

MODERATION MATCH



Learning Objective:

Students will learn proper portion sizes of foods from different food groups

Materials Required:

Included: Adjustable measuring cup/spoon set, handouts

Not included: tennis ball, rice, cotton balls, deck of cards and plate

Estimated Time Required:

30 minutes for entire lesson
10-15 minutes for handout





Classroom Demonstrations:

1: High Fat Dressings ~ Teaspoon vs. Tablespoon

- a) Measure 1 teaspoon and 1 tablespoon of rice out on the plate in two separate piles.
- b) Ask the class which pile looks like the amount of salad dressing they would like to put on their salad.
- c) Explain to them that 1 teaspoon of high fat foods like mayonnaise and salad dressing is all they should eat at one time.

(note: 3 teaspoons equal 1 tablespoon)

2: Vegetables ~ 1/2 cup vs. 1 cup

- a) Measure 1/2 cup and 1 cup of rice out on the plate in two separate piles. Ask them how much mashed potatoes versus salad they would eat at one time?
- b) Explain that cooked vegetables should be 1/2 cup serving, while raw leafy ones should be 1 cup.

3: Fruits ~ the size of a tennis ball

- a) Hold up a tennis ball.
- b) Ask the students what size apple they normally eat (note: individually sold apples are larger than bagged ones!)

4: Snack foods ~ A level handful of cottonballs (1-2 ounces)

- a) Ask a student to place cotton balls in the cupped palm of their hand. Make sure it is level!
- b) Take these cotton balls out their hand and lay them on a plate.
- c) Ask them if this is the amount of potato chips or nuts they would normally eat?
- d) Explain that one handful is a 1-2 oz serving.

5: Meats ~ the size of the palm of your hand (3 ounces)

- a) Tell students to look at the palm of their hands.
- b) Ask them if this is the size of meat they normally eat, such as chicken, hamburgers, and fish.
- c) Hold up a deck of cards and explain that is the proper serving of meats.

Moderation Match

Instructions: Draw a line from the picture of a portion size to the box on the right that explains the illustration.



A Fist or Cupped Hand

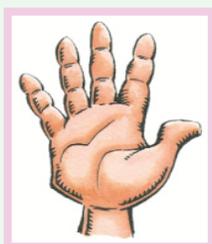
Palm of a Hand

A Thumb

A Handful

A Thumb Tip

A Tennis Ball



3 oz. of meat
Two servings, or 6 oz., of lean meat (poultry, fish, shellfish, beef) should be a part of a daily diet. Measure the right amount with your palm. One palm size portion equals 3 oz., or one serving.

1 oz. of cheese
Consuming low-fat cheese is a good way to help you meet the required servings from the milk, yogurt and cheese group. 1 1/2 - 2 oz. of low-fat cheese counts as one of the two to three daily recommended servings.

1 cup
1 serving = 1/2 cup cereal, cooked pasta or rice
or 1 cup of raw, leafy green vegetables
or 1/2 cup of chopped vegetables or fruit

1 teaspoon
Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum by measuring the serving with your thumb. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equals 1 tablespoon.

One serving of fruit
Healthy diets include two to four servings of fruit a day. A serving size is about the size of a tennis ball.

1-2 oz. of snack food
Snacking can add up. Remember, one handful equals 1 oz. of nuts and small candies. For chips and pretzels, two handfuls equals 1 oz.

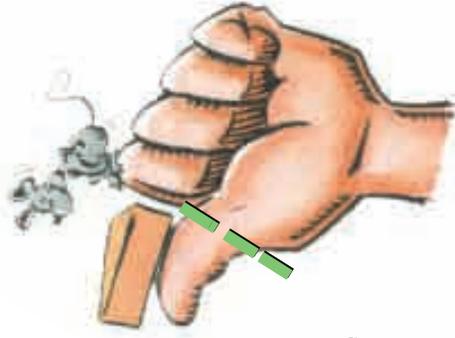


A fist or cupped hand = 1 cup



1 serving = 1/2 cup cereal, cooked pasta or rice
or 1 cup of raw, leafy green vegetables
or 1/2 cup of cooked or raw, chopped
vegetables or fruit

A thumb = 1 oz. of cheese



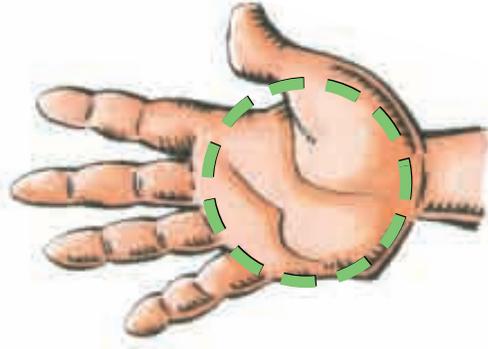
Consuming low-fat cheese is a good way to help you meet the required servings from the milk, yogurt and cheese group.
1 1/2 - 2 oz. of low-fat cheese counts as one of the two to three daily recommended servings.

Handful = 1-2 oz. of snack food



Snacking can add up.
Remember, one handful equals 1 oz. of nuts and small candies.
For chips and pretzels, two handfuls equals 1 oz.

Because hand sizes vary, compare your fist size to an actual measuring cup.

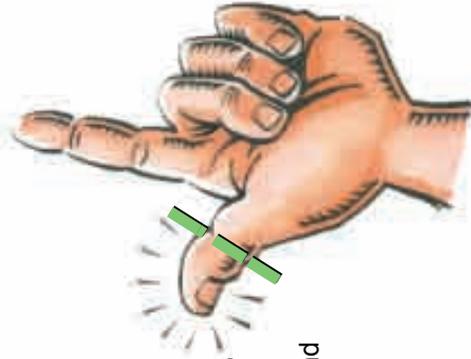


Palm = 3 oz. of meat

Two servings, or 6 oz., of lean meat (poultry, fish, shellfish, beef) should be a part of a daily diet. Measure the right amount with your palm. One palm size portion equals 3 oz., or one serving.

Thumb tip = 1 teaspoon

Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum by measuring the serving with your thumb. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equal 1 tablespoon.



1 tennis ball = 1 serving of fruit



Healthy diets include two to four servings of fruit a day.