

# Grades 3–5

## Serving sizes and portions

### Just the Right Size

*Portion control, writing to persuade*

In advance, obtain an empty extra-large food or drink carton. To begin, show the class the food carton and have students imagine that it is full. Ask students if they would tend to eat (or drink) the entire portion because that is the way it is served. Discuss how when food or drink is served in large portions, we often tend to overeat. Often these large servings consist of several portions, enough for two or three people! On the flip side, large portions can be the best value for the consumer.

Have each child choose one food item that is typically sold in an extra-large portion. Divide students into small groups to brainstorm ways to make sure to eat the correct portion size without overeating. For example, students might suggest pouring the serving into a bowl or plate, sharing a large serving among several people, or dividing portions to eat later. Direct each child to write a letter to herself reminding herself of these options, including the health benefits of eating proper portion sizes. Invite volunteers to read their letters aloud.

### Fun Fact:

Kansas, the largest producer of wheat in the United States, produces enough wheat each year to bake 36 billion loaves of bread and enough to feed everyone in the world for about two weeks.



ALLIANCE TO  
FEED THE FUTURE

