

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

- 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.)

- 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

- 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.
-

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.























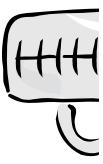
Standard Serving Sizes

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
 <p>Carne</p>	 <p>2 fichas de dominó</p>	 <p>1 juego de barajas</p>
 <p>Panqueque</p>	 <p>1/2 disco compacto (1/2 panqueque)</p>	 <p>1 disco compacto (1 panqueque)</p>
 <p>Verduras cocidas</p>	 <p>1/4 de taza ó 1 pelota de golf</p>	 <p>1/2 taza ó 1/2 pelota de béisbol</p>
 <p>Frutas frescas</p>	 <p>1/2 taza ó 1/2 pelota de béisbol</p>	 <p>1 taza ó 1 pelota de béisbol</p>
 <p>Espagueti y otras pastas</p>	 <p>1/4 de taza ó 1 pelota de golf</p>	 <p>1/2 taza ó 1/2 pelota de béisbol</p>
 <p>Cereal</p>	 <p>3/4 de taza ó 3 pelotas de golf</p>	 <p>1 taza ó 1 pelota de béisbol</p>
 <p>Jugo</p>	 <p>1/2 taza ó 1 vaso de 4 onzas</p>	 <p>3/4 de taza ó 1 vaso de 6 onzas</p>

Comeré _____ de este alimento: _____
 (tamaño de la ración)

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

¡Tamaño problema con las raciones!

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Materials

- “Tamaño estándar de las raciones”, 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
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- Crisco, play dough or extra uncooked rice, it can be reused for several classes.
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- 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 “Las calorías cuentan (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.

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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

¿Qué alimentos comen usted y sus hijos con frecuencia? (O ¿Qué comieron anoche?) ¿Puede decirme alguien qué alimentos se les ocurren? List the answers on a flip chart or blackboard.

Say something like:

Recuerden los alimentos que comieron. Hoy tendrán estaciones de trabajo. Al llegar a ellas lo primero que harán será tomar una cuchara y medirán manteca Crisco (o plastilina o arroz sin cocer) sobre un plato de cartón para mostrar la cantidad de alimentos que comieron anoche. Las mamás pueden mostrar la cantidad de alimentos que comieron. Sus hijos también pueden medir en otro plato lo que comieron.

Ahora las familias pueden ir a una de las estaciones de trabajo que hay en el salón. Ahí encontrarán platos de cartón, arroz (Crisco o plastilina) y demás materiales para la lección. Niños, sigan a sus mamás. Tendrán que ayudarles en la lección de hoy.

Give the class time to go to a station.

Say something like:

¿Ya terminaron de colocar en el plato la cantidad de alimentos que comieron? Durante esta clase vamos a aprender más sobre el tamaño de las porciones de los alimentos.

Ahora van a preparar algo para llevarse a casa para ayudarles a servir porciones de tamaño estándar. Tengo bolsas de arroz de diferentes tamaños. (Show them to the class.) Esta es una taza; esta es media taza y esta es un cuarto de taza. Ahora ustedes van a hacer unas iguales. Usen el cuadro de tela más grande primero. Colóquelo sobre la mesa y usen la taza de medir de 1 taza para medir el arroz para llenarlo. Pongan el arroz en el centro del cuadro. Doblen los bordes alrededor del arroz, y amárrenlo con una liga. Cubran la liga con un pedazo de estambre. Cuando terminen, usen el marcador para etiquetarlo como “1 taza”. Los niños les pueden ayudar a las mamás a hacer la bolsa.

When the class is ready, ask them to make the ½ cup rice bag using the 9 inch cloth square. Then ask them to make the ¼ 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, “Las calorías cuentan”

Say something like:

Tengo una hoja para darles con los tamaños estándar de las raciones. (Pass out “Tamaño estándar de las raciones.”) Véanla. Muchos de los alimentos de la pirámide están allí. Busquen el alimento que representaron con la medida sobre el plato de cartón. ¿Ya encontraron todas el alimento? Midan cuántas de las raciones estándar que se muestran aquí están en su plato. ¿Puede alguien decirnos cuántas raciones estándar del alimento comieron ustedes o sus hijos?

If no one volunteers ask:

- ¿Cuántas de ustedes comieron más de una ración estándar?
- ¿Cuántas de ustedes comieron menos?
- ¿Quién comió una ración estándar?

Say something like:

Tengo unos ejemplos de alimentos que quiero enseñarles.

- Esta es una pequeña ración de papas fritas. (Show them the plastic bag holding the portion.) ¿Cuántas calorías creen que hay en esta ración?
Respuesta — 227 calorías
- Esta es una ración grande. ¿Cuántas calorías creen que hay en esta ración? *Respuesta* — 522 calorías

- Esta es una soda de 8 onzas. ¿Cuántas calorías creen que tiene?
Respuesta — 88 calorías
- Este es un vaso tamaño Big Gulp. ¿Cuántas calorías creen que tiene?
Respuesta — 352 calorías (Suponiendo que el vaso tiene cuatro tazas de soda sin hielo).

