

Health

3. NPA.2.3

Recognize appropriate portion sizes of foods for most Americans.

Materials:

- Box of Cereal (ideally something that is nutrient dense)
- Four bowls and a measuring cup
- Video: Teaching Healthy Portion Sizes, 8:25 (from Dairy Council of CA), <https://www.healthyeating.org/blog/detail/what-is-a-portion-size>
- Appendix 1, Cooking in the Kitchen with _____

Focus:

Ask how many of your students eat cereal. Ask for three students that responded yes to the question if they will volunteer to come to the front of the room. Tell them to pour as much cereal as they would normally eat at one sitting into the bowl. Now, measure out $\frac{1}{2}$ cup of cereal and pour into the empty bowl. Ask all of the students to compare your bowl to the other bowl. Which had more? Which had less?

Statement of Objectives:

Today we are going to talk about portions and serving sizes for your age group. As you can see, my bowl had a measured amount of cereal; it was $\frac{1}{2}$ cup. That is one serving of cereal which is a grain. Your fellow students put different amounts in their bowls based on what they might eat for breakfast. This is known as a portion. Depending on how much cereal is in their bowl, they may have met more than a single serving requirement from the MyPlate recommendation. We will let MyPlate tell us how many calories we should have every day and determine serving sizes for a variety of foods.

Teacher Input:

Tell students that there are different factors that determine how many calories a person should consume. These are their sex: boy or girl; their physical activity level; and their age. This age group should, on average, consume around 1600 calories a day. But not all food choices are equal. Children need more of some types of foods and less from other food groups.

Play the video Teaching Healthy Portion Sizes, 8:25, <https://www.healthyeating.org/blog/detail/what-is-a-portion-size> and have students follow the instructions as it plays.

Content for teacher from video:

One fist is equal to one serving of milk = one cup

One pointer finger = one serving of string cheese

One fist is equal to one serving of cooked carrots = one cup

Two fists are equal to one serving of leafy greens = two cups

one fist is equal to one serving of a medium apple = one cup

one fist is equal to one serving of canned fruit = one cup

one fist is equal to one serving of dry cereal = one cup
one handful is equal to one serving of noodles, rice, or oatmeal = ½ cup
One flat hand is equal to one serving of bread = one slice
One palm is equal to one serving of chicken, beef, pork, or fish = 3 ounces
One thumb is equal to one serving of peanut butter = one tablespoon

How many servings per day:

Dairy: 3

Vegetables: 3

Fruit: 2

Grains: 6 (½ from whole grains)

Protein: 2

Now, I am going to say some different foods and you will hold up your hand to indicate what the size of a serving is.

Bowl of cereal: fist

Piece of fish: palm

Black beans: palm of hand

Grapes: fist

String cheese: pointer finger

Peanut butter: thumb

Carrots: fist

Cup of watermelon: fist

Cheddar cheese: thumb

leafy green salad: two fists

This is an easy way for you to estimate a serving size of most any type of food!

Assessment:

Now we're going to pretend that you are all very good cooks and that you will be preparing one day's worth of meals and a snack for yourself. The trick is to make sure that you will have a variety of food items, indicate how much food will be at each meal (write down the hand shape), and be certain you get the appropriate number of servings from the different food groups.

Closure:

Today we looked at the different food groups and how much you should get from each based on your age. We also discovered that there are particular measurements for servings and that our hands are helpful to get those right!

Cooking in the Kitchen with _____

List or draw your menu for each meal. Don't forget to write down the hand shape (like "a fist") so you know how many servings you had!

For example: a medium apple at breakfast (a fist)

Breakfast:

Snack:

Lunch:

Dinner:

Remember you need to have the following to eat today for a balanced diet:

- Dairy: 3
- Vegetables: 3
- Fruit: 2
- Grains: 6 ($\frac{1}{2}$ from whole grains)
- Protein: 2