

# How Big is BIG?!

## Portion Size Kit: What's Included?

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### **Soda Pop**

- Containers
  - 1 12-ounce can
  - 1 64-ounce cup
  - 1 8-ounce glass bottle
- Sugar Cubes
  - 1 bag with 12 (for 12-ounce soda)
  - 1 bag with 64 (for 64-ounce cup)

### **Cookie**

- 1 giant-sized cookie
- 1 regular-sized cookie

### **Brownie**

- 1 giant-sized brownie

### **Muffin**

- 1 giant-sized (6 ounces)

### **Bagel**

- 1 large bagel

### **French Fries**

- McDonalds, Burger King, and Wendy's wrappers
  - small/kid sized
  - regular
  - large
  - supersize, biggie, etc.
- Foam fries
  - 1 baggie with 27 (small)
  - 1 baggie with 96 (super sized)
  - 1 baggie with 30 extra

### **Other Items**

- Display Signs
- Sample handout and evaluation form
- CD with files for handout and evaluation form