

# What's So Big About Portion Size?

NR-000-15

## Objective

Clients will be able to state the recommended portion size for one food they eat.

## Principle Class Activity

In this lesson, each family in the class will make “rice bags.” The bags will be  $\frac{1}{4}$  cup,  $\frac{1}{2}$  cup and 1 cup in size. Clients will take them home to help them serve recommended portion sizes to their families. They will use extra rice, Crisco or play dough to estimate the portion of food they and/or their children eat often.

## Materials

- “Standard Serving Sizes”, attached
- Pens or pencils for everyone in class
- Cloth cut into 11 inch squares to make 1 cup rice bags, 9 inch squares for  $\frac{1}{2}$  cup rice bags and 8 inch square for  $\frac{1}{4}$  cup rice bags. Each family in the class will make one of each to take home. You can use remnants from a cloth store to make the squares. Make an example of each size rice bag to show the class members.
- Pinking shears or craft shears
- Rubber bands
- Ribbon or yarn (optional) cut to tie around each rice bag
- Uncooked rice ( $1\frac{3}{4}$  cup per family) to make rice bags
- Paper plates
- Crisco, play dough or extra uncooked rice, it can be reused for several classes.
- A spoon for each class member
- $\frac{1}{4}$  cup,  $\frac{1}{2}$  cup and 1 cup measuring cups for each family in the class
- Markers for each family in class
- Paper towels for each client work station
- Optional: Baby wipes to clean hands
- Flip chart or blackboard

## Materials for the activity “The Calories Add Up”:

- Possible foods include- French fries (a small and a large portion from a local chain), soda, tomatoes (2.5 inch in diameter), vanilla crème-filled cookies. In place of real food, you can use Nasco plastic food models, if they are available.

You may also calculate the calories in a regular portion and a large portion of some of the foods your clients commonly eat. You can substitute them for the foods listed above in this lesson.

- Plastic bags to hold food samples
- An 8 oz. glass and a big gulp glass for soda

## Preparation

This lesson requires that every family in the class have a table top work space and access to a spoon; paper plates; Crisco play dough or extra rice for measuring portion sizes;  $\frac{1}{4}$ ,  $\frac{1}{2}$  and 1 cup measuring cups; markers; rice to make rice bags; cloth squares to make rice bags; rubber bands; markers; a pen or pencil; paper towels; baby wipes, if you need them; and ribbon or yarn.

Prior to the lesson you will have to assemble all of the materials for the class; cut the cloth with pinking shears or craft scissors into squares; set up the work stations for the clients; and make an example of the  $\frac{1}{4}$  cup,  $\frac{1}{2}$  cup and 1 cup rice bag. For the class activity, put the standard serving of foods and the larger portion of the same foods into either plastic bags or glasses. See pages 4 and 5 for a list of foods and their serving sizes.

## Icebreaker

What food do you or your children eat often? (Or what did you eat last night?) Can anyone tell me what food came to mind? List the answers on a flip chart or blackboard.

### Say something like:

Everyone remember the foods you ate. Today you will go to work stations. When you get there the first thing that you will do is to take a spoon and measure out Crisco (or play dough or uncooked rice) onto a paper plate to show the amount of the food that you ate last night. Mothers, you can show the amount of the food you ate. Your children can also measure out the amount that they ate on another plate.

Now families may go to a work station around the room. There you will find paper plates, rice (Crisco or play dough) and other materials for the lesson. Children, be sure and go with your mothers. You will be helping her in the lesson today.

Give the class time to go to a station.

### Say something like:

Has everyone finished measuring out the amount of food you ate? We are going to find out more about portion sizes of foods during this class.

Now you are going to make something to take home to help you serve standard portion sizes. I have rice bags in different sizes. (Show them to the class.) Here is a 1 cup; here is a half cup and here is a  $\frac{1}{4}$  cup. You are going to make some just like them. Use the largest cloth square first. Lay it on the table and use the 1 cup measuring cup to measure out rice to fill it. Put the rice in the center of the square. Fold the edges up around the rice, and tie it up with a rubber band. Then cover the rubber band with a piece of yarn. When you are finished, use the marker to label it 1 cup. All the children can help their mothers to make the bag.

When the class is ready, ask them to make the  $\frac{1}{2}$  cup rice bag using the 9 inch cloth square. Then ask them to make the  $\frac{1}{4}$  cup rice bag using the 8 inch cloth square. If you have three different colors of cloth, you can color code the cloth squares to make locating the right size square easier.

