

SECOND GRADE LESSON: Portion Control SC STANDARD: 2.1.3

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WOFFORD

It's your world.

PORTION CONTROL

OBJECTIVES:

- Understand what portion control is
- Recognize that portion control is an important part of a healthy diet
- Discuss how portion control can apply to any food

LET'S GET STARTED:

- Explain to students the meaning of portion control
- Apply portion control to MyPlate
- Discuss how portion control does not only apply to MyPlate, but to various types of foods

ACTIVITY:

- Students will read a story and answer questions related to the story

WRAPPING UP:

- Review MyPlate and portion control with foods
- Hand out Boss; Backpack Bulletin with the weekly goal

SC STANDARDS:

- 2.1.3 Construct knowledge, applying disciplinary concepts and tools, to build deeper understanding of the world through exploration, collaboration, and analysis.

MATERIALS:

- Where to Find the Serving Size handout
- Too Much or Too Little story
- MyPlate handout
- Boss' Backpack Bulletin

LET'S GET STARTED!

- Explain what portion control is and how MyPlate applies to portion control
- Help students understand why it is important to have portion control when eating food, and why it is a major part of a healthy diet
- Portion control does not only apply to MyPlate, but can also apply to different types of food, like cereal, nuts, peanut butter, among many others

DIALOGUE BOX

- Does anyone know what portion control is?
- Portion control is understanding how much the serving size of foods are, or the amount of that food that you should eat, as well as how many calories or how much food energy that serving contains.
- MyPlate is a great example of portion control because it has sections on the plate that tell you the serving size for each type of food. For example, the red section of MyPlate can be filled with fruits, while the purple section can be filled with protein like and beans.
- It is important to have portion control because it helps you see and understand how much you should be eating of certain foods. Eating too much or too little of something can be potentially unhealthy, so serving sizes will guide you in the right direction toward eating the proper amount of different foods.
- For example, eating one serving of nuts, which is usually 1/4 cup, as a snack, is very healthy and can give your body energy and a lot of healthy fats. But if you eat too many nuts, like an entire cup, then you have consumed way too much fat at snack time, which is not healthy for you!
- Portion control, or serving sizes, can also be used in many other foods that you eat during the day, like cereals, peanut butter, grapes, and crackers.
- We will use cereal as our example for now. Who all eats cereal for breakfast? Show me with your hands what size bowl you use when you eat your cereal.
- Well, if you look on the back or side of a cereal box, it will tell you what the serving size is (Use the Serving Size diagram handout to show the class). For example, Cinnamon Toast Crunch has a serving size of about $\frac{3}{4}$ cup and has 130 calories in it. That is not a lot of cereal at all! It is a little over one handful of cereal! (Hold out your hand and show them what a handful looks like). Even though the serving size is small, how many of you eat more than a handful of cereal in the morning?



ACTIVITY

- Read the Too Much, Too Little story about Boss trying to use portion control to the students and have them answer questions about the story at the end based off of what they have learned in this lesson

DIALOGUE BOX

- I am going to read to you all a story about Boss and how he is trying to use portion control, but is having some trouble with it. You all are going to help him to use portion control properly!
- Listen carefully to the story because at the end, I am going to ask you all some questions!
- Here is the MyPlate portion control handout that you can use when you answer questions at the end!
- Once you have read the story to the students, begin asking the questions that relate to the story of Boss at the bottom of the Too Much, Too Little handout

WRAPPING UP

- Ask if any of the students have any questions on portion control or serving sizes
- Review some of the main topics discussed in the lesson, and hand out Boss' Backpack Bulletin with this week's goal

