

Serving Size and Food Moderation

Energizer: Portion Puzzle

Target Grades: K-5

Goal: To understand the importance of serving size and food moderation.

Direct Teach:

- It is okay to eat ice cream and cake, but it's important to do so in moderation.
 - Moderation means to eat some things only sometimes and in a balanced way.
- When we eat, we are giving our bodies what it needs so we can be healthy, strong and smart.
 - We want to eat big servings, or amounts, of foods that give us the most nutrients like fruits and vegetables and whole grains.
 - We want to eat small servings, or amounts, of foods that are mostly sugar or fat, like cake and candy
- When we know what serving size of foods is good for our bodies, we can eat in moderation.

Activity:

- Have participants stand. Grade K-5: The instructor will call out foods and participants will do an action for the serving size they feel is appropriate. Feel free to add other foods to this list.
 - Small serving size: 5 mini squats, slightly bending the knees
 - Medium serving size: 10 arm circles
 - Large serving size: 15 jumping jacks
- Possible list of foods: Ice Cream, Salad, Water, Candy, Milk, Fast Food, Fruit Salad

Additional modifications or extensions for virtual classrooms:

- Scavenger hunt: give students 2 minutes to bring a snack from their kitchen. See what they bring you and have them find the serving size. Help them understand that the serving size does not mean the whole bag.
- Scavenger hunt: Show them different sizes of portions by showing them something from your home: a teaspoon, a cup, a big cereal bowl, and a big serving or mixing bowl. Have students guess what size serving they should use for their snack. Or, have them bring the snack first. Then, ask them to bring you a container that shows what serving size they should use for their snack.

Professional Standards:

K-1 PE 116.2, b, 7, A; 116.3, b, 1, A; 116.2, b, 1, C

4-5 HE 115.6, b, 1, C; 115.7, b, 1, C

4-5 PE 116.6, b, 1, E; 116.6, b, 3, E; 116.6, b, 7, A; 116.7, b, 7, A

6-8 HE 115.22, b, 1, B; 115.22, b, 1, B