



Lesson #12

Serving Sizes and Portion Control

Time Table

Total Time: 30 minutes

10 minutes: Introduction and explanation of the lesson

10 minutes: PowerPoint Presentation

10 minutes: Activity & take-home assignment

Goal: To help students understand what different portion sizes look like and how to apply this knowledge to meals in order to maintain a healthy, balanced diet

Objectives:

Students will:

- Learn the importance of serving sizes and portion control in maintaining a well-balanced diet
- Learn why healthy, nutritious foods are better choices than junk food
- Understand what different serving sizes look like and how apply this at mealtimes

Materials:

- Lesson:
 - Baseball
 - Deck of cards
 - Golf ball or ping pong ball
 - 3 dominos
 - CD case
 - 8 oz yogurt cup
 - Apple, banana or orange
 - Computer mouse
- PowerPoint: *Fit4Kidz: Understanding Serving Size and Portion Control* presentation
- Activity:
 - *Fit4Kidz Portion Placemat* handout
 - Crayons, colored pencils, markers, glue or tape
 - Magazines or pictures of different types of food
- Take home: *Fit4Kidz Portion Control Tips for Kids and Families*

Instructions:

1. Introduce the lesson with a review of last week's lesson on beverages. Ask the students to name some healthy beverage choices.
2. Explain that this week's lesson focuses on serving sizes and portions, which helps us to maintain a healthy, balanced diet.
3. Balance, variety and portion control are important concepts to teach children at a young age. Learning to incorporate the right foods in the right amounts



will prevent unnecessary weight gain and set the stage for lifelong healthy eating.

4. Ask the students if they are familiar with the terms “portion” or “serving size.” Explain that a serving size is the suggested serving indicated on a nutrition label and that portion is the amount of food you choose to eat. Explain that your portion size should be the same or very similar to the recommended serving size. Help your students learn to identify what some appropriate serving sizes look like with the following props:

Grains Group (5-7 servings/day)

1 slice bread, 1 waffle or 1 pancake = a CD case

½ cup cooked rice, pasta or cereal = the size of a computer mouse

Vegetable Group (4-6 servings/day)

1 cup raw vegetables or salad = a baseball

½ cup cooked or canned vegetables = a round handful

One small baked potato = a computer mouse

Fruit Group (3-4 servings/day)

1 medium apple, orange or banana

½ cup fruit = small adult fist

½ cup (4 oz.) 100% fruit juice = ½ of a baseball

Milk Group (3 servings/day)

1 cup milk or yogurt = 8 oz. yogurt container

1 ½ ounce cheese = 3 dominos

Meat & Beans Group (5-6 servings/day)

2 tablespoons peanut butter = golf ball or ping pong ball

3 ounces cooked meat, fish or poultry = a deck of cards

Activity:

Pass out the *Fit4Kidz Portion Placemat*. Explain to the students that this gives an example of how much food from eat food group should be eaten at eat meal. Half of the plate should be filled with fruits and vegetables. The other half should be divided between grains and meat/beans (protein). Dairy in the form of low-fat milk or yogurt should also be included.

Take Home:

Hand out the *Fit4Kidz Portion Control Tips for Kids and Families* for each student to review with their families.

For further reference, students and families can visit www.fit4kidz.us.