DIALOGUE BOX

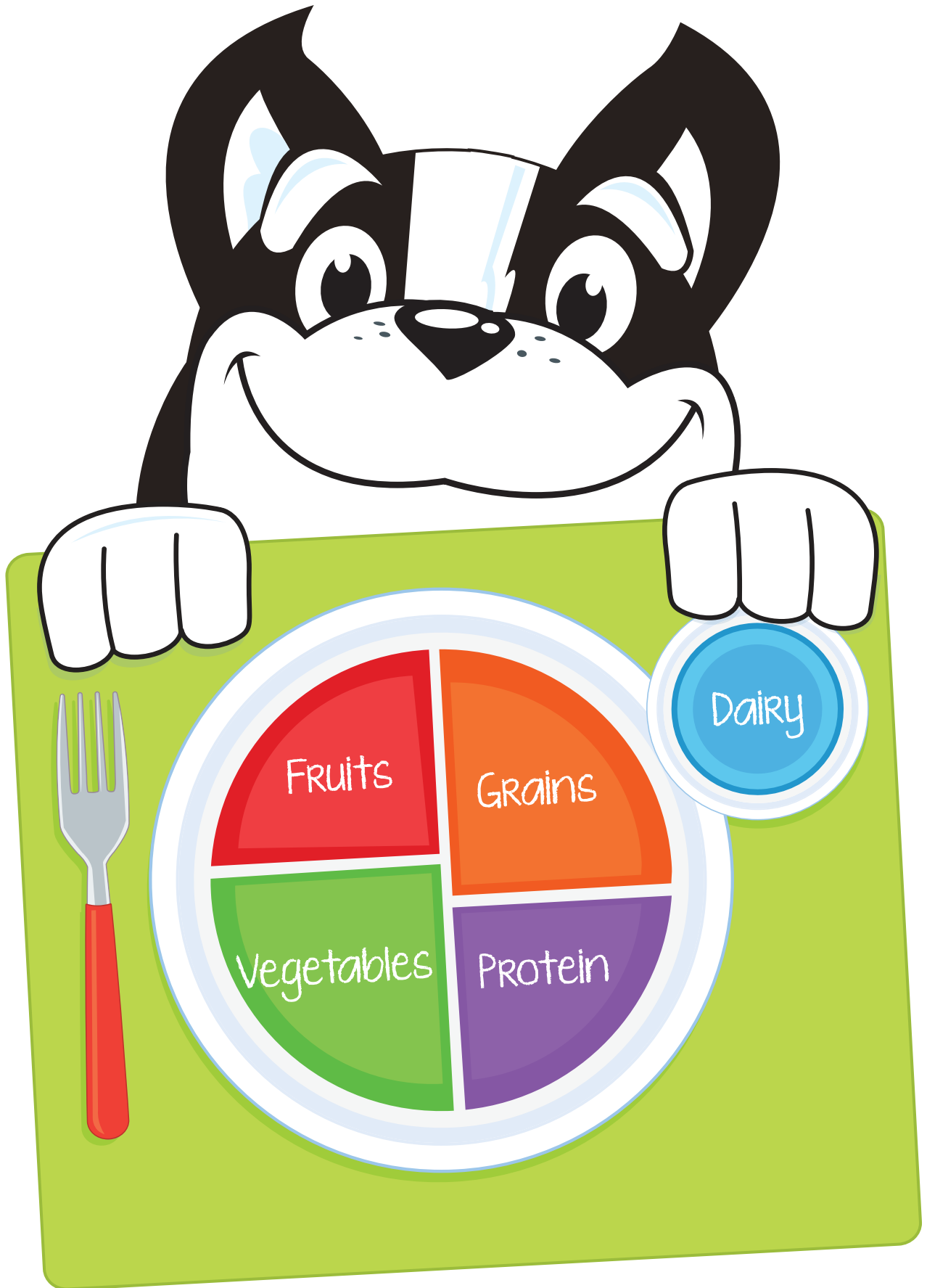
- Does anyone remember where you can find a serving size for a food?
- Serving sizes can be found somewhere on the box or bag that the food comes in, and if you are not sure how much of certain types of foods you can eat for meals, always remember that MyPlate can help!
- This week, your goal is to use portion control by looking at the serving sizes on the foods you eat!



WHERE TO FIND THE SERVING SIZE

| Nutrition Facts | |
|-------------------------------|----------------------|
| Serving Size 2 Crackers (14g) | |
| Serving Per Container 21 | |
| Amount Per Serving | |
| Calories 60 | Calories from Fat 15 |
| % Daily Values* | |
| Total Fat 1.5g | 2% |
| Saturated Fat 0g | 0% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 70mg | 3% |
| Total Carbohydrate 10g | 3% |
| Dietary Fiber less than 1g | 3% |
| Sugars 0g | |
| Protein 2g | |
| Vitamin A | 0% |
| Vitamin C | 0% |
| Calcium | 0% |
| Iron | 2% |

