

Estimating Serving Sizes

Lesson Description

Students will review the food groups and the number of servings recommended for each group. Students will learn how to visualize and measure 1 serving size for each of the food groups. The fruit and vegetable food groups are introduced first; if time permits, additional food groups are reviewed.

- Time required: 60 minutes
- Location of lesson: Classroom



Learning Objectives

- Identify and measure appropriate serving sizes from the food groups.
- Learn ways to measure serving sizes using hands.

Attitude and Behavior Goals



- Eat 2 servings of fruit and 3 servings of vegetables each day.

Materials and Preparation


- 1 cup of cut up fruit, in a glass or clear bowl
- 1 whole apple or orange
- 1 bag of baby carrots
- 1 cereal bowl that holds at least 2-3 cups of cereal
- 1 box of ready-to-eat cereal that lists 1 cup as a serving size
- 1-cup measuring cup
- ½-cup measuring cup
- 1 - 8 ounce glass, 1 - 12 ounce glass, and 1 - 16 ounce glass.
- 1 cup (8 ounces) of milk
-  **More or Less Portion Game**
-  **MyPlate or My Native Plate**
- Prepared vegetable snack of the week – 1 for each student
- Water to drink during the Class Warm-up – water dispenser in the classroom and 1 cup or a water bottle for each student

Class Warm-up: Champion Cheer and Veggie Taste Test (5-10 minutes)



- Give each student a cup of water or ensure that they have a filled water bottle in front of them.
- Give each student the prepared veggie snack of the day.

- Lead the students in enthusiastically reciting the  **Champion Cheer**.
- At the end of the cheer, drink water and eat the veggie snack together.
- Have students complete their  **Taste Test Observations** about the vegetable snack of the week.

Review of Last Lesson (2-3 minutes)

- Review the evaluation questions from last week’s lesson. Evaluation questions from all lessons are listed at the end of the workbook .

Class Discussion (5 minutes)

Show students the  **MyPlate** or  **My Native Plate** visual. *Let’s review the food groups using this picture. What are the names of the 5 food groups? (Answer: fruits, vegetables, grains, protein, dairy) Today we are going to talk about how much of each food group we should eat each day. We use the word ‘serving’ to describe how much of each food we should eat.*

Think about our Champion Cheer. How many servings of fruits and veggies do we need to eat each day? (Answer: 5 servings of fruits and veggies each day)

How many of these servings should be fruits? (Answer: 2 servings of fruit each day)

How many of these servings should be vegetables? (Answer: 3 servings of veggies each day)

That’s how we get to the number 5: 2 servings of fruit plus 3 servings of vegetables each day.

For the other food groups, these are the servings we should eat each day:

- *Grains – 6 servings each day*
- *Dairy – 3 servings each day*
- *Protein – 2 servings each day*

Write all of the food group names and recommended serving sizes on the board at the front of the room, and review the serving sizes again with the students as you are writing this.

How big do you think a serving is? One bite, or a bowlful? The serving size for each food group is a little different. We are going to play a guessing game that will help us discover how big the serving sizes are for each food group.

Activities (40-45 minutes)

-  **“The More or Less Portion Game” (40-45 minutes):** A guessing game to discover and visualize serving sizes.

1. Fruits:

Show the students the cut up fruit. *What fruit is this?* Instruct them to write the answer in their workbook.

Show the students the 1-cup measuring cup. *One serving of fruit is 1 cup. How many pieces of the cut up fruit do you guess will fill the 1 cup measuring cup?* Instruct them to write the answer in their workbook.

Fill up the 1-cup measuring cup with the fruit and count the number of pieces aloud as you put them in the 1-cup measuring cup. *How many pieces of fruit did it actually take to fill the 1 cup measuring cup?* Instruct them to write the answer in their workbook.

Hold up the filled 1-cup measuring cup and show it to the students again. *This 1 cup of fruit is 1 serving of fruit.* Hold up the whole apple or orange. *One whole piece of fruit is also 1 serving of fruit. How many servings of fruit should we eat each day? (Answer: 2)* Instruct them to write the answer in their workbook.

Continue holding up the 1 cup of cut up fruit and the whole piece of fruit. *I am holding up 2 servings of fruit. This is how much fruit we should eat each day. Raise your hand if you have had 2 servings of fruit today. What fruit have you already eaten today? What fruit will you eat during the rest of the day?*

2. Vegetables:

Show the students the bag of baby carrots. *What vegetable is this?*

Show the students the 1-cup measuring cup. *One serving of vegetables is 1 cup. How many carrots do you guess will fit into this 1 cup?* Instruct them to write the answer in their workbook.

