Portions
Questions

1. Food portions in restaurants and in the home have been increasing over the past 20 years, yet most people are unaware of this.

   True
   False

2. Consuming large portion sizes of food contributes to people becoming ________.

   A. more sociable
   B. overweight or obese
   C. more athletic

3. We must balance the amount of calories consumed with the number of calories burned in order to maintain a healthy weight.

   True
   False

4. When using common objects to picture the size of recommended food portions, a computer mouse is equal to a portion of _____.

   A. fruit
   B. milk
   C. baked potato

5. When using common objects to picture the size of recommended food portions, a deck of cards is equal to a portion of _____.

   A. meat
   B. bread
   C. salad
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   B. overweight or obese

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   A. meat