## Activity, “The Calories Add Up”

### Say something like:

I have a standard serving size sheet to give you.

(Pass out “Standard Serving Sizes.”) Take a look at it. Many of the foods on the pyramid are here. See if you can find the type of food that you measured on your paper plate. Does everyone see your type of food? Measure how many of the standard serving shown here are on your plate. Can anyone tell us how many standard servings of the food you or your children had?

If no one volunteers ask:

- How many of you ate more than a standard serving?
- How many of you ate less?
- Who ate a standard serving?

### Say something like:

I have some examples of foods here to show you.

- Here is a small portion of French fries. (Show them the plastic bag holding the portion.) How many calories do you think is in this portion?  
*Answer — 227 calories*
- Here is a large portion. How many calories do you think is in it? *Answer — 522 calories*

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- Here is 8 oz. of soda. How many calories do you think it has?  
*Answer — 88 calories*
- Here is a big gulp glass. How many calories do you guess that it has?  
*Answer — 352 calories (This assumes that the glass holds 4 cups of soda and no ice.)*

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- I also have two crème filled vanilla cookies. How many calories do you think they have?  
*Answer — 96 calories*
- Here are 6 cookies how many calories are in six cookies?  
*Answer — 288 calories*

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- Here is a small tomato. How many calories do you guess that it has?  
*Answer — 22 calories*
  - Here are three of them. Together the three have 66 calories.
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You can see where eating larger portions of high fat or high sugar foods like cookies and soda, can really add on the pounds. Extra servings of vegetables however can fill you up without putting on a lot of weight. Just remember to limit the fats that you add to them for seasoning.

## Wrap up

### Say something like:

As parents you need to know that the more food people have on their plates, the more they eat. It is human nature. You can help your family keep a healthy weight by serving them the amount of food on the handout you just received. If you or your children are still hungry after eating a standard serving, then have some more. Moms, if you are watching your weight, have a second serving of a food like a vegetable or non-fat milk which is lower in calories. Eating standard servings, not super-sized ones, is one important way to keep yourself and your family healthy.

You can take your rice bags home. Keep the rice bags that you've made in your kitchen or on the dining table. They will be there to help everyone in your family keep a healthy weight.






















Please look at the bottom of your handout. Will you and your children fill out the last two lines. One line is for mothers and the other one is for children. Do any children or mothers want to share with us what you wrote?

You can keep the "Standard Serving Sizes" handout. By using it along with the rice bags, you can serve your family the portions of food that will keep them healthy.


























# Standard Serving Sizes

Food	Child (ages 1-3)	Adult or Child over 4
 Meat	 2 dominoes	 Deck of cards
 Pancake	 1/2 CD (half a pancake)	 CD (one pancake)
 Cooked vegetables	 1/4 cup or one golf ball	 1/2 cup or half a baseball
 Raw fruit	 1/2 cup or half a baseball	 One cup or one baseball
 Spaghetti or other pasta	 1/4 cup or one golf ball	 1/2 cup or half a baseball
 Cereal	 3/4 cup or three golf balls	 One cup or one baseball
 Juice	 1/2 cup or one 4-ounce glass	 3/4 cup or one 6-ounce glass

I will eat \_\_\_\_\_ of this food: \_\_\_\_\_  
(serving size)

My children will eat \_\_\_\_\_ of this food: \_\_\_\_\_  
(serving size)

# Tamaño estándar de las raciones

Alimento	Niño (de 1 a 3 años)	Adulto o niño mayor de 4 años
 Carne	 2 fichas de dominó	 1 juego de barajas
 Panqueque	 1/2 disco compacto (1/2 panqueque)	 1 disco compacto (1 panqueque)
 Verduras cocidas	 1/4 de taza ó 1 pelota de golf	 1/2 taza ó 1/2 pelota de béisbol
 Frutas frescas	 1/2 taza ó 1/2 pelota de béisbol	 1 taza ó 1 pelota de béisbol
 Espagueti y otras pastas	 1/4 de taza ó 1 pelota de golf	 1/2 taza ó 1/2 pelota de béisbol
 Cereal	 3/4 de taza ó 3 pelotas de golf	 1 taza ó 1 pelota de béisbol
 Jugo	 1/2 taza ó 1 vaso de 4 onzas	 3/4 de taza ó 1 vaso de 6 onzas

Comeré \_\_\_\_\_ de este alimento: \_\_\_\_\_  
 (tamaño de la ración)

Mis hijos comerán \_\_\_\_\_ de este alimento: \_\_\_\_\_  
 (tamaño de la ración)