

Grades 3–5

Serving sizes and portions

Perfect Portions

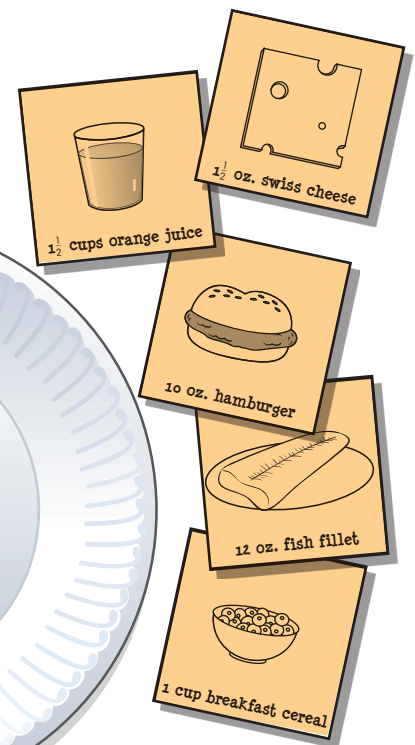
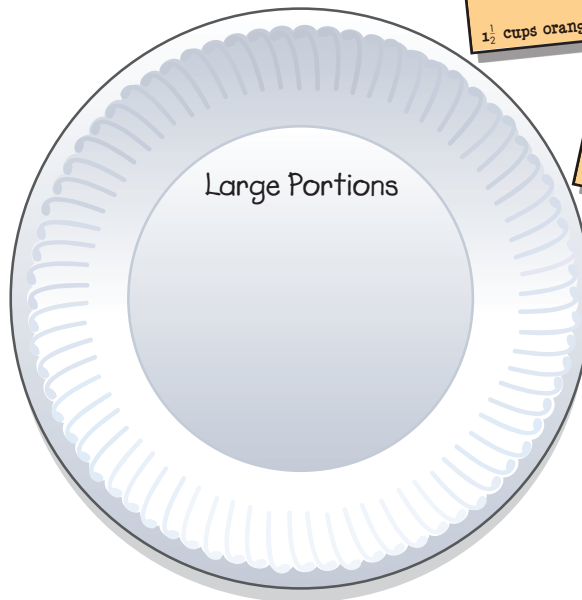
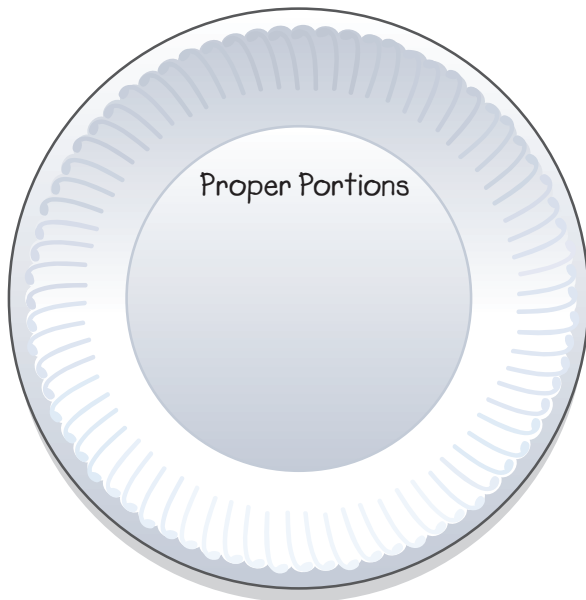
Sorting foods into proper portions

Give each child a copy of the portion size pattern (scroll down) and two paper plates. Review with students the portion chart at the top of their page. Ask volunteers to tell about a time they have eaten portions that are too large, especially when students weren't hungry anymore. Point out that snack foods are okay to eat occasionally, if the portion size is controlled. Next, have each student label one plate "Proper Portions" and the other plate "Large Portions." Direct him to cut out the cards, refer to the portion size guide, and glue each card to the corresponding plate.

Extend the learning: Have students compare the too-large portion sizes with the proper portion sizes and determine the difference. What steps can they take to control portion sizes? How can 100-calorie packages and similar products help?

Fun Fact:

The average person in Italy eats more than 51 pounds of pasta every year. The average person in North America eats about 15½ pounds of pasta per year.



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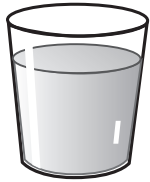
Portion Size Chart and Cards

One Serving

1 cup pasta
 1 cup cereal
 1 cup rice
 3 cups popcorn
 1½ cups juice

3 oz. meat
 3 oz. chicken
 3 oz. fish
 1½ oz. cheese
 1 tbsp. butter

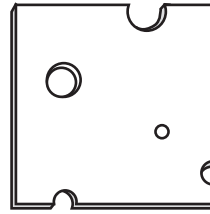
2 tbsp. peanut butter
 1 waffle
 ½ bagel
 1 pancake
 1 slice bread



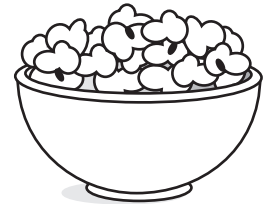
1½ cups orange juice



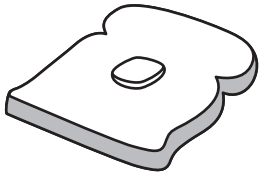
3 cups of spaghetti



1½ oz. swiss cheese



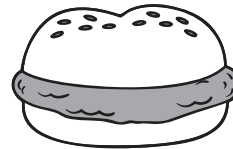
3 cups popcorn



1 slice of bread with
1 tsp. butter



2½ cups rice



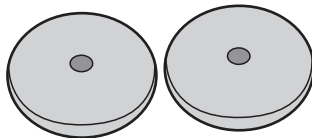
10 oz. hamburger



1 apple with 5 tbsp.
peanut butter



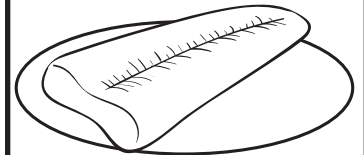
3 oz. grilled chicken



2 bagels



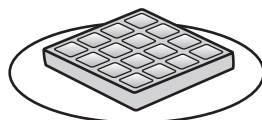
1 cup breakfast cereal



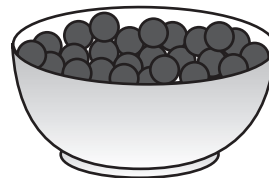
12 oz. fish fillet



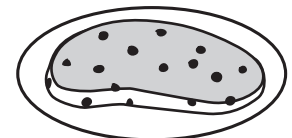
3 oz. tuna



1 whole wheat waffle



3 cups breakfast
cereal



1 blueberry pancake