- También tengo dos galletas de vainilla rellenas con crema. ¿Cuántas calorías creen que tienen?
Respuesta — 96 calorías
- Aquí tenemos 6 galletas. ¿Cuántas calorías hay en seis galletas?
Respuesta — 288 calorías

- Este es un tomate pequeño. ¿Cuántas calorías creen que tiene?
Respuesta — 22 calorías
 - Aquí hay tres tomates. Todos juntos tienen 66 calorías.
-

Pueden ver cómo es que al comer raciones más grandes de alimentos que contienen mucha grasa o azúcar, como las galletas y las sodas, se puede aumentar mucho de peso. Sin embargo, las raciones adicionales de verduras pueden satisfacer el apetito sin hacerlos subir de peso. Solo recuerden limitar la cantidad de grasa que usan al sazonarlas.

Wrap up

Say something like:

Como padres, deben saber que mientras más comida se sirve la gente en el plato, más come. Es parte de la naturaleza humana. Pueden ayudar a su familia a mantener un peso sano sirviéndoles la cantidad de alimentos que aparece en la hoja informativa que acaban de recibir. Si ustedes o sus hijos todavía tienen hambre después de comer la ración estándar, coman un poco más. Mamás, si están cuidando su figura, sírvanse otra ración de alimentos como verduras o leche sin grasa, que contienen menos calorías. Comer raciones estándar en vez de tamaño extra grande es una manera importante de mantenerse y de mantener a su familia sana.















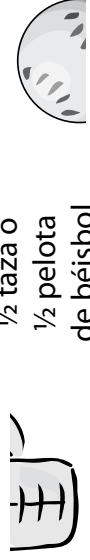

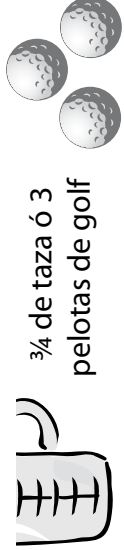




Se pueden llevar las bolsas de arroz. Guarden en la cocina o sobre la mesa del comedor las bolsas que hicieron. Estarán listas para que toda la familia pueda usarlas para mantener un peso sano.

Vean la parte de abajo de la hoja de información. Por favor llenen con sus hijos los últimos dos renglones. Un renglón es para las mamás y el otro para los niños. ¿Alguna de las mamás o de los niños quiere compartir con la clase lo que escribió?

Guarden la hoja de información de “Tamaños estándar de las raciones”. Al usarla junto con las bolsas de arroz, podrán servirle a su familia las porciones de alimentos que le ayudarán a mantenerse sana.
























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	 $\frac{1}{2}$ disco compacto ($\frac{1}{2}$ panqueque)	 1 disco compacto (1 panqueque)
 Verduras cocidas	 $\frac{1}{4}$ de taza ó 1 pelota de golf	 $\frac{1}{2}$ taza ó $\frac{1}{2}$ pelota de béisbol
 Frutas frescas	 $\frac{1}{2}$ taza ó $\frac{1}{2}$ pelota de béisbol	 1 taza ó 1 pelota de béisbol
 Espagueti y otras pastas	 $\frac{1}{4}$ de taza ó 1 pelota de golf	 $\frac{1}{2}$ taza ó $\frac{1}{2}$ pelota de béisbol
 Cereal	 $\frac{3}{4}$ de taza ó 3 pelotas de golf	 1 taza ó 1 pelota de béisbol
 Jugo	 $\frac{1}{2}$ taza ó 1 vaso de 4 onzas	 $\frac{3}{4}$ 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)

Standard Serving Sizes

Food	Child (ages 1-3)	Adult or Child over 4
 <p>Meat</p>	 <p>2 dominoes</p>	 <p>Deck of cards</p>
 <p>Pancake</p>	 <p>½ CD (half a pancake)</p>	 <p>CD (one pancake)</p>
 <p>Cooked vegetables</p>	 <p>¼ cup or one golf ball</p>	 <p>½ cup or half a baseball</p>
 <p>Raw fruit</p>	 <p>½ cup or half a baseball</p>	 <p>One cup or one baseball</p>
 <p>Spaghetti or other pasta</p>	 <p>¼ cup or one golf ball</p>	 <p>½ cup or half a baseball</p>
 <p>Cereal</p>	 <p>¾ cup or three golf balls</p>	 <p>One cup or one baseball</p>
 <p>Juice</p>	 <p>½ cup or one 4-ounce glass</p>	 <p>¾ cup or one 6-ounce glass</p>

I will eat _____ (serving size) of this food: _____.

My children will eat _____ (serving size) of this food: _____.