



What is your portion size?

Portion Sizes in the Classroom

Background

MyPyramid was developed to help individuals make healthy food choices that are consistent with the 2005 Dietary Guidelines for Americans. Different foods contain different nutrients and other healthful substances. No single food can give you all the nutrients you need. To get all the nutrients and other substances you need for health, eat from the food groups in MyPyramid. MyPyramid is applicable to all Americans over the age of 2 and is based on sound science. **It provides guidance on the amounts you should eat from each food group each day.**

What's in a Portion?

Place a bowl and a box of cereal at the front of the classroom. Ask a student to come up and pour out the amount of cereal that he or she would eat for breakfast. Give them a measuring cup and help them measure the amount of cereal in the bowl. Point out that they need about 6 ounce equivalents from the Grains Group. One cup of cereal about 1 ounce and that the “portion” in the bowl represents "x" cups or ounces. Point out that it is okay to eat more than one ounce at a time, but they need to balance out the total amount of food they eat throughout the day. Use **MyPyramid** handout included with this kit.

Measuring Stations

Set up measuring stations that represent the five food groups. Have students practice measuring foods into paper plates, bowls and cups. Have them visualize the size of a portion. Some of the stations can provide examples of portions for the students to view in addition to measure. Direct students to measure multiple portion sizes, for example, two cups of pasta. Be sure to have different measuring tools (i.e., liquid and dry measuring cups and measuring spoons). Ask students to think of common objects that are the same size as a cup or ounce of food. For example, a deck of cards is the same size as 3 ounces of meat. Use the **Portion Sizes are in Your Hand** handout included with this kit.

Food Connection

Make a smoothie with fresh fruit, ice, and low-fat milk. Coordinate with your cafeteria manager for supplies and volunteers for assistance. Divide the class into groups. For each group, allow each child to take turns measuring an ingredient. After preparing the snack, enjoy! Point out that this is a healthy snack and identify the food groups from MyPyramid that are represented.

Source: Food for Thought: Making the Grade Through Healthful Eating, NC NET Program, 2003 and Portion Sizes and School Age Children, NC SNAC, 2003