



Lesson 3: Winning the Balance Game



Balancing Your Portions

There are many ways to measure the portions of food.

Cup, Tablespoon and Teaspoon
Measurements for food volume.

Slices, Pieces and Amounts
Measurements for food items.

Bag, Jar, Box and Bottle
Measurements of food containers.

Ounce, Pound, Gram, Pint, Liter
Measurements for food weight.

There's a difference between a portion of food and a standard serving of a food.

- **Portion Size:** Is 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. This amount is used to measure calories and nutrients in the food.



Now, test your knowledge with the Measuring Your Serving Size worksheet.

From Paper to Plate Activities this Week

1. How do your portions compare with the amount on the label?
2. Complete the Balancing Your Portions activity sheet.

Are you within the listed amount?





Lesson 3

“Winning the Balance Game” – Fats and Sugars

Student Activity Sheet



Balancing Your PORTIONS



What's the difference between portions versus servings? A portion size is the amount of food you choose to eat. A serving size is the amount of the food measured for nutrition information. Try to eat the food amounts recommended for your age. If you eat more than your body needs, your body will store the excess amounts of food as fat. That means, you're likely to gain weight.

Answer the following questions below.

A Nutrition Facts

1. **True or False?** The nutrition label shows 2.5 servings on a package. To add up the total calories, you have to multiple the serving calories by 4.
2. **True or False?** Portions are most important when eating “empty calorie” foods, like candy, chips, donuts and soda.
3. **True or False?** Athletes and people who do active physical work may need to eat larger portions of food.

B Nutrition Sources

4. Where is the best place to find nutrition facts for packaged foods?
 - a. Cookbook
 - b. Nutrition facts label
 - c. Restaurant menu
 - d. Posters with food pictures
5. Which source provides nutrition facts for unpackaged foods, like vegetables and fruits?
 - a. Grocery store ads
 - b. Social media
 - c. USDA website
 - d. Doctor's office



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Fact Box — Servings & Portions

- **Serving size** is an amount of food chosen by the food manufacturer. It is only a guide for the amount of food we should eat. It usually is not the full contents of the package. The serving size can be measured in cups, tablespoons, ounces, grams or pieces.
- **Portion size** is the amount of food we choose to eat. How much we should eat depends on how old we are, and how much we move, work or exercise. Some people, like athletes or pregnant people, will have other portion needs. One way to check if your portions are right? If your weight stays the same each day, then you're most likely eating the right portions.
- **How much should I eat?** Use the MyPlate guide to help you find the food amounts that are right for you.

Action Steps

The list below includes action steps for eating the amount of food your body needs. Which actions would you be willing to work on? Have your own idea? Let's hear it!

- ✓ I will limit eating "empty calorie" foods.
- ✓ If a restaurant serves large portions, I will either share it with someone I'm with or bring home some of it to eat later.
- ✓ I will check serving sizes on the package.
- ✓ I will try to make my portion sizes closer to the recommended serving sizes.
- ✓ My idea for improving my portion sizes (describe):

The Details in Your Diet

Use the Balancing Your Portions handout to see how portion sizes compare to serving sizes.





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Student Worksheet



Measuring Your SERVING SIZE

Measure Mission #1

What You'll Need:

- Cereal bowl
- Cereal
- 1/4 measuring cup
- Extra bowl

Is your cereal amount a serving amount?

It's breakfast time. Grab your normal bowl. Pour your normal amount of cereal into the bowl. This is Bowl #1. Then place an extra bowl next to it. This is Bowl #2. Scoop out a level amount of your cereal with the $\frac{1}{4}$ cup measuring cup and pour it into Bowl #2. Repeat until all the cereal is in Bowl #2.

1. How many scoops did it take to empty your bowl? _____
2. Read the serving size on the cereal box. How many servings of cereal are in Bowl #2? _____

Use the Nutrition Facts label to answer the following questions.

Nutrition Facts	
8 servings per container	
Serving Size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 8g	10%
Cholesterol 0g	10%
Sodium 8g	10%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 8g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

3. How much is the actual serving amount? _____
4. The serving amount is less than one cup. How many calories are in full cup of this cereal? _____

Hint: divide the calorie amount in half to get the number of calories in a $\frac{1}{2}$ cup, then multiply that number by 3 to get the total calories in a full cup.





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Student Worksheet



Measuring Your SERVING SIZE

Measure Mission #2

What You'll Need:

- Spaghetti noodles
- Dinner plate
- 1/2 measuring cup
- Extra bowl

It's dinner time. Tonight you're having spaghetti. Dish out your normal amount of spaghetti onto your plate. Place the extra bowl next to it. Scoop up a level amount of spaghetti with the 1/2 cup measuring cup and place it in the extra bowl. Repeat until all the spaghetti is in the extra bowl.



1. How many **scoops** did it take to move your spaghetti into the extra bowl? _____
2. How many **cups** of spaghetti did you measure (example: 1 1/2 cups)? _____

Use the Nutrition Facts label to answer the following questions.

3. Which **serving** is larger? *My plate amount* *The box amount*
4. The nutrition label only shows the facts for the plain spaghetti.
How many **calories** are in one cup of plain spaghetti? _____

Nutrition Facts	
10 servings per container	
Serving Size	1 cup (140g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 0.9g	1%
Saturated Fat 0.2g	1%
Trans Fat 8g	10%
Cholesterol 0g	0%
Sodium 6.7g	0%
Total Carbohydrate 42g	15%
Dietary Fiber 1.8g	6%
Total Sugars 1.5g	
Includes 0g Added Sugars	2%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 14mg	1%
Iron 1.9mg	11%
Potassium 126mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calorie Count

5. Add up the calories for the other items in the spaghetti.

Pasta sauce

Cheeses

Other
(meat/veggies)

Plus, the Spaghetti

Total Calories

