



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

STORY:

- Story about Boss being taught about the importance of portion control

WRAPPING UP:

- Review MyPlate and portion control with foods

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 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?

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%
Trans 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%

STORY

- Read the story about Boss and how he is learning about portion control and why it is important to use it when eating your meals during the day

WRAPPING UP

- Ask if any of the students have any questions on portion control or serving sizes



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 friend said, "Boss, this looks great, but your portions are all messed up!" Boss asked, "What do you mean by portions?" His friend began explaining to him that when we eat our meals, we should use portion control in order to monitor how much of each thing we are eating so that we stay healthy! His friend said, "It is possible that you can gain weight if you eat too much food, which is why portion control is very helpful to use! On the other hand, if you are not eating enough food, you will lose weight, which is not that healthy either! Portion control is a great way to see how much of each food item you are putting on your plate before you eat it! You can use MyPlate, which is a plate showing you how to separate your food into groups, and shows you how much of eat type of food you need to eat for each meal!" Boss was so excited that his friend took the time to explain to him about portion control, what it is, and why it is important to use it when you are picking your meals! Boss went to the kitchen with his friends to fix their plates again, filling them with more green beans and strawberries, which made for a much better rounded meal!

