



ARE YOU BALANCING YOUR PORTIONS?

APPROXIMATE AND EASY SERVING GUIDES:

3 OUNCE PORTION OF COOKED MEAT, FISH OR POULTRY



1½ OUNCES OF CHEESE



1 TABLESPOON



1 CUP PORTION OF FOOD



PORTIONS

How does this portion of cereal compare to a standard serving size?



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DEVELOPED AT THE
OHSU BOB AND CHARLEE MOORE
INSTITUTE FOR NUTRITION & WELLNESS





ARE YOU BALANCING YOUR PORTIONS?

HERE'S WHAT TO DO AT THIS STATION:

1

Explain the difference between a portion and a standard serving of a food.

- **Portion Size:** Refers to how much food a person chooses to eat at one time. Portion sizes are often bigger than the suggested serving size.
- **Serving Size:** The recommended amount of food listed on the Nutrition Facts label or on the www.choosemyplate.gov website. Serving sizes use standard measures such as cups, tablespoons, ounces or grams.

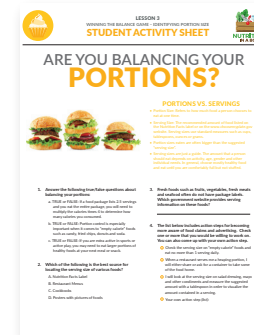
2

Using the portion bowl and/or gram scale on the table, measure out the following standard serving size of the following foods (or other foods provided by your teacher).

- | | | |
|--------------------|--------------------------------|--|
| 1 ½ oz of cheese | 3 cups of popped popcorn | 1 slice of bread |
| ½ cup cooked pasta | <i>How much does it weigh?</i> | <i>Weigh to see how close it comes to the standard</i> |
| 1 cup "O" cereal | 1 cup baby carrots | 1 oz serving size |
| 3 oz tuna | ½ cup grapes | |

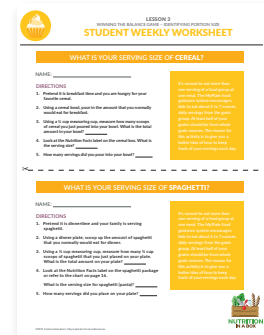
3

Complete the "Are You Balancing Your Portions" student activity sheet.



4

At home, complete the "What's Your Serving Size" worksheet.





LESSON 3
WINNING THE BALANCE GAME – IDENTIFYING PORTION SIZE
STUDENT ACTIVITY SHEET



ARE YOU BALANCING YOUR PORTIONS?



PORTIONS VS. SERVINGS

- **Portion Size:** Refers to how much food a person chooses to eat at one time.
- **Serving Size:** The recommended amount of food listed on the Nutrition Facts label or on the www.choosemyplate.gov website. Serving sizes use standard measures such as cups, tablespoons, ounces or grams.
- Portion sizes eaten are often bigger than the suggested “serving size.” Serving sizes are just a guide. The amount that a person should eat depends on activity, age, gender and other individual needs. In general, choose mostly healthy food and eat until you are comfortably full but not stuffed.

1. Answer the following true/false questions about balancing your portions:

- a. TRUE or FALSE: If a food package lists 2.5 servings and you eat the entire package, you will need to multiply the calories times 4 to determine how many calories you consumed.
- b. TRUE or FALSE: Portion control is especially important when it comes to “empty calorie” foods such as candy, fried chips, donuts and soda.
- c. TRUE or FALSE: If you are extra active in sports or active play, you may need to eat larger portions of healthy foods at your next meal or snack.

2. Which of the following is the best source for locating the serving size of various foods?

- A. Nutrition Facts label
- B. Restaurant menus
- C. Cookbooks
- D. Posters with pictures of foods

3. Fresh foods such as fruits, vegetables, fresh meats and seafood often do not have package labels. Which government website provides serving information on these foods?

4. The list below includes action steps for becoming more aware of food claims and advertising. Check one or more that you would be willing to work on. You can also come up with your own action step.

- ☐ Check the serving size on “empty calorie” foods and eat no more than 1 serving daily.
- ☐ When a restaurant serves me a heaping portion, I will either share or ask for a container to take some of the food home.
- ☐ I will look at the serving size on salad dressing, mayo and other condiments and measure the suggested amount with a tablespoon in order to visualize the amount contained in a serving.
- ☐ Your own action step (*list*):



LESSON 3
WINNING THE BALANCE GAME – IDENTIFYING PORTION SIZE
STUDENT ACTIVITY SHEET
Answer Key



ARE YOU BALANCING YOUR PORTIONS?



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1. Answer the following true/false questions about balancing your portions:

- a. TRUE or **FALSE**: If a food package lists 2.5 servings and you eat the entire package, you will need to multiply the calories times 4 to determine how many calories you consumed. **Multiply calories by 2.5**
- b. **TRUE** or FALSE: Portion control is especially important when it comes to “empty calorie” foods such as candy, fried chips, donuts and soda.
- c. **TRUE** or FALSE: If you are extra active in sports or active play, you may need to eat larger portions of healthy foods at your next meal or snack.

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choosemyplate.gov

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LESSON 3

WINNING THE BALANCE GAME - IDENTIFYING PORTION SIZE

STUDENT WEEKLY WORKSHEET

WHAT IS YOUR SERVING SIZE OF CEREAL?

NAME: _____

DIRECTIONS

1. Pretend it is breakfast time and you are hungry for your favorite cereal.
2. Using a cereal bowl, pour in the amount that you normally would eat for breakfast.
3. Using a $\frac{1}{4}$ cup measuring cup, measure how many scoops of cereal you just poured into your bowl. What is the total amount in your bowl? _____
4. Look at the Nutrition Facts label on the cereal box. What is the serving size? _____
5. How many servings did you pour into your bowl? _____

It's normal to eat more than one serving of a food group at one meal. The MyPlate food guidance system encourages kids to eat about 5 to 7 ounces daily servings from the grain group. At least half of your grains should be from whole grain sources. The reason for this activity is to give you a better idea of how to keep track of your servings each day.



WHAT IS YOUR SERVING SIZE OF SPAGHETTI?

NAME: _____

DIRECTIONS

1. It's dinnertime and your family is serving spaghetti.
2. Using a dinner plate, scoop up the amount of cooked spaghetti that you normally would eat for dinner.
3. Using a $\frac{1}{2}$ cup measuring cup, measure how many $\frac{1}{2}$ cup scoops of spaghetti that you just placed on your plate. What is the total amount on your plate? _____
4. Look at the Nutrition Facts label on the spaghetti package.
What is the serving size for spaghetti (pasta)? _____
5. How many servings did you place on your plate? _____

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