







Lesson 5: Beware of Portion Size!

	<p>Skill Objectives</p>	<ul style="list-style-type: none"> • Demonstrate healthy portion sizes for common food items. • Illustrate how media can influence an individual's health choices while highlighting how television advertisement for fast foods and breakfast cereal may influence an individual's decisions .
	<p>Big Idea</p>	<p>Portion size means the amount of food you eat at one time. Oftentimes, the amount of food we are served is more than what is recommended as a healthy portion size. Restaurants and commercials often encourage use to eat more than we actually need.</p>
	<p>Discussion</p>	<ul style="list-style-type: none"> • Do you think your portion sizes are usually too big, too small, or just right? • What are some ways that media-like ads on TV or the internet-affect the things you want to eat?
	<p>Engage</p>	<p>Activity: Helping Hand! Students learn to use their hands (fist, palm, thumb) as a reference for healthy portion sizes</p>
	<p>Review & Reflect</p>	<ul style="list-style-type: none"> • What are some ways to tell if a portion size is too big, too small or just right? • How does media, like TV and the Internet, affect how we think about food?
	<p>Grade-Level Differentiation</p>	<p>Kindergarten Help K students learn to identify healthy portion sizes for common food items.</p> <p>1st Grade Ensure first graders can identify recommended portion sizes by comparing portions to familiar objects such as golf ball for a cookie or a frisbee for a dinner plate. Also challenge them to identify examples of health information provided by various media and how the examples affect nutritional habits and physical activity.</p> <p>2nd Grade Check that second graders are able to use familiar objects to identify healthy food portions from different food groups. Also challenge them to identify various media that provide health information and how media can influence an individual's health choices (ie, television advertisements for fast food and breakfast cereals.)</p>



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