

Portion Size vs Serving Size

Intro: What's the difference between a portion size and a serving size?

Portion: how much food you choose to eat at one time

Serving: the amount of food listed on a nutrition facts label

<https://www.youtube.com/watch?v=u8jks0uDfwg>

Activity: Goldfish, Anyone?

To demonstrate the difference between these two terms, place students in small groups of 3 and have each group select a baggie full of Goldfish crackers.

Count the crackers and use the numbers to complete questions 1-3 on the guide sheet. Use the provided nutrition facts label.

Discuss each group's results.

Using the provided nutrition facts label, have students continue to answer questions 4-9.

Discuss the results.

Let's learn more about Portion Control...

View: “Portion Sizes—Out of Control” and answer the following questions:

<https://www.youtube.com/watch?v=JRJW6jbIrFk>

- What's happened to America's portion sizes over the years?
- What's caused American's to increase their portions?
- What are the results of increased portions?
- What are 3 strategies we can do to get portions sizes back in control?

Discuss: Many people find it difficult to choose accurate portion/serving sizes. However, using visuals associated with portion sizes can help. Let's see how good you are at matching the visuals to the food portions.

Activity: Pokemon Go: Picturing Portions

See how many Pokemon characters you can catch by correctly matching up the everyday object/visual with its approximate food portion. Write the name of the visual behind the amount of food it represents. When all are filled in, scan the QR Code with the matching response and write down the Pokemon character you caught.

Go over the correct answers and see who caught the most.

Conclusion: Go back to the Goldfish crackers...

Allow students to count out the appropriate serving size according to the nutrition facts label.

Discuss: One way we can reduce portion sizes is to eat less. So, take the serving of crackers and divide it evenly among your partners. Give the extras to the teacher.

Students may eat their “Goldfish” portion as they answer the final question (#10) on the guide sheet. Collect for a grade.