

FIRST GRADE

LESSON: MyPlate Daily Serving Sizes

SC STANDARD: 1.RL.3.6

MYPLATE DAILY SERVING SIZES

OBJECTIVES:

- Understand the difference between portions and serving size
- Learn correct serving sizes for different foods
- Visualize serving sizes

LET'S GET STARTED:

- Review MyPlate and the food groups involved
- Discuss the difference between portions and serving sizes
- Discuss serving sizes of the different food groups and recommended amounts per day

ACTIVITY:

- Estimate the number of items in a serving size of different foods

WRAPPING UP:

- Remind students that daily serving sizes can be helpful in planning meals
- Hand out Boss' Backpack Bulletin sheet and explain the weekly task

SC STANDARDS:

- 1.RL.3.6 Recognize and read grade appropriate irregularly spelled words.

MATERIALS:

- MyPlate Daily Serving Size Handout
- Serving Size Estimation Worksheet
- Boss' Backpack Bulletin Handout

LET'S GET STARTED!

- This week we are going to talk about using MyPlate to plan meals and understand serving sizes! Ask students if they remember MyPlate. Explain the difference between portions and serving sizes. Talk about how visualizing serving sizes of different foods can help with portion control.

DIALOGUE BOX

- Does anyone remember when we talked about MyPlate?
- MyPlate shows all the different food groups and the portion sizes you should eat for each food group at a meal.
- A portion size is similar to a serving size, but not quite the same thing. A portion is how much of a food is on your plate for a meal and how much of it you eat. A serving size refers to the recommended amount of the certain type of food you are supposed to eat.
- Many Americans overeat because they have trouble with portion control or don't understand serving sizes. Most meals at restaurants are much larger than they need to be, and the portion they serve you is often two or three times what you need!
- Knowing how much of each food group you need to eat during the day can help you with portion control by helping you plan meals and space the recommended daily serving size out over several meals.

- Explain the recommended serving sizes of the different food groups, using common food examples.

DIALOGUE BOX

- The serving size for vegetables is one cup, and you should eat two servings of vegetables daily. Remember what a 1 cup measuring cup looks like? It's a little bigger than the size of your fist and you need two of those of vegetables every day!
- The serving size for fruit is also one cup, and you should eat two servings of fruit per day. Fruit juice can count toward your fruit serving for the day as well!
- The serving size for grains is one ounce. So what counts as one ounce? A piece of bread, half a bagel, a small pancake, 1 cup of cereal, and ½ cup of pasta are all examples of what one ounce of grain looks like. You should try to eat about 4-5 of these servings per day. Remember, try to eat as many whole grains as you can!
- The serving size of protein foods is about 2-3 ounces. That's about the size of a



deck of cards. You should eat about 2 of these servings of protein foods per day, whether it's chicken, beef, fish, beans, or eggs!

- The serving size for dairy is one cup, and you should try to get about three cups of dairy every day. If you eat cheese, then the serving size is 1.5-2 ounces, which is about once slice. Drinking a glass of milk at every meal is an easy way to get all of your dairy.
- The daily serving sizes can be a little bit confusing because they tell you how much you should eat throughout the whole day. You can split them up over different meals though, and planning meals can help you make sure you eat the right amount of food throughout the day.
- Try getting your two cups of fruit by eating a cup at breakfast and a cup for a snack, or eating two cups of vegetables by eating a cup for lunch and a cup for dinner!

BOSS' FUN FACTS

Knowing serving sizes is easy for packaged foods that have a food label, but it's not so easy when it comes to fresh food like strawberries, grapes, carrots, broccoli, chicken, or even meals while eating out. Knowing and being able to visualize serving sizes can be very helpful in using portion control.

ACTIVITY

- Distribute the MyPlate Daily Serving Size Handout and Serving Size Estimation Worksheet. Go over serving sizes again using the handout as a visual.

DIALOGUE BOX

- Serving sizes can sometimes be hard to visualize. Let's look at what one serving of fruit looks like. It's a medium fruit, like apple, orange, or banana, or 1 cup of berries or chopped fruit.
- Now look at the vegetables. One serving is 1 cup of chopped vegetables
- Look at the protein serving, that's about the size of your palm.
- Look at the dairy. It's easy to picture one cup of milk (one glass), but look at the cheese. 1.5 ounces is the size of one slice, or two dice.
- Look at the grains. One ounce of grains is about a ½ cup of rice, oatmeal, and pasta, and 1 cup of dry cereals. 1 slice of bread or ½ of a bagel is also one serving of grain.
- Ask students if there are any questions about serving sizes for the different food groups. If possible, provide visuals such as measuring cups, a deck of cards, and dice.
- Explain the directions for the Serving Size Estimation Worksheet.

DIALOGUE BOX

- Look at the Serving Size Estimation Worksheet. Inspect each example and estimate how much of each food makes up one serving size.
- Write your guess in the blank below each food.

