2008

PDF

3.What happened in the 1970s? A) The US government recommended the amount of food a restaurant gave to a customer B) Health experts persuaded restaurants to serve smaller portions C) The United States produced ( ), more grain than it is needed D) The American waistline( ) started to expand 3 D " " 1970s 3 " Clean your plate and!" " Be a member of the clean-plate club!" Just about every kid in the US has heard this from a parent or grandparent often its accompanied by an appeal " Just think about those Starving orphans in Africa!" Sare we should be grateful for every bite of food Unfortunately, many people in the US take too many bites3.Instead of staying " clean the plate" perhaps we should save some food for tomorrow According to news reports US restaurants are partly to blame for the growing bellies A waiter puts a plate of food in front of each customer, with two to four times the amount recommended by the government according to a USA Today story4. 2 Americans traditionally associate quantity with value and most restaurants try to give them that They

prefer to have customers complain about too much food rather than too little   Barbara Rolls   a nutrition   professor   at Pennsylvania State University   , told USA Today that restaurant portion sizes   began to   grow   in the 1970s   the same time that the American waistline   D   began to expand   .   "
     Barbara Rolls

                                                                "