Fill up the 1-cup measuring cup with the carrots and count the number of pieces aloud as you put them in the 1-cup measuring cup. *How many carrots did it actually take to fill the 1 cup measuring cup?* Instruct them to write the answer in their workbook.

Hold up the filled 1-cup measuring cup and show it to the students again. *This 1 cup of carrots is 1 serving of vegetables. How many servings of vegetables should we eat each day? (Answer: 3)* Instruct them to write the answer in their workbook.

Continue holding up the 1 cup of carrots. *I am holding up 1 serving of vegetables. We should eat 3 servings of vegetables each day. That would be 3 of these cups full of vegetables. Raise your hand if you have had 3 servings of vegetables today. What vegetables have you already eaten today? What vegetables will you eat during the rest of the day?*

*Note to teacher: if students are understanding the concept of serving sizes, proceed with the other food groups below. If they are having difficulty understanding this, review the above fruits and vegetables activities again and only focus on serving sizes for those two food groups.

3. Grains:

Show the students the ready-to-eat cereal. *What food group does this belong to? What are some other foods in the grains group? How many grains do you eat each day? We should eat 6 servings of grains each day. 1 servings of grains is 1 cup of ready-to-eat cereal, or ½ a cup of cooked grains (such as oatmeal).* Hold up the 1-cup measuring cup to show what 1 cup looks like.

Pour the bowl full of cereal. Have the students draw what the full bowl looks like in their workbook.

Use the 1-cup measuring cup to measure how many cups of cereal are in the bowl while students count. Have students record the number of cups of cereal in the bowl and record the result on their workbook page. *If you ate the whole bowl of cereal, how many servings of grains would you have eaten?*

Put 1 cup of cereal back in the bowl. Have students draw a bowl with 1 cup of cereal in their workbooks.

Have students answer the last question in the workbook: *How many cups is 1 serving of cereal?* (1 cup)

4. Dairy:

Show the students the cup of milk. *What food group is milk in? (Answer: dairy) How many servings of dairy or calcium-rich foods should we eat or drink each day? (Answer: 3 servings) A serving of dairy or calcium-rich foods is 1 cup. This cup of milk that I'm holding is 1 serving.*

Show the students the 3 different sized drinking glasses. *Which of these three glasses will hold this cup of milk?* Have the students circle their chosen glass in their workbook. Also have them draw a line on each glass to show how full it will be with only 1 serving in it. Pour the cup of milk into the 8 ounce glass, then pour it into the other two glasses. See how this compares to what the students drew.

What are some ways we can eat calcium-rich foods each day? Instruct students to write responses in their workbooks.

5. Protein:

What is in the protein food group? (Answer: meat, beans) We should eat 2 servings of protein each day.

We can use our hands to see serving sizes for meats and beans. Which part of your hand is the correct serving size for a piece of meat or beans - your palm, the whole hand or just your thumb? (Answer: the palm of your hand is 1 serving of meats and beans). Record responses in the workbook.

Evaluation Questions

1. *Hold up two measuring cups: 1 cup and ½ cup. How can you measure 1 serving of vegetables, with 1 cup or ½ cup? (Answer: 1 cup) How about fruits? (Answer: 1 cup)*
2. *How many servings of fruit is 1 small apple? (Answer: 1 serving)*
3. *How many servings of fruits should we eat every day? (Answer: at least 2)*
4. *How many servings of vegetables should we eat every day (Answer: at least 3)*
5. *How can you use your body to measure 1 serving of protein? (Answer: palm of your hand)*
6. *How much water should you drink every day? (Answer: at least 6 cups of water a day)*
7. *How many fruits and vegetables should you eat every day? (Answer: at least 5 fruits and vegetables a day)*
8. *Does gardening connect you to your culture and help you learn new words in your language? (Answer: yes)*

Preparation for Future Lessons – Reminder for the Instructor

- Review the materials and preparation needed for the next lesson.
- Remember that an Elder guest instructor is needed for these Fall lessons: Lesson 2 (What is a Plant?), Lesson 4 (Seed Exploration), Lesson 6 (Preserving the Harvest), and Lesson 10 (Companion Planting and Traditional Cooking).

Notes
