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 that shows a portion size to the box on the right that explains the illustration.

Palm of a Hand=
One 3 oz serving of lean meat

Thumb=
1 oz. low fat cheese
1 1/2-2 oz counts as
1 serving of dairy

Fist or Cupped Hand=
1-2 oz serving of raw, leafy green vegetables

Handful=
1-2 oz of snack foods like nuts, chips, and pretzels

Tennis Ball=
A serving of fruit.
Eat 2-4 servings a day!

Thumb Tip=
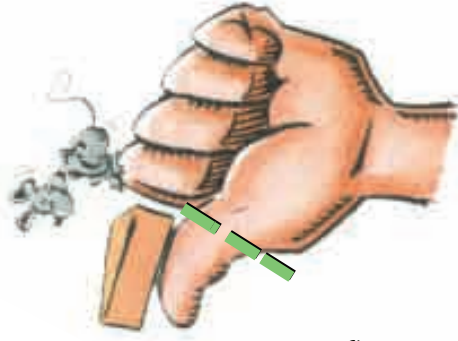One Teaspoon, the serving size of high fat foods like mayonnaise

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.

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

A fist or cupped hand = 1 cup

1 serving = ½ cup cereal, cooked pasta or rice
or 1 cup of raw, leafy green vegetables
or ½ cup of cooked or raw, chopped vegetables or fruit

A thumb = 1 oz. of cheese
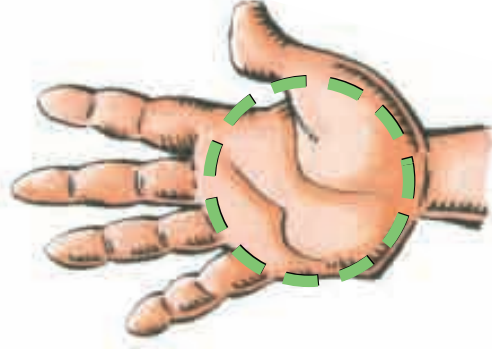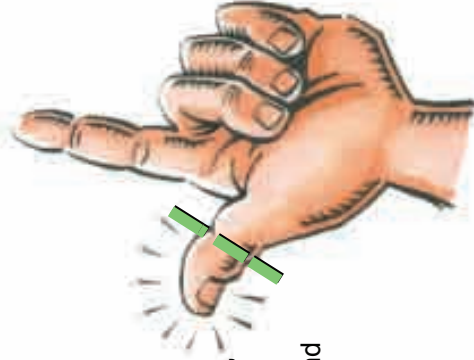
Consuming low-fat cheese is a good way to help you meet the required servings from the milk, yogurt and cheese group.
1 ½ - 2 oz. of low-fat cheese counts as one of the two to three daily recommended servings.

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.