WRAPPING UP

- Ask students if there are any questions about serving sizes, either per meal or per day. Remind them that MyPlate is a great tool to use to plan meals and make sure they get their recommended servings of every food group.
- Distribute the Boss' Backpack Bulletin with the weekly goal.

COMMON SERVING SIZES

1 cup = the size of your fist

1 ounce = the size of your thumb






3 ounces = the size of your palm

1.5 ounces = two dice

1 teaspoon = the tip of your thumb



MYPLATE DAILY SERVING SIZES

<p>VEGETABLES</p> <p>1 serving = 1 cup</p> <p>2 servings per day</p>	<p>Looks like:</p> 	<p>Food examples:</p>
<p>FRUITS</p> <p>1 serving = 1 cup</p> <p>2 servings per day</p>	<p>Looks like:</p> 	<p>Food examples:</p>
<p>GRAINS</p> <p>1 serving = 1 ounce</p> <p>4-5 servings per day</p>	<p>Looks like:</p> 	<p>Food examples:</p>
<p>PROTEIN</p> <p>1 serving = 3 ounces</p> <p>1-2 servings per day</p>	<p>Looks like:</p> 	<p>Food examples:</p>
<p>DAIRY</p> <p>1 serving = 1 cup/1.5 ounces</p> <p>3 servings per day</p>	<p>Looks like:</p> 	<p>Food examples:</p>

SERVING SIZES ESTIMATION

Look at each example and estimate how much of the food is in one serving size. Write your answer in the blank below.

1.



How Many Strawberries? _____

2.



How Many Carrots? _____

3.



How Many Cheerios? _____

4.



How Many Cheecse Cubes? _____

5.



How Many Grains of Rice? _____

6.



How Many Meatballs? _____

7.



How Many Noodles? _____

8.



How Many Grapes? _____

9.



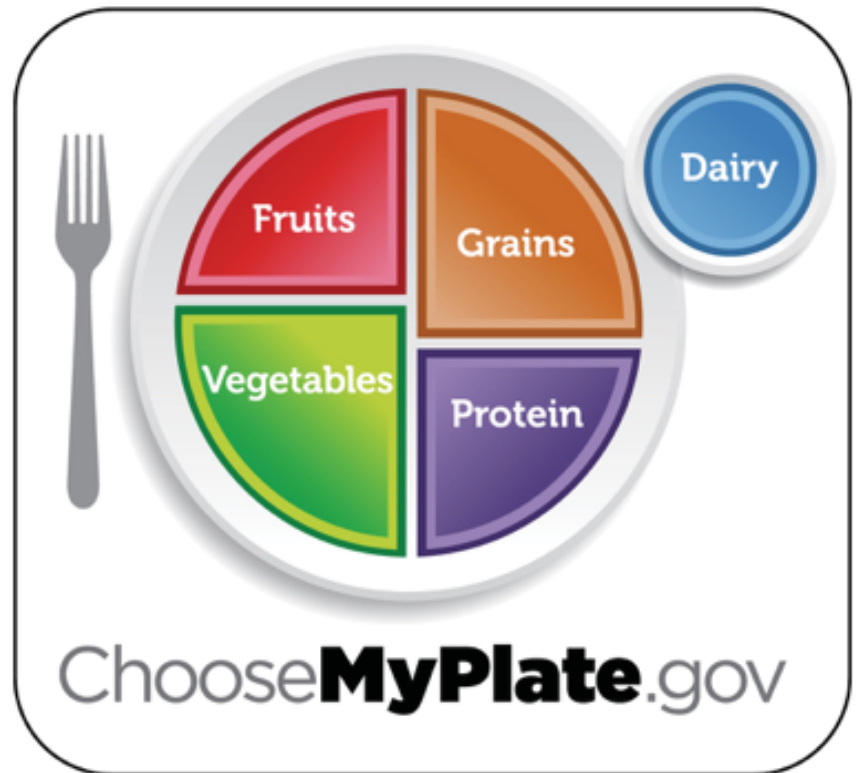
How Many Peas? _____

BOSS' BACKPACK BULLETIN

My goal this week is to recognize serving sizes in the food I eat! Eating the recommended serving size of each food group helps keep my body healthy. Use MyPlate and the recommended daily servings when planning your meals this week!



<p>VEGETABLES</p> <p>1 serving = 1 cup</p> <p>2 servings per day</p>
<p>FRUITS</p> <p>1 serving = 1 cup</p> <p>2 servings per day</p>
<p>GRAINS</p> <p>1 serving = 1 ounce</p> <p>4-5 servings per day</p>
<p>PROTEIN</p> <p>1 serving = 3 ounces</p> <p>1-2 servings per day</p>
<p>DAIRY</p> <p>1 serving = 1 cup/1.5 ounces</p> <p>3 servings per day</p>



VISUALIZE IT!

- 1 cup = the size of your fist
- 1 ounce = the size of your thumb
- 3 ounces = the size of your palm
- 1.5 ounces = two dice
- 1 teaspoon = the tip of your thumb