



“Be Wise about Your **Portion Size** !”

Portion Size Discovery Lesson Plans

(Adapted from: “Be Wise About Your Portion Size”, Florida Interagency Food & Nutrition Committee, 2005)

Alberta Curriculum Outcomes for K-9 Health & Life Skills Program:

- W-3.5 Apply guidelines from “Eating Well with Canada’s Food Guide” (2007) to individual nutritional circumstances; e.g. active children eat/drink more.
- W-4.5 Analyze the need for variety and moderation in a balanced diet; e.g. role of protein, fats, carbohydrates, minerals, water, vitamins.
- W-5.5 Examine ways in which healthy eating can accommodate a broad range of eating behaviours; e.g. individual preferences, vegetarianism, cultural food patterns, allergies/medical conditions, diabetes.
- W-6.5 Analyze personal eating behaviours—food and fluids—in a variety of settings; e.g. home, school, restaurants.
- W-7.5 Relate the factors that influence individual food choices to nutritional needs of adolescents; e.g. finances, media, peer pressure, hunger, body image, activity.
- W-8.5 Evaluate personal food choices and identify strategies to maintain optimal nutrition when eating away from home; e.g. eating healthy fast foods.
- W-9.5 Develop strategies that promote healthy nutritional choices for self and others; e.g. adopt goals that reflect healthy eating, encourage the placement of nutritious food in vending machines.

Activity: “Measure It!”

Materials:

- “Measure It!” handout for each student (Appendix A, Handout 1)
- Measuring cups for dry ingredients (3-4 sets)
- Measuring spoons (3-4 sets)
- Liquid measuring cups (3-4 cups)
- Container of a dry ingredient (sugar, salt, etc.)
- Plastic knives or leveling utensils (3-4)
- Water

Activity:

1. Using the “Measure It!” handout as a reference, show students the different types of measuring devices used to measure foods in a kitchen setting. Discuss how different tools

2. are used for dry and liquid ingredients. With a dry measuring cup, show an example of measuring a dry ingredient (sugar, salt, etc.) and level off with the flat part of the plastic knife or leveling utensil. Measure 1 cup of water in the liquid measuring cup to show the students how to measure liquids properly. Also discuss how to look at the liquid in the measuring cup for accuracy in measurements. Once all students have looked at the liquid in the measuring cup, discard the water.
3. Then have students work in groups of 2-3, set up measuring stations around the class space with the measuring utensils (three stations of each of the following: Station #1= dry measuring cups, Station #2= measuring spoons, Station #3= liquid measuring cups [to make a total of 9 stations]) and materials to measure (Station #1= sugar, Station #2= salt, Station #3= water). Have each student practice using the various measuring utensils by rotating through each different station (#1, #2, #3) every 2-3 minutes.

“Ideal Plate Model!”

Materials:

- “Ideal Plate Model” (Appendix A, Handout 2)
- Paper plates— one per student
- 11x14” paper— one per student
- Pencils, crayons, pencil crayons, etc.
- Glue stick, tape, etc.

Activity:

1. Discuss how measuring out our foods may not be a practical way to determine appropriate portion sizes. Introduce the “Ideal Plate Model” and describe what each portion of the plate represents ($\frac{1}{4}$ for Meat and Alternatives, $\frac{1}{4}$ for Grains (preferably Whole Wheat), $\frac{1}{2}$ for Vegetables, Milk to drink and Fruit for dessert).
2. Distribute a paper plate and an 11x14” paper to each student. Have each student portion off their paper plate into the corresponding sections and have them label each section (as mentioned above). As well, have students give examples of their favourite foods in each of the Food Groups. Then have the students glue the plate onto the middle of the 11x14” paper. While waiting for the glue to dry, have students complete the model by drawing a beverage (i.e. glass of milk) and adding a dessert (i.e. piece of fruit) onto the paper. Students can then take this “Ideal Plate Model” home to teach family members about healthy eating and appropriate portion sizes.