PORTION CONTROL USING MYPLATE

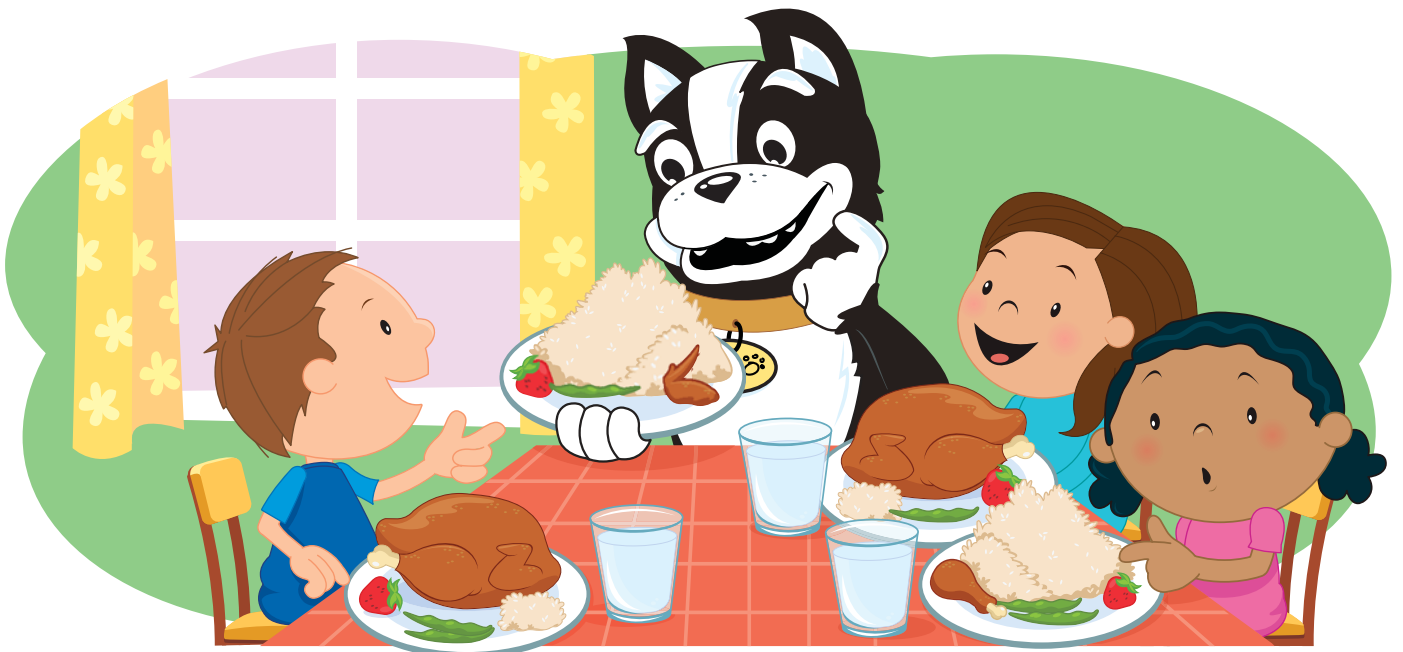


TOO MUCH, TOO LITTLE

Boss the Boston Terrier is trying really hard to eat healthier, but one of his biggest problems is that he does not know how to have portion control or how to find the serving sizes of foods! One afternoon, he invited his friends over to have dinner with him! He had a healthy meal planned and all of his friends were so excited! When Boss got home, he began making the food that he was going to serve to his friends at dinner. He made grilled chicken, green beans, brown rice, and even had some strawberries to go with the meal! When he was all finished cooking, his friends finally arrived and were ready to see the healthy food Boss had made for them. While they all sat down at the table, Boss was in the kitchen putting the food on the plates for his friends, but when he served it to his friends, they noticed something was wrong. Although Boss had cooked a healthy, nutritious meal, his portions were all wrong! Half of the plates had rice with two big pieces of chicken, only a few green beans were on the plate, and only one strawberry was on each plate! His friends nicely told him that his portions were wrong, and that he should look at MyPlate for help next time he plans a meal!

QUESTIONS:

1. Did Boss plan a healthy meal for all of his friends to eat? **Yes**
2. Where can Boss find the serving sizes of foods when he does not know how much to eat? **On the side or back of the box or bag**
3. Which part of MyPlate would the rice fit into? **The orange section (grains)**
4. Should Boss have had more green beans and strawberries on his plate? **Yes**
5. Which part of the meal did Boss have way too much of? **Rice (or grains)**
6. What was Boss missing that the MyPlate handout has on it? **Dairy**
7. How could Boss have incorporated dairy into his meal? **Drinking milk**



BOSS' BACKPACK BULLETIN

Your goal for this week is to use information you have learned about portion control to eat the right amount of foods! You are also going to look at the serving sizes of snacks and other foods and record them at the bottom on the bulletin!

- Remember, you can find the serving size on the back or side of the food container
- Use MyPlate handout to help guide your portion control during meals



Write down some of the foods you ate this week and their serving sizes:

Write down one of the meals that you had this week that show portion control using MyPlate's listing the fruit, grain, protein, vegetable, and dairy categories:
