools & training business business methods daily methods of operation (dmos) weight loss challenge). and send challenge participants to herbalife's weight loss challenge website at herbalifewlc to enhance what they learn in class. **misc-64-13-lessonplan - balancing your lifestyle** - understand the role that portion sizes play in managing blood glucose levels and body weight. ... portion distortion poster from health edco. (optional) item #mt90163 healthedco background information (supporting evidence, reading or viewing material) **winning with nutrition - texas 4-h** - the purpose of the winning with nutrition program is to engage youth athletes in learning the importance of proper nutrition and hydration for maximum athletic performance and for general health and well-being. the curriculum contains five lessons for students: eating for excellence hydration station game day dining performance robbers **community diabetes awareness - wiffo** - the portion doctor tableware kit plates and related materials demonstrating portion sizes. integrated into the food pyramid. portion distortion poster proper food portion poster (18"x24"). food pyramid poster (18"x24") super size me dvd an educational tool of epic portions. perfect for students grades 6-12. **point-of-selection nutrition information influences choice ...** - ("portion size matters" and "a small change makes a big difference") above the photograph or drawing in large bolded font. small laminated signs with these slogans were placed in various locations throughout the dining hall. in addition, the "portion distortion" poster (learning zone **health supplies 2006/2007 - bville** - portion distortion poster. \$14.95 12449. handy portions poster. \$14.95 36693. kids portion size wise. \$14.95 36694. kids portion size wise. \$14.95 36695. food group poster set. \$59.95 13046. sugar shockers poster. \$14.95 13047. live 54321 + 8 poster. \$16.95 13052. energy balance snack poster. \$14.95 12442. myplate poster. \$16.95 12443. **lesson 6: eating out - 4-h youth development program** - lesson 6: eating out explain that youth will be learning how to consume fewer calories at fast food restaurants by making better choices. have them review the portion distortion handout and point out that the larger the food item, the more calories it has. to reduce their caloric intake, youth need to choose smaller sized portions from fast **smart-size your portions - color me healthy** - smart-size your portions eating smart at home your fist is about the size of one cup or one ounce of cereal. a small handful of nuts is about 1 ounce. for chips and pretzels, 2 handfuls equals about 1 ounce. your thumb is about the same size as 1 ounce of cheese. the palm of your hand is about the same size as 3 ounces of meat, fish, or chicken. **portion size guide - webmd** - portion size guide when you're trying to eat healthfully, it's essential to keep track of just how much you're eating. it's all too easy to misjudge correct portion sizes. here are some easy comparisons to help you figure out how many servings are on your plate. portion size your plate ½ plate vegetables: **come and get it! - body mind spirit home page** - come and get it! nutrition and physical activity for lifelong health ... we suggest that you create a poster of key terms and add the key terms for that lesson to the poster before each lesson. the poster can ... portion distortion tear pad ncescatalog product code 3700 1 18. food models: for general audiences (200 models on **n21 - serving sizes** - n21. move. nutrition handouts • n21 version 5.0. page 1 of 4. serving sizes enjoy your food, but eat less. before you eat, think about what goes on your plate or in your cup or bowl. **healthy eating grade band 9-12** - portion size condiments goal-setting barriers personal progress body image disordered eating compulsive exercise binge eating anorexia nervosa bulimia purging he.12.1.1 analyze food sources to determine key nutrients the food provides. summarize the benefits of consuming foods with fiber, foods with iron, foods with calcium, foods with vitamins **enroll now in nutrition fundamentals - bcbsok** - † overcoming portion distortion † reading and understanding food labels † making healthy food choices † other nutrition tips for lifelong success we're putting the fun in healthy nutrition 48714.0408 **m odule c: n utrition - manitoba** - north americans suffer from "portion distortion." a food portion (or serving of food) is the amount of food an individual chooses to eat. there is no standard amount for everyone. for example, a toddler's food portion will be much smaller than an adult's portion. an **tracks lesson plan choosing healthy beverages rethink your ...** - portion size might be the same as the serving size, but it might be larger or smaller. c. portion sizes of many foods and drinks have increased over time. while smaller sized sodas were once more common, nowadays 20 oz. sodas commonly fill vending machines and store shelves. d. the larger the portion size, the more calories will be consumed. **growstrong final web version - gscnc** - if they complete the holistic health reflection/take action portion,

they will also earn the advocate for health patch, which can be purchased in the council shop. ... food pyramid poster food pyramid worksheet nutrition facts labels recipe books menu planner worksheet ... portion distortion tablet eating disorder symptom cards theme four ... **living science careers equipment bags - utah state university** - portion distortion poster ear of corn test tube beaker plastic fruit or vegetables paper food models myplate activity guide food thermometer group 7: wood scientist, forest engineer, forester piece of tree trunk e.g., one that shows growth rings small piece of lumber compass pinecones small evergreen branch **road to health toolkit evaluation guide - february 2012** - road to health toolkit evaluation guide the first section in the forms is about the sessions, how they are delivered and what happens in each session. this is also known as process data. good process data helps you know if you need to make changes in the way you are using the toolkit. **november pa n activities - coasta** - portion distortion physical activities for the classroom ... o the amount of cereal in their bowl is the portion size. if they poured 2 cups of cereal, there are 2 servings in the bowl. ... print the advanced poster of the new my pyramid for kids. **ged 2002 teachers' handbook of lesson plans** - ged 2002 teachers' handbook of lesson plans risk factors risk factors are behaviors or conditions that can increase your chances of developing a disease. for instance, high blood pressure is a risk factor for heart disease and stroke. there are other risk factors for heart disease and stroke. most risk factors can be modified, although some ... **lesson 2 lesson serving sizes time overview of lesson ...** - 1. large myplate poster (order, free of charge at tn.ntis) 2. food models for various foods (paper models available for purchase at westerndairyassociation) 3. painters tape 4. household items for portion distortion activity: dice, tennis ball, ping pong ball, deck of cards, light bulb, **career activity scenario - utah state university** - portion distortion poster ear of corn test tube beaker plastic fruit or vegetables paper food models myplate activity guide food thermometer group 7: wood scientist, forest engineer, forester piece of tree trunk e.g., one that shows growth rings small piece of lumber compass pinecones small evergreen branch

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